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Notes on a Nervous Planet is a personal and vital look at how to feel happy, human and whole in the 21st century. About the Author Matt Haig is the number one bestselling author of Reasons to Stay Alive and six highly acclaimed novels for adults, including How to Stop Time , The Humans and The Radleys .

Notes on a Nervous Planet by Matt Haig | Waterstones

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Notes on a Nervous Planet by Matt Haig | Book Review

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What is Notes on a Nervous Planet about? Without wanting to regurgitate too much content, Notes on a Nervous Planet provides an in-depth analysis of the modern day world, and of how many things in our everyday lives induce stress and anxiety. The author. It's safe to say Matt Haig is qualified to write this book. Not only has his work been published many times before Notes on a Nervous Planet, but he knows what it feels like to suffer mental health problems.

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Notes on a Nervous Planet | Matt Haig on mental health and technology

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