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anyone's life, and is specifically helpful for those struggling. I'd recommend it to

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Matt Haig's 'Reasons To Stay Alive' is written with such sincerity and pure honesty that it turns out to be truly insightful. It is a part-memoir, as we follow the writer's battle against depression, one of the most misunderstood human condition. Whether we have faced depression or not, we all might

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specifically helpful for those struggling. I'd recommend it to friends / caregivers of people who have experienced mental illness, as well, to better understand their perspective.

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I would like to thank the author Matt Haig for this book and for sharing his fight with

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both Depression and Anxiety. One thing that I realise reading Reason to stay Alive is that who suffer from Mental Illness is a FIGHTER. "Be brave. Be Strong. Breathe, and keep going. You will thank yourself later." Matt Haig - Reasons to Stay Alive.

**Reasons to Stay  
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Reasons To Stay Alive, a bestseller in the U.K. since its publication, is his first work of nonfiction. --This text refers to an alternate kindle\_edition edition.

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creation of art and developed some unusual techniques for easing his distressed mind.

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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.

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day, he overcame the disease with the help of reading, writing, and the love of his parents and his girlfriend (now wife), Andrea. And eventually, he learned to appreciate life all the more for it.

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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.

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