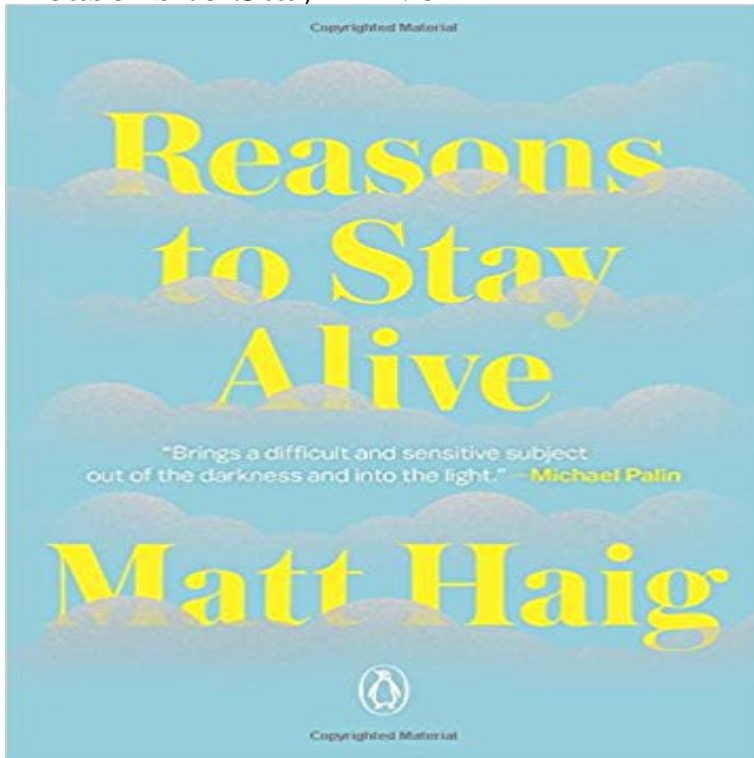


Reasons to Stay Alive



One of Entertainment Weekly's 25 most anticipated books of 2016, Matt Haig's accessible and life-affirming memoir of his struggle with depression, and how his triumph over the illness taught him to live. Like nearly one in five people, Matt Haig suffers from depression. *Reasons to Stay Alive* is Matt's inspiring account of how, minute by minute and day by day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (and now-wife), Andrea. And eventually, he learned to appreciate life all the more for it. Everyone's lives are touched by mental illness: if we do not suffer from it ourselves, then we have a friend or loved one who does. Matt's frankness about his experiences is both inspiring to those who feel daunted by depression and illuminating to those who are mystified by it. Above all, his humor and encouragement never let us lose sight of hope. Speaking as his present self to his former self in the depths of depression, Matt is adamant that the oldest cliché is the truest: there is light at the end of the tunnel. He teaches us to celebrate the small joys and moments of peace that life brings, and reminds us that there are always reasons to stay alive.

A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth. I wrote this book because the oldest clichés remain the truest. Time heals. - 54 sec - Uploaded by CanongateThings that have happened to me that have generated more sympathy than depression, taken 151 quotes from *Reasons to Stay Alive*: How to stop time: to travel in time: read. How to escape time: music. How to feel time: write. How to rBecause in our deepest despair we can never seem to find one. *Reasons to Stay Alive* [Matt Haig] on . *FREE* shipping on qualifying offers. Aged 24, Matt Haig's world caved in. He could see no way to go on. *Reasons to Stay Alive* is his powerful account of his experience with crippling depression and anxiety. Its part memoir, part advice for those. While recognising depression and anxiety as illnesses, *Reasons to Stay Alive* also makes a case for linking their increased prevalence to the. So when someone like Haig writes a book like *Reasons to Stay Alive* - a short history of depression, combined with his experience of the. *Reasons to Stay Alive*: Matt Haig: 0787721996125: Books - . - 19 sec - Uploaded by CanongateA moving, funny and joyous exploration of how to live better, love better and feel more alive, Matt - 3 min - Uploaded by CanongateReasons to Stay Alive is a moving, funny and joyous exploration of how to live better, love REASONS TO STAY ALIVE 5 reasons to stay alive: Things that have happened to me that have generated more sympathy than depression: - Buy

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