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Sane New World: Taming The
Mind. Comedian, writer and
mental health campaigner shows
us why and how our minds can
send us mad and how we can

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Rewire our thinking, especially through mindfulness, to calm ourselves in a frenetic world. Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity.

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Sane New World: Taming The
Mind by Ruby Wax

In Sane New World, Wax touches upon her own anxieties and fears with honesty and humour...it royally hauls a stigmatised fact of life kicking and laughing into the open.

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Ruby Wax
3801. Professor of Primary Care,
University of Southampton. Ruby
Wax is not on the telly so much
these days, but in the last few
years she has been developing a
second career as a campaigner
tackling the stigma of mental
illness: as the 'face of depression'

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In Sane New World, Wax touches upon her own anxieties and fears with honesty and humour ... 5.0 out of 5 stars excellent book if

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Ruby Wax
You want to know how the brain works and taming the mind. Reviewed in the United Kingdom on 12 August 2017. Verified Purchase. Absolutely loved it! Loved how it starts by explaining how the brain works in such a light ...

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Sane New World

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Ruby Wax World Ruby Wax - comedian, writer and mental health campaigner - shows us how our minds can jeopardize our sanity. With her own periods of depression and now a Masters from Oxford in Mindfulness-based Cognitive Therapy to draw from,

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she explains how our busy, chattering, self-critical thoughts drive us to anxiety and stress.

[Sane New World - RubyWax.net](#)

In Sane New World, Wax touches upon her own anxieties and fears with honesty and humour...it

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Ruby Wax royally hauls a stigmatised fact of life kicking and laughing into the open. * The Times * * The Times *
The book does succeed as a 'life manual' exactly because it is Ruby Wax who has written it...her life-affirming humour carries it through on a tide of quirky jokes

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Ruby Wax and separate anecdotes from her life.

Sane New World by Ruby Wax |
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As I opened Ruby Wax 's Sane
New World, I was sitting by my
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disorder) lamp and hoping that its

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brilliant rays would blast away
one of those creeping bouts of
despair...

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health and mindfulness bestseller
from A Mindfulness Guide for the
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why and how our minds can send
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