

contents

viii	epigraph
1	the first bit
14	because no one knows . . .
35	the something else
49	gentle and small
65	just meditate
78	slow . . .
97	the something else (part 2)
106	bipolar?
117	closer
136	spirals
162	make the beast beautiful
182	pain is important
194	do the work
206	indecision
224	back the fuck off
235	space
242	boundary building
261	the wobbliest table at the café
281	grace
298	the last bit
309	acknowledgements
310	five extra reads you can find on my website
311	text acknowledgements
312	where to find help