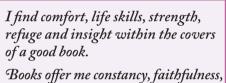


wisdom and delight.

There are books that just feed me





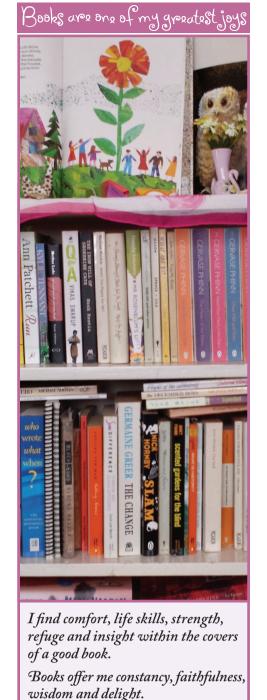
wisdom and delight.

There are books that just feed me like a good meal, over and over again.



Books offer me constancy, faithfulness, wisdom and delight.

There are books that just feed me like a good meal, over and over again.



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of a good book.

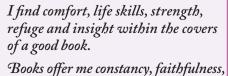
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Books offer me constancy, faithfulness,

There are books that just feed me

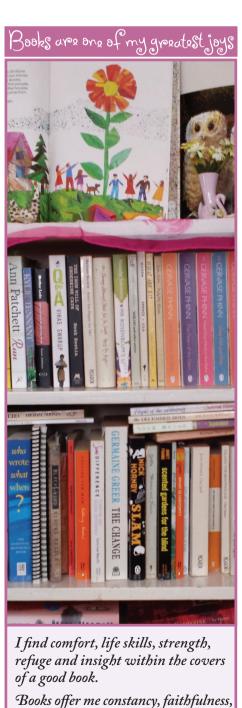
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There are books that just feed me like a good meal, over and over again.



Books offer me constancy, faithfulnes wisdom and delight.

There are books that just feed me like a good meal, over and over again.



I find comfort, life skills, strength, refuge and insight within the covers of a good book.

Books offer me constancy, faithfulness, wisdom and delight.

There are books that just feed me like a good meal, over and over again.

I like books - and I enjoy people too!

When the world is too hard, when my body is too tired, when my imagination seeks a temporary resting place, when the need for someone else's words (not mine) to fill my head engulfs me – books are there, my friends.

In the times when life has seemed too fragile, when my emotions are too raw and my confusions too real, too painful, too unbearable to be let out of the house, I find healing, and love and warmth, and relationships in books.

When depression has got the better of me, and talking is too difficult, then books are there to soothe and help me rest my anguished brain.

The curate in Grantchester said "I like books. They are so much less terrifying than people." ... One of the joys of being well these days is being able to enjoy books AND people.

Nicki Clarke

B.A. (Women's Studies and Sociology)

I have lived with depression and anxiety for over 30 years, since I was a teenager. Up until I was diagnosed in my late twenties, I thought that I was 'just a bad person'.

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