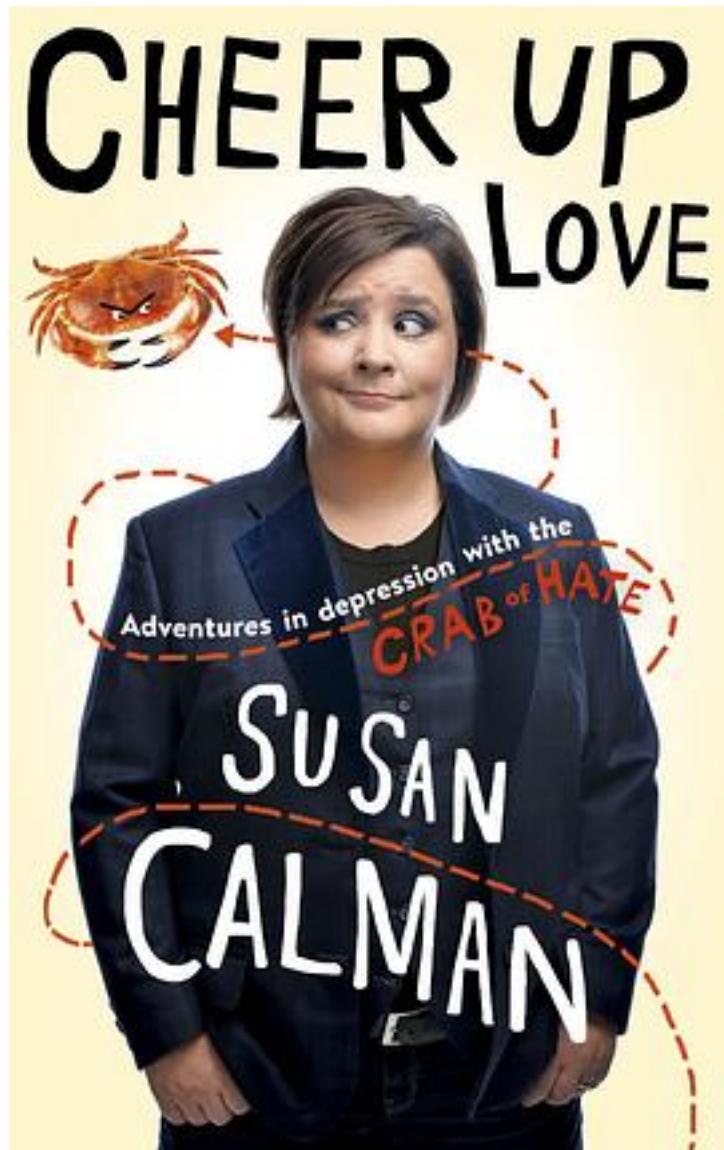


Cheer Up Love



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著者:Susan Calman

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'Nothing makes me happier than talking about depression. Packed with stories, humour and a bit of the serious stuff, I will literally write the book on how it feels to be told "Cheer up, Love"' Susan Calman

作者介绍:

Glasgow-born ex-lawyer Susan Calman is a stand-up comedian, actor and writer. Susan is a regular on BBC Radio 4 programmes such as The News Quiz and I'm Sorry I Haven't A Clue as well as TV shows like QI and Have I Got News for You. She's written three radio series including a sitcom and her first national tour in 2015, Lady Like, was a sell out around the country. Her new tour, The Calman Before The Storm debuts at the 2016 Edinburgh Fringe.

Susan lives in Glasgow with her wife Lee, and her cats Oscar, Pickle, Daisy Fay Harper and DCI Jane Tennison.

Cheer Up Love is Susan's first book.

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标签

audio

英文原版

传记

评论

作者自己念，还时不时提到this audio book, pub里格拉老乡上来祝贺的口音，看书可看不出来，简直太棒～  
顾影自怜、焦虑、妄想，在抑郁的催化下会变成对他人和自己的愤怒—说到心坎里了。  
泪腺发达、悲喜写在脸上，Susan与我太像～伴侣感觉好暖啊～要找到合适自己走出抑

郁的办法，不依赖药物，要自救。#Susan is awesome

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书评

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