



Notes on a Nervous Planet

Matt Haig

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A follow-up to Matt Haig's internationally bestselling memoir, *Reasons to Stay Alive*, a broader look at how modern life feeds our anxiety, and how to live a better life.

The societies we live in are increasingly making our minds ill, making it feel as though the way we live is engineered to make us unhappy. When Matt Haig developed panic disorder, anxiety, and depression as an adult, it took him a long time to work out the ways the external world could impact his mental health in both positive and negative ways. *Notes on a Nervous Planet* collects his observations, taking a look at how the various social, commercial and technological "advancements" that have created the world we now live in can actually hinder our happiness. Haig examines everything from broader phenomena like inequality, social media, and the news; to things closer to our daily lives, like how we sleep, how we exercise, and even the distinction we draw between our minds and our bodies.

Notes on a Nervous Planet Details

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From Reader Review Notes on a Nervous Planet for online ebook

Nat K says

"The paradox of modern life is this: we have never been more connected, and we have never been more alone."

Another gem from one of my favourite writers, which makes me realise why I love reading his books so much. Matt Haig has the innate ability to get inside your core and peel back the layers.

He makes you feel. He makes you think.

Whenever I start one of his books, the rest of the world falls to a blur, in slow motion. I become so engrossed in what he has to say, it's as if time stands still. He writes of truth and hurt and feelings, and the discord so many of us feel in our oh-so-busy modern lives.

Inadvertently, he has become somewhat of a modern day sage with his wise words and observations. By being so upfront with his own struggles with anxiety and depression (via his previous book *"Reasons to Stay Alive"*), this book continues on the theme of the pressures we place on ourselves in the modern world, and if it is indeed worth it. We are bombarded with information overload from the time we wake up to the moment our head hit the pillow. No wonder our inner circuitry often snaps.

There's a beautiful snippet *"A note from the beach"* which is funny and cheeky at the same time. Effectively the beach has written an ode to us humans, about how we shouldn't obsess about who's "watching us" on the beach, about how we look, as no-one's really interested. They're all too worried about how *they* look.

"Reframe your idea of beauty. Be a rebel against marketing. Look forward to being a wise elder. Be the complex elegance of a melting candle. Be a map with 10,000 roads. Be the orange at sunset that outclasses the pink of sunrise. Be the self that dares to be true."

Penelope beautifully summed up this book by saying *"...his writing is like a cup of tea and a warm blanket making you feel that no matter how crazy the world can get everything is going to be ok."* I couldn't agree more. And I really can't say more. Just read it.

<https://www.goodreads.com/review/show...>

Matt, you have such a positive influence on so many people. I truly hope you read your reviews, because you'll see how much you mean to people, and just how many lives you've touched ?

????? *"Just be. ? ? ? ?*

Nicola Gipson says

I read Matt Haig's previous book 'Reasons To Stay Alive' last year and absolutely loved it. It dealt with Matt's personal battle with anxiety and depression. It was so honest you couldn't help but be affected by the level of suffering he went through.

His follow up book 'Notes On A Nervous Planet ' explores how our addiction to modern technology is making us anxious and affecting our quality of life.

Each chapter is quite short and Matt does have an uncanny way of expressing his thoughts where you find yourself nodding along in agreement.

Thank you Matt for this book it felt a lot like an old friend comforting you when life gets too much.

Lindsey says

Just read it :)

Megan says

I hardly ever dnf a book. Now trust me when I say I know that this book is just like Haig's others; ones that I do like, The Humans is actually one of my all-time favourites. I stopped a little over 200 pages in and I realised he would be repeating the same messages over and over again, I got the gist and was to be honest irritated. He did hit a few aspects of modern culture on the head but at some points it came off like a middle aged man complaining about youth culture, which it is essentially and there is a gap between what he thinks us youth understand about our own obsession with technology. Also if people really were stupid enough to make machines that can take over us I'll give this book 5 stars, to my understanding computers work off algorithms which people write. A computer can be smarter than a human but not smarter than humanity.

I may sound ignorant, and I very much might be but I kept an open-mind and this is my opinion of this book.

Victoria says

His best book yet! The perfect antidote to our messy world! I love all Matt Haig's books and this was still even better than I had anticipated! Just buy it, read it, talk about and love it! This world is a better place with this book in it .

André Oliveira says

A book about depression, panic attacks and how to deal with them. Or at least get better at it.

Obviously, it's about a lot more subjects but **Matt Haig** give us some advice on how to cope with the present lifestyle and how to accept yourself and the world we currently live.

Paul says

The modern world is fast and relentless, our connection to the internet that means we have a never-ending

stream of notifications, jobs that come with a phone and almost permanent on call. Our nerves are jangled constantly. It feels like you are in a race that you can never win and standing still doesn't feel like an option. Yet in the world of 24 / 7 connections to family, friends and strangers around the world, people have never been more alone.

In this modern world, can we stay sane?

This is the follow up to his successful and what I consider now an essential book, Reasons to Stay Alive. I that he told us of his journey back from staring into the abyss. In this, he lays out the problems of the modern world that have been caused by the internet as well as the positive benefits that it has brought. He makes it very personal, telling us of the issues that he has had with obsessions with Facebook, Twitter and the slightly unreal world of Instagram and how it has affected his mental health.

Reading isn't important because it helps to get you a job. It's important because it gives you room to exist beyond the reality you're given. It is how humans merge. How minds connect. Dreams. Empathy. Understanding. Escape.

Like his previous book, there are anecdotes, his thoughts on the world we are living in. Woven into this is his own personal story about how his depression and anxiety has ebbed and flowed, often caused by spending way too long on the internet. Listening to the echo chamber is not good for your health, especially in this political climate, and this book is full of practical suggestions on how to cope with the relentlessness of it all, when and how to engage for an affirmative experience and when to turn the computer off, set the phone aside and go and do something else. Probably essential reading for teenagers.

Liz Barnsley says

I'm not really going to review this properly I bought it and read it just for me really. There's nothing much I can say that I haven't said before about this author's writing and sometimes you just want to read a book to kick start your soul again.

Suffice to say that as ever after reading a Matt Haig book my faith in many many things is restored. Yes indeed.

Penelope says

A truly timely and important book that everyone living on this nervous planet should read. Matt's honest and personal experiences shine through on every page and his writing is like a cup of tea and a warm blanket making you feel that no matter how crazy the world can get everything is going to be ok. I loved this book and have no hesitation recommending it to absolutely everyone, no one will finish this book without learning at least one important lesson or taking away one piece of advice that will make life just that little bit better. Thanks Matt!

Doug says

3.5, rounded up.

I really, REALLY liked Haig's previous 'self-help' book, Reasons to Stay Alive, even though some found it corny and simplistic. Reading this sequel, I could see why that feeling might be valid this time round. A prime reason why the previous book made an impact, is that it hewed more closely to Haig's personal history, as he shared autobiographical stories from which he gleaned his insights - here, there are far fewer such examples, so it just seems like a stream of platitudes - some of which are profound, some of which extract a feeling of 'well, duh'! And some of which seemed awfully repetitious (e.g., do we really need to be told the virtues of peanut butter on toast twice?). Still, anyone struggling (as I do) with a panic disorder, anxiety or the feeling like the world is far too stressful, can find much to like and take away from this quick and often entertaining read. It never hurts to hear that it isn't necessarily YOU!

Anni says

"Distracted from distraction by distraction"

(T.S. Eliot' - The Four Quartets)

If you feel like shouting "Stop the world, I want to get off!" on a daily basis, then this is the book for you. Following on from his bestselling "Reasons to stay Alive", Matt Haig here explores whether it is possible to stay sane in a mad world, offering useful suggestions for coping with our addiction to modern technology along with its attendant information overload.

(The suggestion I find most useful is the one about getting upset over distressing news programs: i.e. SWITCH IT OFF! and don't feel guilty about it).

Haig is never preachy and includes many examples of his own (considerable) neurotic behaviour in demonstration of the widespread occurrence of anxiety and depression amongst humans. However, I did get the feeling that the cataloguing of reasons to be worried might well have the adverse effect of making the reader even more disturbed - discovering how much more there is to worry about than they thought!

Tim Rideout says

'Kindness spring-cleans the soul.'

Reading 'Notes on a Nervous Planet' is like being given a new pair of spectacles. It makes everything clearer.

Matt Haig writes with humility, wisdom, clarity, honesty, humour and kindness about his own mental illness and efforts to improve his mental health. In doing so he is a source of great help to others. I read this book quickly - it will stay with me for a very long time.

Yet another remarkable book from Matt.

littlemiss_emmxx says

I had heard this book was a sort of follow on from Reasons To Stay Alive. I read Reasons To Stay Alive while I was on holiday in January. And loved it read it in 2 or 3 days and ended up having to start it again as I hadn't thought I would finish it so quickly.

Clearly it took me a bit longer to read this but that's because I'm not on holiday this time. I couldn't wait that long to read it.

I just love Matt Haig's writing. It is so honest and truthful. This will definitely be recommended as much as I have Reasons To Stay Alive.

Zohal says

4.5 Stars

"It's all right that the world is crazy, as long as I make my little corner of the world sane." Diane Lockhart from The Good Fight.

The above quote perfectly summarises this book. I read this in one sitting which rarely happens these days. This has given me so much to think about it. It was so raw and so very from the heart. I don't suffer from anxiety yet I felt as though Matt Haig put the deepest depths of my soul onto the page. I guarantee everyone will relate to at least one comment Matt Haig makes about our modern world.

Additionally, he says that Goodreads is one of the best things to ever happen on the internet and I a billion percent agree with that! ?

April (Aprilius Maximus) says

This book gave me so much to contemplate!
