



## How to Be Human: The Manual (Hardback)

By Ruby Wax

Penguin Books Ltd, United Kingdom, 2018. Hardback. Condition: New. Language: English . Brand New Book. \*FROM THE NUMBER ONE BESTSELLING AUTHOR OF FRAZZLED\* A three way encounter between a Monk, a neuroscientist and Ruby Wax sounds like the set up for a joke. Instead it s produced one of the most fascinating, intriguing and informative books about minds and bodies and brains and mindfulness I ve ever encountered. A triangulation on what it means to be human. Utterly readable and surprisingly wise. Neil Gaiman How to Be Human is, without exaggeration, a lifeline; wise, practical and funny, it is a handbook for those in despair. It is actually for everyone alive, for the curious, or disillusioned or muddled or just plain happy. Ruby, the Monk and the Neuroscientist are today s Magi. Joanna Lumley With this marvellous book, Ruby Wax has confirmed her position as one of the most readable, inspirational and engaging writers in the field of human mental health, happiness and fulfilment. Stephen Fry It took us 4 billion years to evolve to where we are now. No question, anyone reading this has won the evolutionary Hunger Games by the fact you re on all twos and not...

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