



A Beginner s Guide to Losing Your Mind: My road to staying sane, and how to navigate yours (Paperback)

By Emily Reynolds

Hodder Stoughton General Division, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. A really clear, funny, useful guide to mental health. Keith Stuart, author of A Boy Made of Blocks Warm, welcoming and wise. Red magazine This is a funny, brutal, kind, sobering, remarkably brave and clear-eyed book. Compelling and necessary. Warren Ellis, author of Normal, Gun Machine and Transmetropolitan Emily Reynolds is a brilliant writer on an important subject. And hilarious too. Adam Rutherford This book isn t just brilliantly written and welcoming in its tone; it s honest, practical and important. It is going to help so many people - including friends and family who desperately want to help a loved one but don t know how. Emma Gannon, author of Ctrl Alt Delete Emily Reynolds is mad. After years of trying - and failing - to cope with her symptoms, she was finally diagnosed as bipolar in her early twenties. Since then Emily has been on a mission to find the best way to live with her illness, and now she wants to share that knowledge with you. Living with mental illness is isolating, infuriating and painful - but also very boring and, sometimes,...



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-- **Dr. Blaze Runolfsson IV**

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