

RECOMMENDED BOOKS:

Black Sun: Depression and Melancholia — Julia Kristeva (1987)

The Life You Want — Adam Phillips (2013)

Hamlet — William Shakespeare (c. 1600–1601)

The Sound and the Fury — William Faulkner (1929)

Mrs Dalloway — Virginia Woolf (1925)

Missing Out — Adam Phillips (2012)

Memoirs of My Nervous Illness — Daniel Paul Schreber (1903)

The Divided Self — R.D. Laing (1960)