

# Cultural Daily

Independent Voices, New Perspectives

## Feeling Low? Try Charles Bukowski's 3-Day Cure for Depression

Cultural Daily · Wednesday, June 6th, 2012

Transgressive, monumental poet Charles Bukowski was no stranger to drudgery, alcohol, and writing. Reading about his exploits and hard living, it is easy to think of him as indestructible. In back alleys and flophouses, Bukowski always spoke of facing down everything, always taking on the fight.

But even Charles Bukowski got depressed. And when depression got in the way of his spirit? Here's what he did.

[embedvideo id="GXpUthEv2xM" website="youtube"]

### Charles Bukowski discusses mental health strategy

This entry was posted on Wednesday, June 6th, 2012 at 11:55 pm and is filed under [Film](#), [Fiction](#), [Poetry](#), [Lifestyle](#)

You can follow any responses to this entry through the [Comments \(RSS\)](#) feed. You can leave a response, or [trackback](#) from your own site.