



The Happy Depressive: In Pursuit of Personal and Political Happiness

Alastair Campbell

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From Reader Review The Happy Depressive: In Pursuit of Personal and Political Happiness for online ebook

Rose Bridges says

This only took me an hour to read but I found it had insight, expressing his take on happiness and depression. I enjoyed reading it and did take some thoughts from it which I could relate to. I did feel as though I was reading a magazine article rather than a book if that makes any sense.

Jane says

More political than personal, alas, but interesting.

Bitvacuous says

Interesting read about someone who is completely focused on doing and clearly can't face time spent "being". Yet has found a way to come to terms with this rather than battle his depression (which most depressives do) he accepts it and carries on regardless. I particularly like that someone so publically seen as Labour politically has acknowledged there is some good in the Conservative well being agenda. Shame the Conservatives seem to have let go of this in 2015, and this book's social message is already becoming lost and the book dated.

Kevin Coaker says

Rip-off 98 pages that has the cheek to call itself a novel. A collection of brief essays that offer little of any depth.

k~ says

I'm a big fan of Alastair Campbell and his writing, especially his diaries. Even though I'm a bit late to reading this short piece on happiness, policy, and personal pursuits of contentment, I found Campbell's insights to be pertinent to 2016 just as well as the time of publication.

From a personal standpoint, Campbell shared his insight on happiness as a person with depression. Even as a rather controversial figure in British politics, Campbell shared a bit of humanity with insights on his reaction to negativity, especially in regard to the British media, and his mental illness.

For politicos, the insights on happiness and policy will be a particular treat, as Campbell used several sources throughout to analyse his perceptions of how policy and the notion of happiness are related, even in his rather positive comments toward Conservative politics and Cameron's proclamations.

Overall, it is a quick read on social policy and happiness both personal and political. I would especially recommend this book to those with an interest in social welfare. The book, however, is not so specialised, thus the audience is anyone with an interest in happiness. Easy read and consumable within an hour or so.

Debumere says

Interesting. I'm really on the fence with this which is why I gave it a 3. The first part, with stats, was very interesting. When Alastair started talking about his depression part of me thought 'You're just cashing in' and another thought 'Well, good for you.'

With so many celebs and famous people jumping on the mental illness bandwagon, I am quite cynical.

Sophie says

A nice little book written by Alastair Campbell.

I'm a huge fan of his diaries so it was quite refreshing to read about his idea of happiness and how mental illness should not suffer any stigma.

His account of his nervous breakdown is very powerful, and his thoughts about his late friend Ph. Gould are very moving.

Michele says

Quick read as only 90 pages long but made me want to read more by the author.

Emma says

A thoughtful and insightful look at happiness and depression from a man who should know what he's talking about. Went to hear him speak and then bought this short book afterwards. It is a clear presentation of Mr Campbell's philosophy about happiness and includes a refreshingly frank description of his own battles with depression. He makes some excellent points about the current well-being agenda and obviously has a clear vision about which areas policy makers should focus on. I hope he can find a role which allows him to put these excellent points into practice.

Fran Hedges says

Quite interesting perspectives on happiness. Enjoyed the research etc. Biased as like Alastair Campbell's books.

ristubasan says

Competently written - how could it not be - and fairly engaging, and of course it is interesting to vicariously gain some insight into the inner workings of someone who spent years in the public eye as the spinmeister for Tony Blair's government. We forget that these people are people. Disturbing that at the youthful age of 54 he is now so firmly, as he puts it, 'on the back nine of life' - can those of us mere mortals afford that luxury?

H says

Campbell offers insight into both his personal experience with mental health and an overall societal goal for happiness.

Still very much relevant as many politicians seem too overly focused on GDP impacts rather than actual personal impacts of policies.

Not an immensely long read, but it doesn't really need to be - the points are conveyed to the reader. The text is easily readable with little of the technical jargon often littered in political non fiction.

Well recommended for all readers with an interest in politics, mental health, public health and a sense of general well-being.

Louise Henry says

A short, easy to read insight into one man's battles with mental illness, and his interpretation of happiness. There is also an introduction to state wellbeing initiatives which I found to be very interesting. He recommends some further reading, which I will be downloading soon. Highly recommended.

Randy Hines says

Quick and thoughtful read

A quick and thoughtful read. It was very interesting to read about the notion that governments could focus more on the abstract notion of wellbeing than the traditional metrics of growth. Similarly, companies should also focus less on shareholder value and more on the happiness of their employees. The author's personal experiences were touching as well especially in the context of a successful and public career.

Helen says

Interesting to read Alistairs interpretation of what happiness is, his bad and not so bad days ring true. Would love to hear him speak
