



Boy Meets Depression: Or Life Sucks and Then You Live

Kevin Breel

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"Kevin Breel writes and talks about things that most people don't discuss. He has lived through darkness and now he's using his unique voice to bring light and hope to people in pain. I am proud to call Kevin my friend, and as he continues to do this important work, I will be cheering him on." --Jamie Tworkowski, Founder of TWLOHA and NY Times Best Selling Author

"Kevin Breel has single-handedly demystified depression through his shockingly honest, first-hand account of the struggle. This is an absolute must-read." --Josh Shipp, TV Host and Inc 30 under 30

Kevin Breel burst into the public's awareness when at 19 his TED talk became a worldwide phenomenon.

Through the lens of his own near suicide, he shared his profoundly vulnerable story of being young, male and depressed in a culture that has no place for that. Now, in his first ever book, Kevin Breel dives in to the deep and dark parts of his childhood.

In a memoir that is both raw and real, Kevin explores what it means to grow up. Dealing with dysfunction, loss and an intense battle with depression, Kevin brings the reader on a ride that is bumpy and brutally honest. Through all of it, there is a powerful story about hope, love and what it means to be human. **BOY MEETS DEPRESSION** is a book that illuminates how the real challenge in life isn't trying to be perfect, it's accepting the dark parts of ourselves.

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Patsy Marshall:

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Lauren Marine:

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