



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

Jamie Tworkowski

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The *New York Times* Bestseller

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. Nine years later, To Write Love on Her Arms (TWLOHA) is an internationally-recognized leader in suicide prevention and a source of hope, encouragement, and resources for people worldwide.

Jamie’s words have been shared hundreds of thousands of times online. They’ve shown up on T-shirts and posters and even tattoos. Now, for the first time, Jamie’s writing is available in the form of a book. *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 offering 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 it's 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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