



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

By Jamie Tworkowski

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The New York Times Bestseller

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. Now, To Write Love on Her Arms (TWLOHA) is an internationally recognized leader in suicide prevention and a source of hope, encouragement, and support for people worldwide.

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 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 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**

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:

Maurice Henkel:

As people who live in the particular modest era should be update about what going on or info even knowledge to make them keep up with the era and that is always change and move ahead. Some of you maybe will certainly update themselves by reading books. It is a good choice for you personally but the problems coming to an individual is you don't know which you should start with. This If You Feel Too Much: Thoughts on Things Found and Lost and Hoped For is our recommendation to help you keep up with the world. Why, since this book serves what you want and need in this era.

Donald Jones:

Are you kind of stressful person, only have 10 or 15 minute in your day to upgrading your mind ability or thinking skill also analytical thinking? Then you are experiencing problem with the book in comparison with can satisfy your short space of time to read it because all of this time you only find book that need more time to be read. If You Feel Too Much: Thoughts on Things Found and Lost and Hoped For can be your answer mainly because it can be read by you who have those short free time problems.

Keith Lugo:

Is it a person who having spare time and then spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This If You Feel Too Much: Thoughts on Things Found and Lost and Hoped For can be the answer, oh how comes? A fresh book you know. You are thus out of date, spending your spare time by reading in this completely new era is common not a nerd activity. So what these textbooks have than the others?

Tara Cassell:

A lot of people said that they feel weary when they reading a publication. They are directly felt it when they get a half elements of the book. You can choose the book If You Feel Too Much: Thoughts on Things Found and Lost and Hoped For to make your own personal reading is interesting. Your own skill of reading skill is developing when you such as reading. Try to choose simple book to make you enjoy to read it and mingle the idea about book and studying especially. It is to be initial opinion for you to like to open a book and go through it. Beside that the publication If You Feel Too Much: Thoughts on Things Found and Lost and Hoped For can to be your brand-new friend when you're sense alone and confuse with the information must you're doing of that time.

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