



Sunbathing in the Rain: A Cheerful Book on Depression

Gwyneth Lewis

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'Sunbathing in the Rain is undoubtedly the best book I have ever read about one person's experience of depression.'

- Dorothy Rowe, author of *Breaking the Bonds*

'This upbeat, very readable and engaging view of depression as a temporary retrenchment, a breathing space in which to adjust better to life, makes encouraging reading.'

- Spectator

'Gwyneth Lewis writes with clarity, beauty and metaphorical precision. She conveys the darkness, the silence, the selfishness, the mental clutter of depression brilliantly.'

- Simon Hattenstone, *Guardian*

'Welsh poet Gwyneth Lewis shares her personal story of wrestling with clinical depression and describes what she learned along the way about coping with the disease. The text is aimed primarily at those who are currently depressed and are struggling to recover. The emphasis throughout is on the healing power of self-acceptance and truth-telling. This is a reprint of a book first published in London by Flamingo in 2002.'

- www.booknews.com

This might well be the Age of Depression. More people than ever now experience the disease directly or see a friend or relative succumb to it. Among their number is Gwyneth Lewis. And she set about writing this book simply because she wished something like it had existed for her when she was in the middle of her depression.

Depression is assassination. The depressive is both victim and detective - charged with tracking down the perpetrator of his or her own murder. By drawing on her own experience of struggling with the affliction, by highlighting ways of coping, ways of truth-telling, and ways of thriving, in a straightforward, robust fashion full of casual wisdom and easy wit, Gwyneth re-embarks on a journey that nearly killed her first time round and returns with this, perhaps the first truly undogmatic, undemanding, downright useful book about depression.

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Dawn Hicks:

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John Stanley:

Why? Because this Sunbathing in the Rain: A Cheerful Book on Depression is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who all write the book in such wonderful way makes the content inside easier to understand, entertaining approach but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This book will give you a lot of advantages than the other book have such as help improving your expertise and your critical thinking method. So , still want to hold up having that book? If I had been you I will go to the publication store hurriedly.

Elisabeth McBee:

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