



Dear Stranger,

I may have handed you this book, you may have found it somewhere unexpected, or been handed it by a loved one or another stranger for that matter. I'd like to know how it got to you – you can tell me via twitter (@radcliffe_hart) or on my website www.servicestoliterature.co.uk. Please, go to my blog, there will be a post available tonight about the journey that these books and I have taken.

World Book Night is very important. It aims to open the doors of the literary world to those who may not have had the door propped open by late night reading as a child, or maybe the door closed when you had to grow up. Reading is incredibly important. The world changes when we read.

This book is the one I chose to give when signing up to be a book giver. This is the third year I have volunteered, and the experience is incredibly rewarding. I hope it opens up conversations that I have never had before, like this one, right here.

One in four people will experience a mental health problem each year; depression and anxiety having the highest percentages, whether on their own or mixed together.

I have not given you this book because you look depressed, because I know some secret or another, or because I am making any other presumptions about you. I simply realise that when we're talking about 1 in 4, no-one is alone in this feeling although loneliness is what most people will feel when dealing with these problems.

I have suffered from depression for longer than I wanted to realise. I wish I had read this book sooner. I wish I had read this book when loved ones were dealing with depression and all I could feel was my failure to stop it from happening to them. No-one experiences depression, like anything else, like anyone else. Our experiences are part of what makes us all unique. And that can make understanding things that seem unexplainable, impossible to describe.

This book is one man's understanding of depression, anxiety, love, life. It might not answer all your questions, it might not solve anything, but it's worth reading. If you read a lot and can afford to buy a copy, please pass this on to someone who doesn't or can't. If you know you need it, keep it. When you don't need it anymore, pass it on. Keep it moving, keeping having conversations about it...

This book is a chance. Thank you for allowing me to give you it.