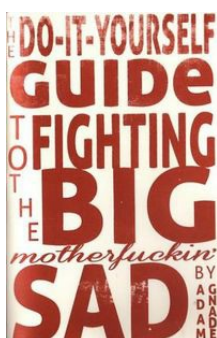


THE DO-IT-YOURSELF GUIDE TO FIGHTING THE BIG MOTHERFUCKIN' SAD

Self-described as an "anti-depression guide/guide to a freer, more lawless life." Gnade's book looks at the root causes of sadness, anxiety, and general malaise/boredom and offers helpful point-by-point suggestions (in list form) and short essay pep-talks on how to move beyond your demons for a better, smarter, happier...



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The Do-It-Yourself Guide to Fighting the Big Motherfuckin' Sad

Author	Adam Gnade
Original Book Format	Paperback
Number of Pages	60 pages
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Filesize	1.46 MB

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Peek Inside the Book

Theres no meaning of life but there is meaning and life, and its there waiting for you. Adam Gnade, The Do-It-Yourself Guide to Fighting the Big Motherfuckin' Sad //

Reader's Opinions

In case of emergency, open zine.This compact guide to DIY depression-busting is big on lists, self-compassion, and the importance of both independence and inter-dependence to mental and emotional wellness. It also says "fuck" a lot. Not a complaint. In fact, the tough-love vibe of this book may very well be the thing that appeals to...

Lots of good nuggets of wisdom in here. Gnade is a scrappy city boy who lives in Kansas now, while becoming one with open spaces and open hearts and punk-like idealism. "One Thing I've Learned From the Farmers Around Here: Some things make you stronger. Some just make you old."