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Sane New World: A User's Guide to the Normal-Crazy Mind

Ruby Wax

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Sane New World: A User's Guide to the Normal-Crazy Mind Ruby Wax
The #1 UK bestseller that presents a funny, honest, and engaging look at the craziness of modern life, explaining why we're all just a little bit out of our minds.

In ***Sane New World***, Ruby Wax - comedian, writer and mental health advocate - shows us just how our minds can send us mad as our internal critics play on a permanent loop tape 'Don't do that.. why you... you didn't... should have... but you didn't...'. Ruby knows those voices well. She has been on a tough but ultimately enlightening journey that has taken her from battling depression to achieving a Masters Degree from Oxford University in Mindfulness-based Cognitive Therapy.

In ***Sane New World***, Ruby helps us all understand why we sabotage our sanity, how our brains work and how we can rewire our thinking – often through simple mindfulness techniques - to find calm in a frenetic world.

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