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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

### **Sane New World: Taming the Mind, 2013, 256 pages, Ruby Wax**

The book: Sane New World: Taming the Mind The author: Ruby Wax, comedian, writer and "poster girl for mental illness in the UK", according to her author blurb. She also has a Masters degree in Mindfulness-based Cognitive Therapy.

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Ruby Wax's examination of depression is at times insightful and at others exhausting, writes Bella Bathurst

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Comedian, writer and mental health campaigner shows us why and how our minds can send us mad and how we can rewire our thinking, especially through mindfulness, to calm ourselves in a frenetic world.

### **[PDF] Sane New World: Taming The Mind Book by Ruby Wax**

1 The Beginning This book is dedicated to my mind, which at one point left town, and to the rest of humanity, who perhaps at one time or another might have misplaced theirs.

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