



# **Puppy Chow Is Better Than Prozac: The True Story of a Man and the Dog Who Saved His Life**

*Bruce Goldstein*

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To Bruce Goldstein-an edgy, twenty-something New Yorker trying to make his mark in advertising-just waking up in the morning was an ordeal. Underemployed and recently dumped, he was well into the downward spiral of bipolar disorder. Even with therapy, lithium, Paxil, Wellbutrin, and Prozac, he could not shake his rapid mood swings, his fear of dying, or the voice of Satan, who first visited him one sunny day in Central Park. Then came Ozzy, a black Labrador pup (named after metal's "Prince of Darkness") who leads Bruce toward recovery through complete, canine dependence. From the depths of his despair to a life remade, Bruce shows how learning to care for, train, and love the hilariously loyal Ozzy provided him with the structure and focus he needed to heal.

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#### **Glenda Rogers:**

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun for you personally. If you enjoy the book that you read you can spent the entire day to reading a book. The book *Puppy Chow Is Better Than Prozac: The True Story of a Man and the Dog Who Saved His Life* it is quite good to read. There are a lot of individuals who recommended this book. We were holding enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore very easily to read this book from your smart phone. The price is not too costly but this book has high quality.

#### **Charles Sizemore:**

Are you kind of occupied person, only have 10 or perhaps 15 minute in your morning to upgrading your mind ability or thinking skill even analytical thinking? Then you have problem with the book as compared to can satisfy your small amount of time to read it because all of this time you only find book that need more time to be study. *Puppy Chow Is Better Than Prozac: The True Story of a Man and the Dog Who Saved His Life* can be your answer as it can be read by anyone who have those short free time problems.

#### **Anne Young:**

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