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through mindfulness, to
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Ruby Wax -
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Taming The Mind

by Ruby Wax

In Sane New World,
Wax touches upon
her own anxieties
and fears with
honesty and
humour...it royally
hauls a stigmatised
fact of life kicking
and laughing into
the open.

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Professor of

Primary Care,

University of

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Southampton.

Ruby Wax is not on the telly so much these days, but in the last few years she has been developing a second career as a campaigner tackling the stigma of mental illness: as the 'face of depression' for Comic Relief;

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In Sane New World, Wax touches upon her own anxieties and fears with honesty and humour ... 5.0 out of 5 stars excellent book if you want to know how the brain works and taming

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the mind.
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United Kingdom on
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Loved how it starts
by explaining how
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comedian, writer

and mental health

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minds can
jeopardize our
sanity. With her
own periods of
depression and
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to draw from, she
explains how our
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thoughts drive us

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As I opened Ruby Wax 's Sane New World, I was sitting by my new SAD (seasonal affective disorder) lamp and hoping that its brilliant rays would blast away one of those creeping bouts of despair...

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by Ruby Wax,

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shows us why and

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