



A Beginner's Guide to Losing Your Mind: How to Be "Normal" in Your Twenties with Anxiety and Depression

By Emily Reynolds

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Your twenties can be isolating, infuriating and painful – but how do you stay healthy and realistic when you're also dealing with depression, mania, or anxiety? Emily Reynolds's *A Beginner's Guide to Losing Your Mind* explores the unique challenges, including:

- How to deal with pressure at school and college
- Tips for dating when you are mentally ill (and what to expect when you're on the other side)
- Handling self-harm and suicidal thoughts
- Advice for your family and friends
- Learning how to navigate the internet and the online community
- Advice on diagnosis, treatment, and maintaining your mental health

A blackly funny, deeply compassionate, and extremely practical book, *A Beginner's Guide to Losing Your Mind* is all at once the author's personal account of what it's like to live with mental illness, a guide to dealing with and understanding it, and a companion to make the journey feel a little less lonely.

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Editorial Review

Review

"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***

"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 and podcast host of *Ctrl, Alt, Delete***

"Emily Reynolds is a brilliant writer on an important subject. And hilarious too. I need to go and do another thing now, which is annoying, cos I can't stop reading this brilliant, brilliant book." - **Adam Rutherford, author and presenter of *Radio 4's Inside Science***

About the Author

Emily Reynolds is a writer/broadcaster from London. She has written about mental health, feminism, sex, science and tech for Observer, VICE, Wired UK, etc., blogged extensively about mental health and sits on the National Lottery's Youth Leadership Panel.

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This A Beginner's Guide to Losing Your Mind: How to Be "Normal" in Your Twenties with Anxiety and Depression book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this e-book incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This specific A Beginner's Guide to Losing Your Mind: How to Be "Normal" in Your Twenties with Anxiety and Depression without we recognize teach the one who examining it become critical in thinking and analyzing. Don't become worry A Beginner's Guide to Losing Your Mind: How to Be "Normal" in Your Twenties with Anxiety and Depression can bring when you are and not make your bag space or bookshelves' grow to be full because you can have it in the lovely laptop even cellphone. This A Beginner's Guide to Losing Your Mind: How to Be "Normal" in Your Twenties with Anxiety and Depression having great arrangement in word and layout, so you will not feel uninterested in reading.

Paul Flynn:

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Elaine Gold:

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