

Book of the Month: October 2020

Alina Rahn recommends *Notes on a Nervous Planet* by Matt Haig (2018).

"In these times of global anxiety, Matt Haig's question rings as true as ever: 'How can we live in a mad world without ourselves going mad?' Far from being a cure-all guidebook, *Notes* is a heartwarming, funny, inquisitive and personal account, which does not have all the answers but certainly poses the right questions to make you stop and think about your own life and how you choose to spend your time and energy. Haig openly addresses his own struggles with depression and anxiety to destigmatize mental health issues and normalize the idea that there is no 'normal' to begin with in a world as fast-paced and ever-evolving as our own. With its compassionate and light-hearted tone, *Notes* is a book I read time and time again to slow down and disconnect from the world to connect with myself again."