



If You Feel Too Much, Expanded Edition: Thoughts on Things Found and Lost and Hoped For

Jamie Tworkowski

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Now in an expanded hardcover edition with new stories—the *New York Times* bestseller from the founder of To Write Love on Her Arms!

In 2006 Jamie Tworkowski wrote a story called “To Write Love on Her Arms,” about helping a friend through her struggle with drug addiction, depression, and self-injury. The piece was so hauntingly beautiful that it quickly went viral, giving birth to a non-profit organization of the same name. Now, To Write Love on Her Arms (TWLOHA) is an internationally recognized leader in suicide prevention and a source of hope, encouragement, and support for people worldwide.

If You Feel Too Much is a celebration of hope, wonder, and what it means to be human. From personal stories of struggling on days most people celebrate to words of strength and encouragement in moments of loss, the essays in this book invite readers to believe that it’s okay to admit to pain and okay to ask for help. *If You Feel Too Much* is an important book from one of this generation’s most important voices.



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