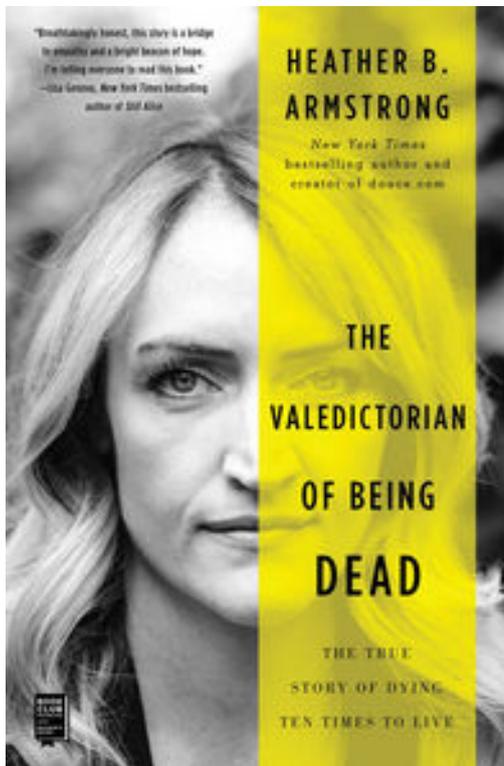


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# The Valedictorian Of Being Dead Read EBooks PDF English Heather B. Armstrong

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The *Valedictorian of Being Dead* download or read online Heather B. Armstrong PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, From *New York Times* bestselling author and blogger Heather B. Armstrong comes an honest and irreverent memoir—reminiscent of the *New York Times* bestseller *Brain on Fire*—about her experience as one of only a few people to participate in an experimental treatment for depression involving ten rounds of a chemically induced coma approximating brain death.

For years, Heather B. Armstrong has alluded to her struggle with depression on her website, *dooce*. It's scattered throughout her archive, where it weaves its way through posts about pop culture, music, and motherhood. But in 2016, Heather found herself in the depths of a depression she just couldn't shake, an episode darker and longer than anything she had previously experienced. She had never felt so discouraged by the thought of waking up in the morning, and it threatened to destroy her life. So, for the sake of herself

and her family, Heather decided to risk it all by participating in an experimental clinical trial involving a chemically induced coma approximating brain death.

Now, for the first time, Heather recalls the torturous eighteen months of suicidal depression she endured and the month-long experimental study in which doctors used propofol anesthesia to quiet all brain activity for a full fifteen minutes before bringing her back from a flatline. Ten times. The experience wasn't easy. Not for Heather or her family. But a switch was flipped, and Heather hasn't experienced a single moment of suicidal depression since.

Disarmingly honest, self-deprecating, and scientifically fascinating, *The Valedictorian of Being Dead* brings to light a groundbreaking new treatment for depression.

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