How Not to Kill Yourself
A Survival Guide for Imaginative Pessimists

by Set Sytes

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

“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.

SUBJECT: Self-Help / Mental Health
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CARTON QTY:
ART: b/w illustrations throughout

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

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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