

**Reasons to Stay Alive** I want life. I want to read it and write it and feel it and live it. I want, for as much of the time as possible in this blink-of-an-eye existence we have, to feel all that can be felt. I hate depression. I am scared of it. Terrified, in fact. But at the same time, it has made me who I am. And if - I want life. I want to read it and write it and feel it and live it. I want, for as much of the time as possible in this blink-of-an-eye existence we have, to feel all that can be felt. I hate depression. I am scared of it. Terrified, in fact. But at the same time, it has made me who I am. And if - for me - it is the price of feeling life, it's a price always worth paying. *Reasons to Stay Alive* is about making the most of your time on earth. In the western world the suicide rate is highest amongst men under the age of 35. Matt Haig could have added to that statistic when, aged 24, he found himself staring at a cliff-edge about to jump off. This is the story of why he didn't, how he recovered and learned to live with anxiety and depression. It's also an upbeat, joyous and very funny exploration of how live better, love better, read better and feel more. ...more *Reasons to Stay Alive* PDF ebook

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