

A helpful and creative guide for anyone who is down on life

How Not to Kill Yourself

A Survival Guide for Imaginative Pessimists

by Set Sytes

“The best piece of literature I have ever read about depression...and I’ve read A LOT. Required reading for those with depression and those who know people with depression (which most people, I believe, fall into one or both categories).” —Nicole Schultz, *Little Shalton*

“If you haven’t yet been made aware of the magic of this little book, you may now be asking: What’s one more fucking book about suicidality going to do? You’ve been through this, right? Either for yourself or with a loved one. Because no one picks up books about suicidality if it isn’t affecting their life in some kinda fucked-up way... 10 And you are wondering to yourself, why am I trying one more book? You’re trying one more book because Set totally gets it...He figured out something real and true, in that deep-down place you are searching for within your own life: Staying alive with a brain bent on self-annihilation, in a world that doesn’t necessarily value your worth, is the ultimate radical act.” —Dr. Faith Harper, from the foreword to this book

Are you inclined to escape the crumminess of everyday life into fantasy worlds? Are you smart and imaginative in a way that isn’t really suited to your surroundings? Are you definitely misunderstood, likely angry, and almost certainly depressed? Set Sytes, hailing from the UK, would prefer you stay alive and sort things out rather than the alternative, thanks. He figures there are better opportunities for you out there and lays it all out in a way that’s compelling, funny, sharp, and useful. This book (please don’t call it a self-help guide, asks the author) is ultimately about how to be a person in the world. It can be done non-miserably, we promise.



Set Sytes was born in the misty, Arthurian woods of England and was raised by bears. He grew up learning how to do and be many things at the same time, including slaying monsters, rescuing damsels in distress, and commanding great armies. But when the *real* world beckoned, Set was completely uncertain about what was now expected of him, until he started doing the only thing he remembered being any good at as a kid: writing. Set has since authored many stories of darkness and weirdness and flights of fancy, including the sci-fi/fantasy/western novel *WULF*, the YA pirate fantasy *India Bones and the Ship of the Dead*, the thoroughly twisted dystopian thriller *Moral Zero*, and the fantasy/horror short story collections of *Faces in the Dark* and *Born to be Weird*.

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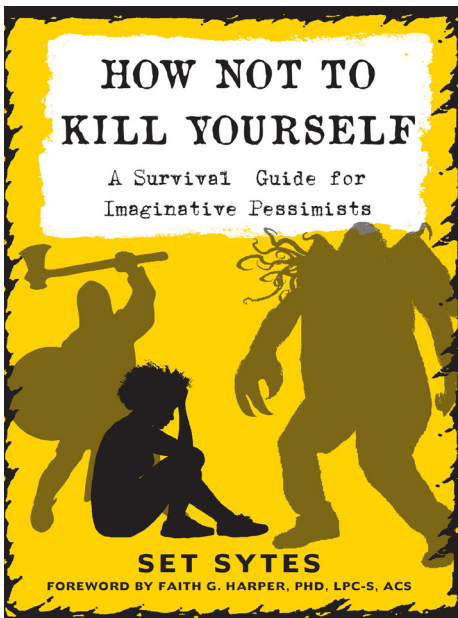
Marketing Notes

1. According to the World Health Organization, depression is a common mental disorder that affect over 300 million people globally
2. Effective treatments for depression include reading materials such as this book
3. This book approaches the subject of suicide with great imagination and care

Comparative Titles

- *Unfuck Your Brain: Using Science to Get Over Anxiety, Depression, Anger, Freak-Outs, and Triggers* Faith G. Harper, PhD, LPC-S, ACS, ACN 9781621063049 (Microcosm Publishing) \$14.95, 2017
- *Hello Cruel World: 101 Alternatives to Suicide for Teens, Freaks and Other Outlaws* Kate Bornstein 9781583229206 (Seven Stories Press) \$16.95, 2006

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