



101 Distractions from Depression, Self-harm (and other Soul-destroyers)

By Sophia Gill

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‘Sophia’s experience, and SANE’s valuable support, will reassure you that you are not alone and give you the tools to fight back’ - Rory Bremner

Whatever you are struggling with right now - whether it be an illness, loss of a loved one, the demise of a relationship, or perhaps even a depression that has no clear reason; this is the book that you will want to keep coming back to.

101 Distractions from Depression, Self-harm (and other Soul-destroyers) is a non-conventional self-help book designed to offer friendly, important advice during those moments when it is impossible to see through that oppressive fog of depression.

Sophia spent over ten years battling depression and an addiction to self-harm, and understands that much of her recovery was due to making these very simple changes. In those tiny moments where she distracted herself from mental illness – be it by digging up weeds, walking through the park, or taking a bath; depression took a back seat and loosened its grip ever so slightly. The difficulty was always in finding the inspiration to make a start, and this is where the idea for 101 Distractions came from. Each and every distraction has been tried and tested and have all helped her become the confident, depression-free person she is today. This book is designed to help you make that change too.

Each of the 101 short, easily digested chapters offers new ideas to help you distract yourself from the negative thoughts, giving you enough breathing space to build the tools to fight them. This in turn helps you to understand that the negativity consuming you is not as permanent as it feels.

Combining simple, often overlooked ideas with the all-important chance to understand exactly how each distraction has helped the author, think of this book as your springboard to recovery. The snippets of Sophia’s life in each page could be just what you need to feel as though you aren’t alone, or it could be the insight you are after in order to understand how to help yourself or someone close to you.

'Unlike so many self help books where the premise is that you trade in your old self for a new self, in 101 Distractions, Sophia suggests you stay with who you are and how you are feeling but seek a practical solution that will help transport you to a different 'headspace'. For example, by reaching out and connecting to other people, interests or activities she shows you can move away from a familiar but unhelpful habit of mind to a more positive outlook.' - Marjorie Wallace CBE, Chief Executive of SANE (Foreword)

Just when you thought that all hope was lost, 101 Distractions is here to scrape you off the floor and help you reclaim life.

For every copy of this book sold, 50% of all profits will be donated to SANE – who work tirelessly to improve the quality of life for anyone affected by mental illness.

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Editorial Review

About the Author

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Users Review

From reader reviews:

Clair Lemanski:

As people who live in the particular modest era should be update about what going on or information even knowledge to make these keep up with the era which can be always change and move ahead. Some of you maybe may update themselves by examining books. It is a good choice to suit your needs but the problems coming to you is you don't know what type you should start with. This 101 Distractions from Depression, Self-harm (and other Soul-destroyers) is our recommendation to cause you to keep up with the world. Why, since this book serves what you want and want in this era.

Barbara Gunter:

This 101 Distractions from Depression, Self-harm (and other Soul-destroyers) are generally reliable for you who want to become a successful person, why. The reason why of this 101 Distractions from Depression, Self-harm (and other Soul-destroyers) can be one of the great books you must have is definitely giving you more than just simple examining food but feed anyone with information that probably will shock your before knowledge. This book is actually handy, you can bring it everywhere and whenever your conditions in the e-book and printed ones. Beside that this 101 Distractions from Depression, Self-harm (and other Soul-destroyers) forcing you to have an enormous of experience including rich vocabulary, giving you test of critical thinking that we understand it useful in your day activity. So , let's have it and enjoy reading.

Jacqueline Harding:

With this era which is the greater man or who has ability in doing something more are more valuable than other. Do you want to become one of it? It is just simple method to have that. What you have to do is just spending your time not much but quite enough to have a look at some books. On the list of books in the top listing in your reading list will be 101 Distractions from Depression, Self-harm (and other Soul-destroyers). This book that is qualified as The Hungry Hills can get you closer in turning into precious person. By looking upwards and review this reserve you can get many advantages.

Debra Davis:

Many people said that they feel uninterested when they reading a reserve. They are directly felt the idea when they get a half portions of the book. You can choose the actual book 101 Distractions from Depression, Self-harm (and other Soul-destroyers) to make your personal reading is interesting. Your current skill of reading expertise is developing when you just like reading. Try to choose straightforward book to make you enjoy you just read it and mingle the feeling about book and reading especially. It is to be first opinion for you to like to wide open a book and learn it. Beside that the guide 101 Distractions from Depression, Self-harm (and other Soul-destroyers) can to be your new friend when you're feel alone and confuse using what must you're doing of that time.

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