



Cheer Up, Love: Adventures in Depression with the Crab of Hate

Susan Calman

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Susan Calman is a well-known comedian and writer who has appeared on countless radio and television programmes. Her solo stand up show, *Susan Calman Is Convicted*, was broadcast on BBC Radio 4 and dealt with subjects like the death penalty, appearance and depression.

The reaction to the show she wrote about mental health was so positive that she wanted to expand on the show and write a more detailed account of surviving when you're the world's most negative person.

The Crab of Hate is the personification of Calman's depression and her version of the notorious Black Dog. A constant companion in her life, the Crab has provided her with the best and very worst of times.

This is a very personal memoir of how, after many years and with a lot of help and talking, she has embraced her dark side and realised that she can be the most joyous sad person you'll ever meet.

Cheer Up Love is funny, poignant and (hopefully) informative. It's always good to talk.

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