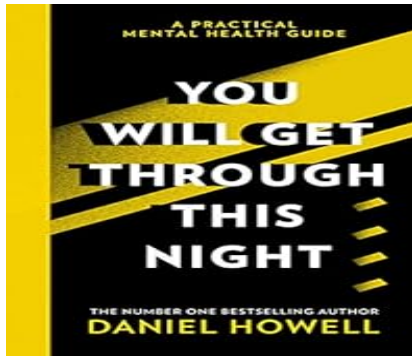


You Will Get Through This Night : Howell, Daniel By Daniel Howell For 10 years he has written and produced comedy videos on YouTube that have gained over 1 billion views and millions of followers along with an award winning BBC Radio 1 show #1 New York Times Best Selling Book and two stage shows with sellout world tours. Known for his self deprecating and sarcastic humour Dan has also spoken about his real struggles with depression and sexuality and it is this mix of entertainment with the profound and deeply personal that has given Dan a devoted following of fans as well as becoming an activist and ambassador for the Royal Foundation charity Young Minds. 87 shipping

You Will Get Through This Night : Howell Daniel I'm someone who has a habit of refusing to admit when I'm struggling until I've been reduced to a comatose emotional puddle. I've tried mental health guides before and usually get put off whether that's because they talk down to me or because I can't stand the way they force me to confront my problems without actually offering me ways to improve. Those moments at night where we're left alone with our thoughts really are the worst so to have someone coaching me through those times with good humour and a kind of 'wake up bitch' attitude is great. Next month I start a PhD in young peoples mental health I will definitely keep this book as a reference for both myself and the young people that I work with in the future. so this book is not even something to be seen as totally clinically correct although this book has made a great stand for my laptop so that's a plus Crime Dan's experience is a bonus but the activities in this book were so useful it really helped me take control of my negative thoughts and anxieties. Will be especially helpful for fans of Dan Howell's content as his narrative voice and self aware humour is in every page which makes it entertaining and engaging to read in a way that most mental health guides never have been for me. The thing that surprised me was the sheer ground covered in a concise and accessible way while I am someone who is familiar with the concepts covered it was still useful to have these everyday useful techniques together with their justifications along with someone talking about their journey relatably without a patronising manner. Even after finishing your first read the book is designed to be used as a tool to assist you to get through difficult nights until you can learn about yourself and why you are struggling and then serves as an groundwork to figure out what you might need to do next.

Daniel Howell is one of the world's most popular and celebrated entertainers. I'm about halfway through YWGTTN now and I'm already very impressed, This is the most practical mental health guide I've ever read and I love the way it's broken down, I respond best to sarcasm and jokes so the tone of this book is absolutely perfect for me. I feel supported like Dan I've been watching your content for about 10 years: I've laughed with you (and at you ngl) and related to you and cried with you: To have this guide now in all its self deprecating wisdom is amazing: Well done and thank you :) Crime Ürünün paketlenmesi çok özenliydi: İlanında gözüktüğü gibi olduğunu görmek de ayrıca memnun etti, Teşekkürler Crime For most of my twenties I experienced periods of feeling anxious and depressed: I found Dan's story relatable and it was comforting to hear someone talk so openly about their experiences with their mental health: I've been actively trying to better my mental health for a few years now reading and watching multiple resources. This book is definitely one of the most concise and informative including clear and easy exercises to help you cope with your mind right now and into the future: In my opinion this book needs to be made readily available in all secondary schools I wish something like this was available to me: Thank you Dan for creating this it's just what the world needs right now (and especially in the future as we try to start experiencing life post pandemic). Crime the quality of the book physically is wonderful crisp pages and a sturdy cover however the contents mediocre at best: i've been diagnosed with clinical depression for 8 years and there's nothing a person diagnosed with depression wouldn't know that's in this book: essentially if you know the basics of depression/anxiety and know the basic tips on how to help yourself you dont need this book: also the author is not trained in helping patients at all and they only asked one therapist to oversee their writing.\$11.I'm finding the exercises very helpful too. You and Phil still cheer me up like nothing else. I'm very proud of you. Kısa sürede elime ulaştı. really overpriced as well. Crime



A genuinely practical mental health guide. Crime.