

Download How To Be Happy A Memoir Of Love Sex And Teenage Confusion

'How to Be Happy: A Memoir of Love, Sex and Teenage Confusion' is Australian author David Burton's debut. I read this book ages ago and then didn't know what to do about how much I loved it. Writing a review was hard, and the words I tried to put down didn't adequately express how much I loved the book. I thoroughly enjoyed David Burton's memoir that shines a light on depression, sexual identity and the general hassle of adulting. Having a history of clinical depression, Dave just tries to climb the social ladder by pretending to be someone else. How to Be Happy tackles depression, friendship, sexual identity, suicide, academic pressure, love and adolescent confusion. It's a brave and honest account of one young man's search for a happy, true and meaningful life that will resonate with readers young and old. David Burton, How to be Happy: a memoir of love, sex and teenage confusion, Text Publishing, 26 august 2015, 272pp., \$19.99 (pbk), ISBN 9781925240344 Winner of the 2014 Text Prize, How to be Happy is David Burton's autobiographical account of his life from about 13 through to his early 20s.