



Lemon Grove, CA Author Publishes Depression Memoir

In This Memoir the Author details Her Harrowing Descent into Depression

From Cut to Cuffs, a new book by Lisa Noble, has been released by Dorrance Publishing Co., Inc.

From Cut to Cuffs depicts a downward spiral into depression that the author had during a semester in college. It landed her in a mental institution for seventy-two hours, giving the author a wake-up call. From there she has moved upwards and onwards, and encourages her readers to do the same.

About the Author

Author Lisa Noble grew up in a military family moving every two to three years. By the time Noble was eighteen she had seen most of the countries in Europe, had been to Mexico, and went on a safari in Africa. She studied at Jacksonville University where she got a bachelor's of science in economics.

From there, Noble was commissioned in the navy and served five years as a surface warfare officer. After this, she moved to Illinois and worked at a lube stop for some time.

Noble currently lives in San Diego working as a contractor for the Navy teaching navigation. She enjoys traveling, watching movies and just enjoying the outdoors.

From Cut to Cuffs is a 54-page paperback with a retail price of \$10.00. The ISBN is 978-1-4809-4786-3. It was published by Dorrance Publishing Co., Inc of Pittsburgh, Pennsylvania. For more information, or to request a review copy, please go to our virtual pressroom at www.dorrancepressroom.com or our online bookstore www.bookstore.dorrancepublishing.com.