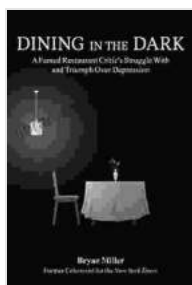


Famed Restaurant Critic Struggles With and Triumphs Over Depression

Jonathan Gold, the Pulitzer Prize-winning restaurant critic for the Los Angeles Times, has written a deeply personal and inspiring memoir about his experience with depression. In *Counterclockwise: My Revolutions in Food and Life*, Gold shares his journey from the depths of despair to a place of hope and recovery.



Dining in the Dark: A Famed Restaurant Critic's Struggle with and Triumph over Depression by Bryan Miller

★★★★☆ 4.4 out of 5

Language : English
File size : 681 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 230 pages



Gold's story is a reminder that even the most successful people can struggle with mental illness. He is a world-renowned expert on food and dining, and he has won numerous awards for his writing. But behind the public persona, Gold was battling a secret struggle with depression.

In *Counterclockwise*, Gold writes about the early signs of his depression, which he first experienced as a teenager. He describes the feelings of

hopelessness and despair that consumed him, and the ways in which he tried to cope with his illness.

Gold also writes about the stigma surrounding mental illness, and the ways in which it can prevent people from seeking help. He talks about the shame and embarrassment he felt about his depression, and how he worried that it would ruin his career.

But despite the challenges he faced, Gold never gave up on himself. He sought therapy, and he began to take medication that helped to manage his symptoms. He also found solace in writing, and he used his platform as a restaurant critic to raise awareness about mental illness.

In *Counterclockwise*, Gold shares his story with honesty and vulnerability. He writes about the pain of depression, but he also writes about the hope of recovery. His memoir is a powerful reminder that even in the darkest of times, there is always hope.

Jonathan Gold's Journey to Recovery

Jonathan Gold's journey to recovery was not easy. He struggled with depression for many years, and there were times when he felt like giving up. But he never lost hope, and he eventually found the strength to overcome his illness.

One of the most important things that helped Gold in his recovery was therapy. He found a therapist who he could talk to openly about his depression, and who helped him to develop coping mechanisms.

Gold also found solace in writing. He used his platform as a restaurant critic to raise awareness about mental illness, and he wrote about his own experiences with depression in his memoir, Counterclockwise.

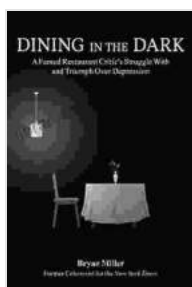
In addition to therapy and writing, Gold also found support from his family and friends. He had a strong support system of people who loved and cared for him, and who were there for him during his darkest times.

Hope for Recovery

Jonathan Gold's story is a reminder that even in the darkest of times, there is always hope for recovery. If you are struggling with depression, please know that you are not alone. There are people who care about you, and there is help available. Talk to your doctor, or contact a mental health professional. There is hope for recovery, and you can get better.

Resources for Depression

- National Institute of Mental Health
- National Alliance on Mental Illness
- National Suicide Prevention Lifeline



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