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If You Feel Too Much DELUXE: Thoughts on Things Found and Lost and Hoped For

By Jamie Tworkowski



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The deluxe eBook edition of the *New York Times* bestselling *If You Feel Too Much* includes video footage of To Write Love on Her Arms founder Jamie Tworkowski's inspiring and honest talks from across the country, as well as a one on one interview with author and activist Kevin Breel.

In 2006 Jamie Tworkowski wrote a story called "To Write Love on Her Arms" about helping a friend through her struggle with drug addiction, depression, and self-injury. The piece was so hauntingly beautiful that it quickly went viral, giving birth to a non-profit organization of the same name. Nine years later, To Write Love on Her Arms (TWLOHA) is an internationally-recognized leader in suicide prevention and a source of hope, encouragement, and resources for people worldwide.

Jamie's words have been shared hundreds of thousands of times online. They've shown up on T-shirts and posters and even tattoos. Now, for the first time, Jamie's writing is available in the form of a book. *If You Feel Too Much* is a celebration of hope, wonder, and what it means to be human. From personal stories of struggling on days most people celebrate to offering words of strength and encouragement in moments of loss, the essays in this book invite readers to believe that it's okay to admit to pain and it's okay to ask for help. *If You Feel Too Much* is an important book from one of this generation's most important voices.



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Editorial Review

Review

"I've heard countless stories from people who were hurting, lonely, confused, and even suicidal—they were able to find a toehold in Jamie's words. They love him because he accepted them as they were, told them they didn't have to act, and let them know their story contributed to the beauty."

—**from the foreword by Donald Miller, *New York Times* bestselling author of *Blue Like Jazz***

"It's rare that I'm truly inspired by what life brings to my front door. Meeting Jamie was one of these rare moments. He has the biggest heart and when he says the words 'You matter,' you believe him."

—**Alex Morgan, U.S. Women's National Soccer Team**

"Jamie loves people unlike anyone I've ever met. He is also a humble guy and a faithful friend. He's the one who has offered to come on my darkest day, to cry with me, and on my best day to celebrate. His brand of love is one without judgment, boundaries or pretense. This book gives you a wonderful glimpse at Jamie's beautiful heart. You're in for a treat."

—**Bob Goff, *New York Times*-bestselling author of *Love Does***

"Jamie is special. He is sincere and sensitive and kind. He has poured his heart into this book, and that's how he lives his life. I hope the honesty in Jamie's story and experiences will help you to be honest in yours."

—**Kyle Korver, NBA All-Star**

"Through poignant self-reflection and stories that pulse with a poetic rawness, Jamie invites us to be part of a bigger conversation. It's one that leads to community, connection, healing and incredible hope."

—**Dr. Georgina Smith, clinical psychologist**

"With this book, you have Jamie's heart in your hands. By honestly sharing his life, in joy and pain, he is teaching others how to do the same. *If You Feel Too Much* is Jamie's guide to loving better and finding joy in being known."

—**Jason Russell, co-founder of Invisible Children**

"It's impossible not to feel it deep in your guts when Jamie writes or speaks. His vivid honesty about the human condition always leaves me simultaneously inspired and feeling less alone. This book can only be summed up by using Jamie's own words—it truly is 'a living, breathing, screaming invitation to believe better things.'"

—**Keltie Knight, TV personality**

"There are people that say they care for others. And then there are those that do care. Then there is Jamie, who breathes love. This book is proof."

—**Propaganda, hip-hop artist and spoken word poet**

"When I first met Jamie, he struck me as someone on a mission. Through his sheer determination, he brought some difficult issues out of the shadows and helped so many people realize they were not alone. I believe this book will inspire others to do the same, to get help, and to chase their passion just as he has."

—**Kevin Lyman, founder and producer of the Vans Warped Tour**

"We hired Jamie when he was 22 years old to be our Florida Sales Rep. That decision surprised a lot of people. When he left the company at 26 to start TWLOHA, people were equally surprised. It's rare in life when one knows without a shadow of doubt what they are meant to be doing on this planet. It's been incredible to watch Jamie's journey unfold."

—**Bob Hurley, Founder/Chairman of Hurley**

From the Hardcover edition.

About the Author

Jamie Tworkowski is the founder of To Write Love on Her Arms, a non-profit movement dedicated to presenting hope and finding help for people struggling with depression, addiction, self-injury, and suicide. He spends much of his time on the road, telling the TWLOHA story and encouraging audiences at universities, concerts, and music festivals. Jamie has been interviewed by *NBC Nightly News*, *CBS Sunday Morning*, and *Rolling Stone* magazine. A proud uncle, he lives in Melbourne Beach, Florida.

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NOTE TO SELF

Dear jamie,

The only justice is love. Just let it go. You don't have to write back. You don't have to explain. This is not about being right. There is something true inside the song you can't stop listening to. You don't feel at home anywhere, but you feel at home when Aaron sings that song. Someone calling you a criminal does not make you a criminal, just as someone calling you a hero does not make you a hero. Nobody gets to name you. Find your identity in the one true place. If someone gives you something, and then takes it back—that's okay. If someone says something or sees something, and then they don't—it's okay. Do not be like some broken lawyer making the same argument over and over again, always reaching for rewind. Guilt and regret, those are awful places. You know that. So don't live there. Do not despair. Do not be afraid. Grace is the interesting thing. Hope.

And God must be a pretty big fan of today, because you keep waking up to it. You have made known your request for a hundred different yesterdays, but the sun keeps rising on this thing that has never been known. Yesterday is dead and over. Wrapped in grace. Those days are grace. You are still alive, and today is the most interesting day. Today is the best place to live.

These things deserve your attention: your family, your friends, the people you will meet today, the strangers with their stories. They say, "We are all in this together." It is absolutely true. That girl with cancer in her stomach and chaos in her mind. She's with us. That guy with tears in his eyes and ghosts in his heart. He loved her, and you could see it. You could see it and you told him that it wasn't his to carry. You told him about grace, and you told him about the song. And you believed it. You were certain of it. So if it's true for him, then isn't it also true for you?

Wake up. You're alive.

Your Friend,
Jamie

PS: And that diamond ring, i know you think about it a lot. i know you don't know what to do with it. That ring does not define you. It never did. Then or now. You can wear it around your neck. You can throw it to

the sea. It doesn't matter. It's not your name. You are free.

Users Review

From reader reviews:

Herman Ovalle:

Do you have favorite book? For those who have, what is your favorite's book? Reserve is very important thing for us to understand everything in the world. Each e-book has different aim or even goal; it means that e-book has different type. Some people experience enjoy to spend their time for you to read a book. They are really reading whatever they take because their hobby is definitely reading a book. Consider the person who don't like reading a book? Sometime, individual feel need book after they found difficult problem or even exercise. Well, probably you will require this If You Feel Too Much DELUXE: Thoughts on Things Found and Lost and Hoped For.

Stuart Ross:

Reading a guide can be one of a lot of activity that everyone in the world likes. Do you like reading book thus. There are a lot of reasons why people enjoy it. First reading a guide will give you a lot of new info. When you read a book you will get new information since book is one of numerous ways to share the information or perhaps their idea. Second, reading a book will make an individual more imaginative. When you reading through a book especially fictional book the author will bring you to definitely imagine the story how the people do it anything. Third, you could share your knowledge to other people. When you read this If You Feel Too Much DELUXE: Thoughts on Things Found and Lost and Hoped For, you could tells your family, friends along with soon about yours publication. Your knowledge can inspire the mediocre, make them reading a reserve.

Virginia Gauvin:

Playing with family in a very park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try factor that really opposite from that. Just one activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love If You Feel Too Much DELUXE: Thoughts on Things Found and Lost and Hoped For, you could enjoy both. It is excellent combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout men. What? Still don't get it, oh come on its referred to as reading friends.

Patricia Morales:

As a scholar exactly feel bored to help reading. If their teacher expected them to go to the library or to make summary for some publication, they are complained. Just minor students that has reading's heart and soul or real their hobby. They just do what the educator want, like asked to go to the library. They go to there but nothing reading critically. Any students feel that reading through is not important, boring and can't see colorful photographs on there. Yeah, it is to get complicated. Book is very important for you personally. As

we know that on this time, many ways to get whatever we really wish for. Likewise word says, many ways to reach Chinese's country. So , this If You Feel Too Much DELUXE: Thoughts on Things Found and Lost and Hoped For can make you experience more interested to read.

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