

The first book about teenage depression written by a teenager!

A self-help book for people who hate help. And themselves.

Advice I Ignored: Stories and Wisdom from a Formerly Depressed Teen

When Ruby Walker was 15 going on 16, she went from a numb, silent, miserable high school dropout to a joyous loudmouth in one year flat. *Advice I Ignored* answers the question everyone's been asking her since: What happened?

Full of stories, honest advice, fierce hope, and over 100 hand-inked illustrations, *Advice I Ignored* is an important resource for teens suffering from depression (which has reached epidemic proportions), parents who have one, and educators who want to help. Applicable for adults suffering too!

TALKING POINTS

- 4 tips on how to gain a sense of free will and finally start taking showers again
- Self-talk: 3 ways to stop bullying yourself and learn how to start talking to yourself like you talk to your friends
- 7 steps to stop the hate and treat yourself right
- Opening up about sexual abuse/trauma
- Advice for parents whose teens are suffering from depression
- For parents and educators - signs to look for that a teen needs help, and what to do
- Advice on how to start exercising to fix your brain chemistry
- The importance of planning: making lots of small goals = accomplishing a big goal
- 4 lies your trauma is telling you and why you must not believe them
- 4 ways to find some quiet, make friends with boredom, and give yourself a break
- Art and writing as a creative outlet for coping with depression

ABOUT THE AUTHOR

Ruby Walker is an 18-year-old college student, artist and writer. Ruby grew up in Austin, moved down to Buda (TX), dropped out of high school, earned herself full tuition to a private university, and is currently studying art at Trinity University in San Antonio. *Advice I Ignored: Stories and Wisdom from a Formerly Depressed Teen* is the only book on teenage mental health actually written by a teenager.

RUBY WALKER

ADVICE I IGNORED



STORIES AND WISDOM
FROM A FORMERLY
DEPRESSED TEEN

BOOK DETAILS

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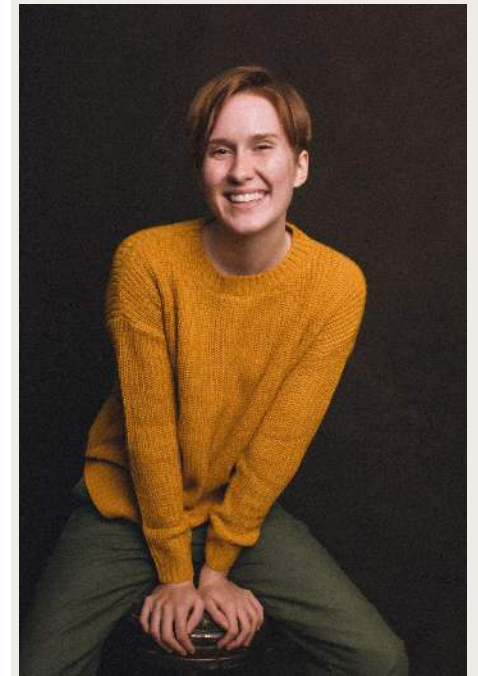
PR  BY THE BOOK

IMPORTANT DATES

- February is Relationship Wellness Month
- February is International Expect Success Month
- February is Boost Your Self Esteem Month
- February 13 is International Day of Self-Love
- March 20 is International Day of Happiness
- April is Stress Awareness Month
- April is Sexual Assault Awareness Month
- April is Counseling Awareness Month
- May is Mental Health Awareness Month
- September is Suicide Prevention Month

ENDORSEMENTS

"If you are a teen struggling with depression and anxiety, an adult working with teens, or an adult who is yet to shake off those traumatic teenage situations, Advice I Ignored is for you." - Jo-Ann Duff, duffythewriterblog.com



Ruby Walker

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