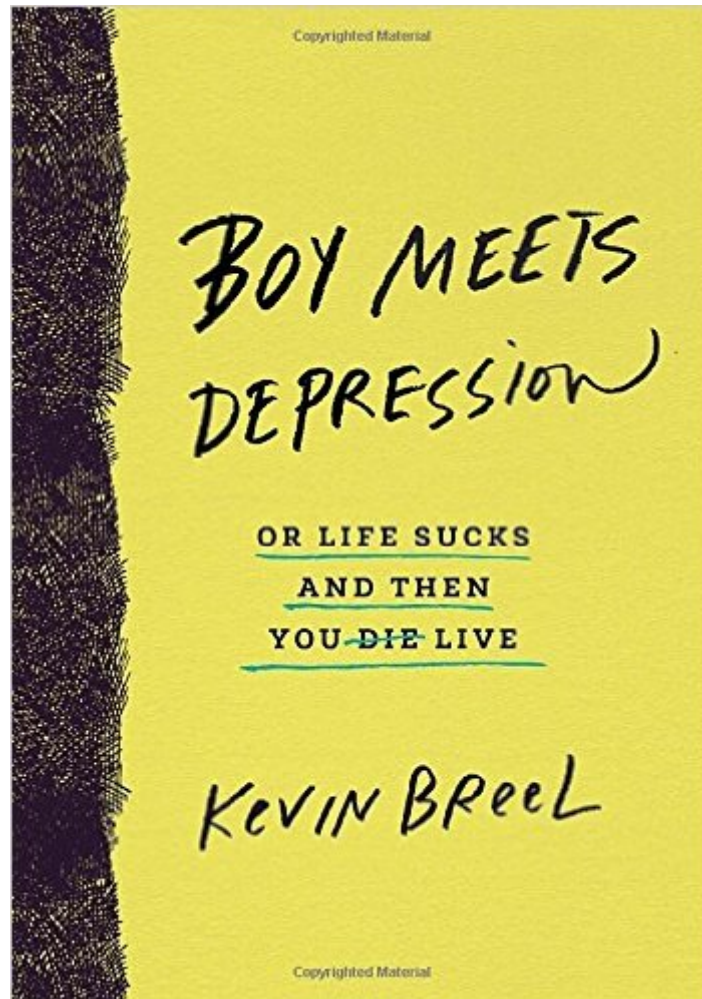


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# Boy Meets Depression: Or Life Sucks And Then You Live



## Synopsis

"Kevin Breel writes and talks about things that most people don't discuss. He has lived through darkness and now he's using his unique voice to bring light and hope to people in pain. I am proud to call Kevin my friend, and as he continues to do this important work, I will be cheering him on." --Jamie Tworkowski, Founder of TWLOHA and NY Times Best Selling Author

"Kevin Breel has single-handedly demystified depression through his shockingly honest, first-hand account of the struggle. This is an absolute must-read." --Josh Shipp, TV Host and Inc 30 under 30

Kevin Breel burst into the public's awareness when at 19 his TED talk became a worldwide phenomenon. Through the lens of his own near suicide, he shared his profoundly vulnerable story of being young, male and depressed in a culture that has no place for that. Now, in his first ever book, Kevin Breel dives in to the deep and dark parts of his childhood. In a memoir that is both raw and real, Kevin explores what it means to grow up. Dealing with dysfunction, loss and an intense battle with depression, Kevin brings the reader on a ride that is bumpy and brutally honest. Through all of it, there is a powerful story about hope, love and what it means to be human. BOY MEETS DEPRESSION is a book that illuminates how the real challenge in life isn't trying to be perfect, it's accepting the dark parts of ourselves.

## Book Information

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Average Customer Review: 4.4 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #37,347 in Books (See Top 100 in Books) #40 in Books > Parenting & Relationships > Parenting > Parenting Boys #53 in Books > Health, Fitness & Dieting > Mental Health > Depression #69 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders

## Customer Reviews

This is a review of the book Boy Meets Depression: Or Life Sucks and Then You Live by Kevin Breel. Keep in mind, it's been a little while since I read this book, so it's not exactly fresh in

my mind. It took me a while to be able to get around to actually writing a review, which is odd for me because, if I have strong feelings towards something, either good or bad, I tend to have to get it out of my system right away. I loved this book and I kind of wanted to shout it from the rooftops, but I was too busy with other things, unfortunately. This is the best non-fiction I've read in a while that I can actually relate to. The author tells the story of his struggles with depression, beginning in his youth when he didn't even know he was depressed. He went through some awful tragedies and that intensified the situation, but underneath it all, the guy was just flat out depressed. It wasn't until a suicide attempt that he realized something really might be wrong and sought help for himself. It will still be a lifelong struggle, but he learned things that can help manage it on most days. This is something that, unfortunately, I related to so closely that it was like reading my life story. I grew up with something always wrong, though I could never quite figure out what it was. The older I got, the more I acted out, but no one ever knew but me. I was a cutter, I attempted suicide (and failed, luckily), I pushed everyone away for fear of them leaving (isn't that the dumbest thing you've ever heard?), etc., etc., etc. As I grew into an adult, some of these things subsided (cutting, suicide attempts), but I still acted out in ways that made me appear batshit crazy to the average person.

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