



Reasons to Stay Alive

Matt Haig

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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.

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From reader reviews:

Stephen Stover:

Have you spare time for a day? What do you do when you have much more or little spare time? Yeah, you can choose the suitable activity intended for spend your time. Any person spent their particular spare time to take a wander, shopping, or went to often the Mall. How about open or maybe read a book entitled Reasons to Stay Alive? Maybe it is being best activity for you. You know beside you can spend your time with the favorite's book, you can better than before. Do you agree with their opinion or you have different opinion?

Kathy Natal:

Nowadays reading books become more and more than want or need but also get a life style. This reading practice give you lot of advantages. The advantages you got of course the knowledge the particular information inside the book this improve your knowledge and information. The information you get based on what kind of guide you read, if you want send more knowledge just go with education books but if you want truly feel happy read one using theme for entertaining for example comic or novel. Typically the Reasons to Stay Alive is kind of reserve which is giving the reader unstable experience.

Shirley Dildy:

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Lawrence Shults:

Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. One activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Reasons to Stay Alive, you could enjoy both. It is great combination right, you still want to miss it? What kind of hangout type is it? Oh can occur its mind hangout fellas. What? Still don't understand it, oh come on its named reading friends.

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