

# A Therapeutic Journey

*author: Alain de Botton*

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# Synopsis

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readBy	Charlie Anson
inLanguage	english

**Brought to you by Penguin.**

**The essential guide to mental health from the bestselling author of *The School of Life***

This is a book about getting unwell. About losing direction and hope. About imagining that we have let ourselves and everyone down.

But it is also a book about getting better. About regaining the thread, rediscovering meaning and finding a way back to connection and joy.

Here, Alain de Botton follows the arc of a mental health journey, from crisis to recuperation; the moments we realize we cannot cope; the acts of selfcare or therapy in which we find respite; and the days we finally reclaim a sense of stability. Written with understanding and kindness, it is both a source of companionship in our loneliest moments - whether it's a relationship breakdown, a career setback or anxiety around the everyday - and a practical guide that will help us find reasons for hope.

We are all on our own journey towards recovery. This book is for anyone ready to understand theirs.

## Reader's comments

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