

## My Heart is an Autumn Garage

By Anne Thériault

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A raw, smart, and darkly funny memoir, *My Heart Is An Autumn Garage* unapologetically chronicles a lifelong struggle with clinical depression. Anne Thériault neatly lays bare her heart, unsparingly detailing the naked self-loathing and self-destructive behaviors that led to her breakdown and subsequent hospitalization at the age of twenty one. Both an examination of the frightening and deeply dehumanizing treatment of psychiatric patients and a wry coming-of-age story, this book deftly explores the knife's edge between despair and hope.

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## **My Heart is an Autumn Garage** By Anne Thériault Bibliography

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