

Reasons To Stay Alive English Edition

Matt Haig

Reasons to Stay Alive Matt Haig,2016-02-23 From the #1 New York Times bestselling author of *The Midnight Library*. Destined to become a modern classic. —Entertainment Weekly WHAT DOES IT MEAN TO FEEL TRULY ALIVE? At the age of 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth. I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free.

Reasons to Stay Alive Matt Haig,2015-03-05 Order THE COMFORT BOOK. Available now! THE NUMBER ONE SUNDAY TIMES BESTSELLER WHAT DOES IT MEAN TO FEEL TRULY ALIVE? Aged 24, Matt Haig's world caved in. He could see no way to go on living. This is the true story of how he came through crisis, triumphed over an illness that almost destroyed him and learned to live again. A moving, funny and joyous exploration of how to live better, love better and feel more alive, *Reasons to Stay Alive* is more than a memoir. It is a book about making the most of your time on earth. 'I wrote this book because the oldest clichés remain the truest. Time heals. The bottom of the valley never provides the clearest view. The tunnel does have light at the end of it, even if we haven't been able to see it . . . Words, just sometimes, really can set you free.'

Reasons To Stay Alive Matt Haig,2016-01-19 A Sunday Times bestseller, *Reasons to Stay Alive* is both a wonderfully moving and upbeat account of how Matt Haig survived depression and anxiety, and an accessible, life-affirming guide to helping yourself—and others—through mental illness. 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, and how he recovered and learned to live with anxiety and depression. It's also an optimistic, joyous and often funny exploration of how to live better, love better, read better and feel more. A wonderful mix of memoir and hard-won wisdom, *Reasons to Stay Alive* is, at heart, about making the most of your time on earth.

How to Stop Time Matt Haig,2018-02-06 From the New York Times bestselling author of *The Midnight Library*. “A quirky romcom dusted with philosophical observations....A delightfully witty...poignant novel.” —The Washington Post “She smiled a soft, troubled smile and I felt the whole world slipping away, and I wanted to slip with it, to go wherever she was going... I had existed whole years without her, but that was all it had been. An existence. A book with no words.” Tom Hazard has just moved back to London, his old home, to settle down and become a high school history teacher. And on his first day at school, he meets a captivating French teacher at his school who seems fascinated by him. But Tom has a dangerous secret. He may look like an ordinary 41-year-old, but owing to a rare condition, he's been alive for centuries. Tom has lived history--performing with Shakespeare, exploring the high seas with Captain Cook, and sharing cocktails with Fitzgerald. Now, he just wants an ordinary life. Unfortunately for Tom, the Albatross Society, the secretive group which protects people like Tom, has one rule: Never fall in love. As painful memories of his past and the erratic behavior of the Society's watchful leader threaten to derail his new life and romance, the one thing he can't have just happens to be the one thing that might save him. Tom will have to decide once and for all whether to remain stuck in the past, or finally begin living in the present. *How to Stop Time* tells a love story across the ages—and for the ages—about a man lost in time, the woman who could save him, and the lifetimes it can take to learn how to live. It is a bighearted, wildly original novel about losing and finding yourself, the inevitability of change, and how with enough time to learn, we just might find happiness. Soon to be a major motion picture starring Benedict Cumberbatch.

The Humans Matt Haig,2013-07-02 The bestselling, award-winning author of *The Midnight Library* offers his funniest, most devastating dark comedy yet, a “silly, sad, suspenseful, and soulful” (*Philadelphia Inquirer*) novel that's “full of heart” (*Entertainment Weekly*). When an extra-terrestrial

visitor arrives on Earth, his first impressions of the human species are less than positive. Taking the form of Professor Andrew Martin, a prominent mathematician at Cambridge University, the visitor is eager to complete the gruesome task assigned him and hurry home to his own utopian planet, where everyone is omniscient and immortal. He is disgusted by the way humans look, what they eat, their capacity for murder and war, and is equally baffled by the concepts of love and family. But as time goes on, he starts to realize there may be more to this strange species than he had thought. Disguised as Martin, he drinks wine, reads poetry, develops an ear for rock music, and a taste for peanut butter. Slowly, unexpectedly, he forges bonds with Martin's family. He begins to see hope and beauty in the humans' imperfection, and begins to question the very mission that brought him there. Praised by *The New York Times* as a "novelist of great seriousness and talent," author Matt Haig delivers an unlikely story about human nature and the joy found in the messiness of life on Earth. *The Humans* is a funny, compulsively readable tale that playfully and movingly explores the ultimate subject—ourselves.

The Comfort Book Matt Haig, 2021-07-06 An instant *New York Times* Bestseller! The new uplifting book from Matt Haig, the #1 *New York Times* bestselling author of *The Midnight Library*, for anyone in search of hope, looking for a path to a more meaningful life, or in need of a little encouragement. Named by *The Washington Post* as one of the best feel-good books of 2021. "It is a strange paradox, that many of the clearest, most comforting life lessons are learnt while we are at our lowest. But then we never think about food more than when we are hungry and we never think about life rafts more than when we are thrown overboard." *THE COMFORT BOOK* is Haig's life raft: it's a collection of notes, lists, and stories written over a span of several years that originally served as gentle reminders to Haig's future self that things are not always as dark as they may seem. Incorporating a diverse array of sources from across the world, history, science, and his own experiences, Haig offers warmth and reassurance, reminding us to slow down and appreciate the beauty and unpredictability of existence.

The Radleys Matt Haig, 2011-09-20 Includes a Reading group guide ([12] p.).

You're Doing Great! Tom Papa, 2020-05-12 Comedian and *Live from Here* head writer Tom Papa, author of *Your Dad Stole My Rake*, tackles the modern condition in a heartwarming group of short essays. Tom Papa is a little worried about you. You seem stressed, overworked and, frankly, a little mixed up. Everyone is fighting an overwhelming feeling that things are getting worse, that we should be doing more, that we're not good enough. Well, life isn't perfect. There have always been problems and there always will be. You can fight for the things you believe in, you can work really, really hard, but you shouldn't lose track of the fact that while you're doing all that, life is flying by at lightning-fast speed. If you actually take a breath and look around you'll realize you're actually doing great. Here's the thing: We live in an amazing time filled with airplanes, scooters, and peanut butter cups. We have air conditioning, blenders, and martini shakers. It's time to refocus, enjoy it all, and stop waiting for something better! Relax with comedian and *Live from Here* writer and performer Tom Papa as he explores his favorite subjects in 75 essays, including: *You Don't Have to Live Your Best Life Don't Open the Mail I'm So Baked I Love Your Love Handles Don't Go Tubing Shut Up and Eat Recalibrate*, turn off your device, and open your eyes to a better reality: You're doing great!

The Last Family in England Matt Haig, 2018-01-04 FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Meet the Hunter family: Adam, Kate, and their children Hal and Charlotte. And Prince, their Labrador. Prince is an earnest young dog, striving hard to live up to the tenets of the Labrador Pact (Remain Loyal to Your Human Masters, Serve and Protect Your Family at Any Cost). Other dogs, led by the Springer Spaniels, have revolted. As things in the Hunter family begin to go badly awry – marital breakdown, rowdy teenage parties, attempted suicide – Prince's responsibilities threaten to overwhelm him and he is forced to break the Labrador Pact and take desperate action to save his Family.

The Midnight Library Matt Haig, 2023-05-09 The #1 *New York Times* bestselling WORLDWIDE phenomenon Winner of the Goodreads Choice Award for Fiction | A Good Morning America Book Club Pick | Independent (London) Ten Best Books of the Year A feel-good book guaranteed to lift your

spirits.—The Washington Post The dazzling reader-favorite about the choices that go into a life well lived, from the acclaimed author of *How To Stop Time* and *The Comfort Book*. Somewhere out beyond the edge of the universe there is a library that contains an infinite number of books, each one the story of another reality. One tells the story of your life as it is, along with another book for the other life you could have lived if you had made a different choice at any point in your life. While we all wonder how our lives might have been, what if you had the chance to go to the library and see for yourself? Would any of these other lives truly be better? In *The Midnight Library*, Matt Haig's enchanting blockbuster novel, Nora Seed finds herself faced with this decision. Faced with the possibility of changing her life for a new one, following a different career, undoing old breakups, realizing her dreams of becoming a glaciologist; she must search within herself as she travels through the Midnight Library to decide what is truly fulfilling in life, and what makes it worth living in the first place.

Notes on a Nervous Planet Matt Haig, 2019-01-29 From the #1 New York Times bestselling author of *The Midnight Library*. The world is messing with our minds. What if there was something we could do about it? Looking at sleep, news, social media, addiction, work and play, Matt Haig invites us to feel calmer, happier and to question the habits of the digital age. This book might even change the way you spend your precious time on earth.

The Apparition Phase Will Maclean, 2020-10-29 Some ghosts never leave us. SHORTLISTED FOR THE MCKITTERICK PRIZE 2021 'A wild rural gothic with some slick plotting . . . the perfect novel for our phantom present' Guardian 'Outstanding . . . ideal for fans of Andrew Michael Hurley' Metro

_____ Twins Tim and Abi have always been different from their peers, spending their evenings in the attic of their parents' suburban house, poring over reports of the unexplained. Obsessed with photographs of ghostly apparitions, they decide to fake their own, and use it to frighten a girl at school. But what was only supposed to be a harmless prank sets in motion a deadly and terrifying chain of events that neither of them could have predicted... _____ 'Clear your diary, switch off your phone, and get lost in this atmospheric and madly gripping ghost story' Daily Mirror 'A nostalgic delight' Irish Independent 'Intriguing, atmospheric and utterly terrifying in parts' My Weekly

Hello Cruel World Kate Bornstein, 2011-01-04 Celebrated transsexual trailblazer Kate Bornstein has, with more humor and spunk than any other, ushered us into a world of limitless possibility through a daring re-envisionment of the gender system as we know it. Here, Bornstein bravely and wittily shares personal and unorthodox methods of survival in an often cruel world. A one-of-a-kind guide to staying alive outside the box, *Hello, Cruel World* is a much-needed unconventional approach to life for those who want to stay on the edge, but alive. *Hello, Cruel World* features a catalog of 101 alternatives to suicide that range from the playful (moisturize!), to the irreverent (shatter some family values), to the highly controversial. Designed to encourage readers to give themselves permission to unleash their hearts' harmless desires, the book has only one directive: Don't be mean. It is this guiding principle that brings its reader on a self-validating journey, which forges wholly new paths toward a resounding decision to choose life. Tenderly intimate and unapologetically edgy, Kate Bornstein is the radical role model, the affectionate best friend, and the guiding mentor all in one.

The Possession of Mr Cave Matt Haig, 2018-06-07 FROM THE NUMBER ONE SUNDAY TIMES BESTSELLING AUTHOR Terence Cave, owner of Cave Antiques, has already experienced the tragedies of his mother's suicide and his wife's murder when his teenage son, Reuben, is killed in a grotesque accident. His remaining child, Bryony, has always been the family's golden girl and Terence comes to realise that his one duty in life is to protect her from the world's malign forces, whatever that may take. But as he starts to follow his grieving daughter's movements and enforce a draconian set of rules, his love for Bryony becomes a possessive force that leads to destruction.

How I Stayed Alive When My Brain Was Trying to Kill Me Susan Rose Blauner, 2009-10-13 "Susan Blauner's you-are-there account . . . offers insight and understanding to anyone who has been touched by suicide."—Joan Anderson, author of *A Year by the Sea* An epidemic of international proportions, suicide has touched the lives of nearly half of all Americans, yet is rarely talked about

openly. In this timely and important book, Susan Blauner breaks the silence to offer guidance and hope for those contemplating ending their lives—and for the loved ones who want to help them. A survivor of multiple suicide attempts, Blauner eloquently describes the feelings and fantasies surrounding suicide. In a direct, nonjudgmental, and loving voice, she offers affirmations and suggestions for those experiencing life-ending thoughts, and for their friends and family. Here is an essential resource destined to be the classic guide on the subject.

Stay Alive, My Son Pin Yathay, 2013-04-15 On April 17, 1975, the Khmer Rouge entered Phnom Penh to open a new and appalling chapter in the story of the twentieth century. On that day, Pin Yathay was a qualified engineer in the Ministry of Public Works. Successful and highly educated, he had been critical of the corrupt Lon Nol regime and hoped that the Khmer Rouge would be the patriotic saviors of Cambodia. In *Stay Alive, My Son*, Pin Yathay provides an unforgettable testament of the horror that ensued and a gripping account of personal courage, sacrifice and survival. Documenting the 27 months from the arrival of the Khmer Rouge in Phnom Penh to his escape into Thailand, Pin Yathay is a powerful and haunting memoir of Cambodia's killing fields. With seventeen members of his family, Pin Yathay were evacuated by the Khmer Rouge from Phnom Penh, taking with them whatever they might need for the three days before they would be allowed to return to their home. Instead, they were moved on from camp to camp, their possessions confiscated or abandoned. As days became weeks and weeks became months, they became the New People, displaced urban dwellers compelled to live and work as peasants, their days were filled with forced manual labor and their survival dependent on ever more meager communal rations. The body count mounted, first as malnutrition bred rampant disease and then as the Khmer Rouge singled out the dissidents for sudden death in the darkness. Eventually, Pin Yathay's family was reduced to just himself, his wife, and their one remaining son, Nawath. Wracked with pain and disease, robbed of all they had owned, living on the very edge of dying, they faced a future of escalating horror. With Nawath too ill to travel, Pin Yathay and his wife, Any, had to make the heart-breaking decision whether to leave him to the care of a Cambodian hospital in order to make a desperate break for freedom. *Stay alive, my son*, he tells Nawath before embarking on a nightmarish escape to the Thai border. First published in 1987, the Cornell edition of *Stay Alive, My Son* includes an updated preface and epilogue by Pin Yathay and a new foreword by David Chandler, a world-renowned historian of Cambodia, who attests to the continuing value and urgency of Pin Yathay's message.

A Mouse Called Miika Matt Haig, 2021-11-09 *Ratatouille* meets Roald Dahl in the funny and fantastical story of a determined mouse on a mission to procure the world's tastiest cheese. From the author of *A Boy Called Christmas*—now a Netflix movie starring Kristen Wiig, Maggie Smith and Henry Cavill! When Nikolas left the only home he had ever known, it was a mouse named Miika who kept him company, and it was Miika who accompanied him on his journey to the Far North, in search of his father. But before the events of *A Boy Called Christmas*, this little mouse was the hero of his own story. *A Mouse Called Miika* is an epic adventure story on a miniature scale. It's a tale of mice and men (and more mice). It is about one independent mouse who gets fed up with the other mice, and sets out on a quest of his own to prove that cheese exists, and learns to appreciate other creatures. It is also a tale of great love (of cheese) and great danger. And learning the lesson that, with cheese, as with life, what matters most is not how strongly you smell, but how strong you are on the inside. Funny, cheeky, wise, and packed full of Matt Haig's signature warmth. This is set to become a year-round children's favorite.

Milk Teeth Jessica Andrews, 2023-06-08 'Consuming and sexy' The Times 'Unusually raw . . . so honest and hopeful' Financial Times A girl grows up in the north-east of England amid scarcity, fearing her own desires and feeling undeserving of love. Years later, living in tiny rented rooms and working in noisy bars across London and Paris, she meets someone who offers her a new way to experience the world. But when he invites her to join him in Barcelona, the promise of care makes her uneasy. In the shimmering Mediterranean heat, she is faced with both pleasure and shame, and must find out if she is able to change. 'Addictive, immediate, brilliant' Helen Mort 'A sharp and beguiling love story . . . *Milk Teeth* is a transporting, gorgeous novel' Independent

To Be a Cat Matt Haig, 2013-06-11 When Barney's feline fantasy comes true, the fur starts flying in this darkly hilarious and heartwarming tale. Cats have it made. They laze in sun patches, are showered with affection by loving humans, can cough up hairballs wherever they want, and never have to wonder why their dad disappeared one day and never came back. It's clearly much easier to be a cat than to be a middle school boy. So when Barney Willow wishes he could be a cat, and gets his wish, he should be thrilled. Except he's not. He discovers that not all cats are cute and cuddly, and some of them are downright evil. He discovers that his own mother can't see past the whiskers to recognize her darling son. Worst of all, he discovers that his life is in grave danger...and he doesn't have eight lives to spare.

Everything Under the Sun Molly Oldfield, 2021-09-09 The only thing better than the questions, in this delightful and informative book, is the answers. - Neil Gaiman This book is GLORIOUS. It's heart-and-soul fabulous, page after page. - Stephen Fry One of the best kids books I have ever had the pleasure of reading - Pandora Sykes This book is heaven on a stick - Sophie Dahl A wonderful new paperback edition of 366 curious questions asked by children from around the world, based on the award-winning podcast by original QI Elf, Molly Oldfield. How much bamboo can a giant panda eat? Do aliens exist? What we would do if we didn't have a prime minister? Why do hammerhead sharks have such strange-shaped heads? Find out the answers to these curious questions and much, much more! Ponder where ideas come from with award-winning illustrator, Rob Biddulph. Find out why you taste things differently when you have a cold with Michelin star chef, Heston Blumenthal. Learn about everything from how astronauts see in the dark to what the biggest dinosaur was with experts from the Natural History Museum. Fascinating facts are accompanied by gorgeous illustrations making the perfect gift for Christmas. Whether you read a question a day, or dip into it whenever you are feeling curious, this is a book to treasure and share all year round. Illustrated by Momoko Abe, Kelsey Buzzell, Beatrice Cerocchi, Alice Courtley, Sandra de la Prada, Grace Easton, Manuela Montoya Escobar, Richard Jones, Lisa Koesterke, Gwen Millward, Sally Mullaney, and Laurie Stansfield. Praise for *Everything Under the Sun*: Trivia fans will relish *Everything Under the Sun* - *The Guardian* A brilliant book for any child, but particularly those who don't love reading stories - David Walliams A wonderful gift for families - *Evening Standard* A wonderful collection of 366 curious questions about everything from science to nature, dinosaurs to space - *Scottish Sun* Simply mesmerising compendium - *Waterstones* As cute as it is educational - *Babyccino Kids* This is a book to treasure all year round - *My Baba* An absolute delight - David Walliams

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