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Autore	Haig Matt
Titolo	Reasons to Stay Alive
Pubbl/distr/stampa	2016 East Rutherford : , : Penguin Books, Limited, , 2016 ©2016
Descrizione fisica	1 online resource (188 pages)
Classificazione	BIO007000BIO026000SEL011000
Disciplina	823/.92 823.92
Soggetti	Depressed persons
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	From the #1 New York Times bestselling author of <i>The Midnight Library</i> . "Destined to become a modern classic." — Entertainment Weekly WHAT DOES IT MEAN TO FEEL TRULY ALIVE? Don't miss Matt Haig's new novel <i>The Life Impossible</i> , coming September 2024 At the age of 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, <i>Reasons to Stay Alive</i> 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. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free."