



## **Sunbathing in the Rain: A Cheerful Book on Depression**

*By Gwyneth Lewis*

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**Sunbathing in the Rain: A Cheerful Book on Depression** By Gwyneth Lewis

'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](http://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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### **Editorial Review**

#### **About the Author**

Gwyneth Lewis was appointed Wales' first National Poet in 2005. She has published six books of poetry in Welsh and English, as well as four libretti for the Welsh National Opera. She is a Fellow of the Royal Society of Literature, a member of the Welsh Academy and a NESTA Fellow. She spent three years in the US as a Harkness Fellow.

### **Users Review**

#### **From reader reviews:**

##### **Ralph Humphries:**

Reading a guide can be one of a lot of activity that everyone in the world adores. Do you like reading book and so. There are a lot of reasons why people enjoy it. First reading a guide will give you a lot of new facts. When you read a guide you will get new information simply because book is one of numerous ways to share the information or their idea. Second, reading through a book will make you actually more imaginative. When you examining a book especially fictional book the author will bring someone to imagine the story how the people do it anything. Third, you are able to share your knowledge to other individuals. When you read this Sunbathing in the Rain: A Cheerful Book on Depression, it is possible to tells your family, friends in addition to soon about yours reserve. Your knowledge can inspire others, make them reading a book.

##### **Sharon Clayton:**

Sunbathing in the Rain: A Cheerful Book on Depression can be one of your starter books that are good idea. We all recommend that straight away because this publication has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into enjoyment arrangement in writing Sunbathing in the Rain: A Cheerful Book on Depression however doesn't forget the main point, giving the reader the hottest in addition to based confirm resource facts that maybe you can be considered one of it. This great information can easily drawn you into new stage of crucial pondering.

##### **Scott Reisinger:**

Is it you who having spare time after that spend it whole day by simply watching television programs or just lying down on the bed? Do you need something totally new? This Sunbathing in the Rain: A Cheerful Book on Depression can be the reply, oh how comes? The new book you know. You are consequently out of date, spending your time by reading in this fresh era is common not a geek activity. So what these books have than the others?

**Martin Kelley:**

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