



Book Recommendation

Notes on a Nervous Planet by Matt Haig

Some writers have a rare ability to meet us exactly where we are. To name what we are feeling, before we have quite found the words ourselves. For us, Matt Haig is one of those writers.

In [Blog 96](#), we shared our reflections on his deeply moving book *Reasons to Stay Alive*. It was a book that resonated with many in our community – raw, honest, and quietly hopeful. And so, it feels only fitting that we return to Haig’s work with another of his bestselling titles, *Notes on a Nervous Planet*. Published in 2018, this book somehow feels even more relevant today.

Haig explores the impact of the modern world on our minds – the noise, the speed, the constant comparison, the subtle (and not so subtle) pressures of living in a hyperconnected age. The brilliance of the book lies not just in its insights, but in its accessibility. Short chapters. Clear language. Gentle wisdom. It’s a book you can dip into, return to, and reflect upon in your own time.

Some of the chapter headings alone are enough to pause us:

- “The world is designed to make us feel inadequate”
- “The illusion of perfection”
- “A day in the life of the human mind”
- “How to be calm”
- “How to be happy”

Each one feels like a quiet invitation – not a demand – to consider how we are living.

One of the most powerful reminders throughout the book is this: **just because the world is moving quickly, does not mean we have to.**

In practical terms, Haig offers small, achievable ways to navigate a nervous planet:

- Turning off notifications – even for an hour – and noticing the shift in your attention
- Replacing scrolling with something grounding – a walk, a conversation, a page of a book
- Becoming aware of comparison, and gently choosing to return to your own path
- Creating small daily rituals that bring calm – a cup of tea, a moment of stillness, a breath

These are not grand gestures. They are small acts of reclaiming ourselves.

And perhaps this is where *Notes on a Nervous Planet* aligns so closely with our work in *My Manifesto*. In a world that can feel loud, fast, and overwhelming, a personal manifesto becomes a steadying force. A reminder of who you are. What you stand for. The way you choose to live.



As one of our inspiration cards reminds us:

“The clarity of my words provides me with a deep sense of inner peace.”

Haig’s work, in many ways, helps us clear the noise so that we can hear those words more clearly. The success of this book – an international bestseller, widely read and shared – speaks to something deeply human. We are not alone in feeling overwhelmed. And we are not without options in how we respond.

If you are feeling stretched, distracted, or simply curious about how to live well in a busy world, this is a book worth picking up. Not to change your life overnight, but to gently nudge it back towards calm, clarity, and intention.

And perhaps, after reading a chapter or two, you might find yourself asking a quiet but powerful question: *Does the way I am living support the life I am trying to live?*

Go well.