

Tuesday 14th January 2020 7.00 pm
Riverside Centre, Newport

Ariane Sherine

“Talk Yourself Better”

Comedy writer and journalist Ariane Sherine created and organised the Atheist Bus Campaign, persuading Richard Dawkins and the British Humanist Association to support her – and buses with variations on the slogan “There’s probably no God. Now stop worrying and enjoy your life” ran in 13 countries across the globe.



As a result, Ariane received an Inbox full of hate mail from Christians, which eventually led to a major nervous breakdown and suicidal ideation. She ended her journalistic career, and didn’t write again for over three years.

In this talk, she will tell the full story of how therapy and medication saved her life, prompting her to write her new book, *Talk Yourself Better: A Confused Person’s Guide to Therapy, Counselling and Self-Help*.

Ariane will also be signing copies of *Talk Yourself Better* after the talk.

Everyone Welcome!

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