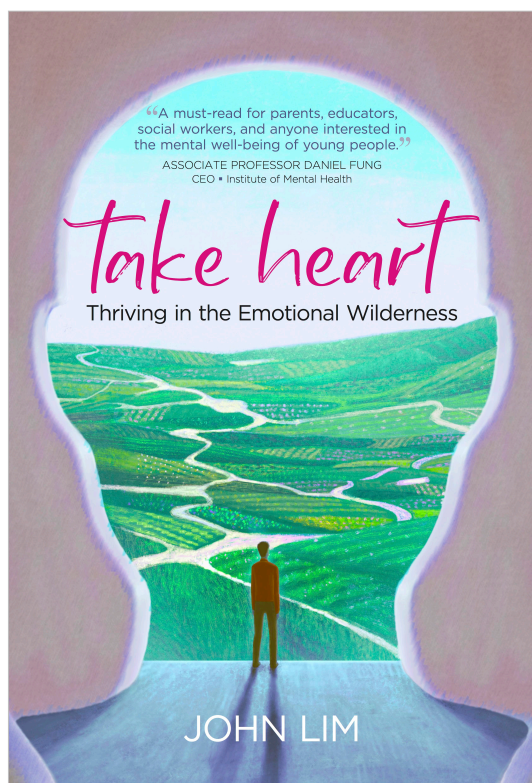




Write Editions®

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In December 2015, 20-year-old John Lim was lost, desperate, and hopeless. Having just graduated, he didn't know what to do with his life. He was filled with so much anxiety that he stuffed himself with food, and ended up growing eight kilograms in a month.

He even contemplated suicide.

This might not be your experience. But every individual would most certainly face some form of emotional pain in life, whether it comes through fear, anger, or depression. Often we push these away, hoping they go away quickly. What if these emotions could be a force for good, and make us even stronger than when we first started?

Take Heart offers a raw, poignant personal account of how a young person came through the big, black dog of depression, and brought out the good that lay in the messy, uncomfortable emotions. Dubbed "a call to action", the book invites a call to listen to the whispers of our hearts and to pursue the life that is truly calling us.

Our emotions are an experience. Ultimately, it is how we relate to these emotions that determines if we'll simply go through these emotions, or we'll grow through them.

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Recommended Retail Price: USD22.00 | Rest of the World
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ABOUT THE AUTHOR



JOHN LIM is an author, speaker and a registered social worker. He specialises in counselling youths with mental distress as well as working with families and individuals facing severe distress in their lives while employed full time at a family service centre. Today, he devotes his time to writing and speaking on how young adults can transit more effectively from school to work. John was awarded a full academic scholarship to read Social Work at the University of Nottingham, where he graduated with a First Class Honours and was shortlisted for the Vice Chancellor's Global Graduate Prize. John's recent book includes *Vault! Every Gen Z's Guide to Getting Through the Swamp of Adulthood*. He writes regularly on youth-related issues at liveyoungandwell.com.

PRAISE FOR TAKE HEART

"A must-read for parents, educators, social workers, and anyone interested in the mental well-being of young people."

ASSOCIATE PROFESSOR DANIEL FUNG • CEO • Institute of Mental Health

"An interesting account of a young man's exploration into the inner sanctum of his mind and helping other young people to re-examine existential issues of 'happiness, purpose and meaning'."

EMERITUS PROFESSOR KUA EE HEOK • Vice Chairman • Mind Science Centre • National University of Singapore

"A true companion read for any millennials and Gen Z who grew up in a digital age in search of finding one's identity and charting the way forward."

CORRINE ONG • Deputy Director • Career & Attachment Office • Nanyang Technological University

"John's vulnerability is inspiring as he explores his own past struggles and challenges . . . *Take Heart* urges us to embrace authenticity and to find deeper meaning in our lives."

DANIEL WONG • Teen Coach • Author, *The Happy Student*