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Dear Stranger

By -

Penguin Books Ltd. Hardback. Book Condition: new. BRAND NEW, Dear Stranger, "Dear Stranger is an inspiration." (Stylist). Dear Stranger is a collection of inspirational, honest and heartfelt letters from authors, bloggers and Mind ambassadors to an imagined stranger. Insightful and uplifting, Dear Stranger is a humbling glimpse into different interpretations of happiness, and how despite sometimes seeming unobtainable happiness can, in the smallest of ways, become an achievable goal. No one should face a mental health problem alone. Whether it's on a doorstep, on the end of a telephone or online, Mind is there for everyone who is experiencing a mental health problem. All profits from the sale of this book (at least GBP3 for every copy sold) will be donated to Mind, a registered charity number 219830. "An inspirational book." (Sunday Express S Magazine). "This collection cuts right to the heart of what it means to be happy - and human. Dear Stranger is a thoughtful exploration of happiness, in all its wonderful, often elusive complexity, that all of us can learn something from." (Red Magazine Online). Full list of contributors: Fiona Phillips; Martha Roberts; Francesca Martinez; Rachel Joyce; Donal Ryan; Matt Haig; Philippa Rice; Naomi Alderman; Yuval Noah Harari;...



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