



### Reading to Stay Alive

Tolstoy, Hopkins and the Dilemma of Existence

*By Christopher Dowrick*

**Pub Date:** 12 March 2024

**Binding:** Paperback

**Price:** £19.99 / \$24.95

**ISBN:** 9781839991813

**Extent:** 140 pages

**Size:** 153 x 229 mm /

6 x 9 inches

**Series:** Anthem Studies in Bibliotherapy and Well-Being

**BISAC CATEGORY:** LITERARY CRITICISM /

General MEDICAL / General, PSYCHOLOGY /

General

**BISAC CODE:** LIT000000

**BIC CODE:** MBNH9

**RIGHTS**

**Exclusive:** WORLD

### Explores how literary reading can enable people considering suicide to stay alive.

This book explores how literary reading can enable people considering suicide to stay alive. Written by an academic general practitioner with longstanding expertise in mental health, the book is grounded in the lived experience of patients, intertwined with perspectives from social psychology and moral philosophy. At its heart are reflective descriptions of the author's encounters with Tolstoy's Anna Karenina, and the Terrible Sonnets of Gerard Manley Hopkins, illuminating the therapeutic potential of recursive interactions between literature and experience.

### Readership

Family doctors and other primary health care practitioners who wish to explore new ways of guiding their patients through distress, people with lived experience of suicidal ideation, who wish to explore new ways of surviving and flourishing.

### Contents

Figures; Acknowledgements; 1. Staying Alive?; 2. Thwarted Belongingness; 3. Escape from Them All and from Myself; 4. Not Choose Not to Be; 5. Points of Transformation; 6. Creating Raisons d'Être; 7. Staying Alive; Index

### About the Author(s) / Editor(s)

Christopher Dowrick is Emeritus Professor in the University of Liverpool UK, and past chair of the World Organisation of Family Doctors working party for mental health.

Ordering in North America, Latin America and Caribbean	Ordering in the UK/Rest of the World	Ordering in Australia
Ingram Publishers Services (US) 1 Ingram Blvd. Mail stop #512 Laverne, TN 37086, United States Tel: +1 866 400 5351 ips@ingramcontent.com	Ingram Publishers Services (UK) 1 Deltic Avenue, Rooksley Milton Keynes, MK13 8LD United Kingdom Tel: +44 (0) 1752 202300   Fax: 01752 202330 IPSUK.Orders@ingramcontent.com	NewSouth Books C/O Alliance Distribution Services (ADS) 9 Pioneer Avenue Tuggerah 2259 NSW, Australia Tel: +61 (02) 4390 1300   Fax: +1800-66-44-77 adscs@alliancedist.com.au

75-76 Blackfriars Road | London SE1 8HA | United Kingdom | Tel: +44 (0)20 7193 7371  
244 Madison Ave. #116 | New York | NY 10016 | United States | Tel: +1 646 736 7908  
info@anthempres.com | sales@anthempres.com | publicity@anthempres.com | www.anthempres.com