

JUMP ON BOARD

The ^{ONE} Book

The Unlikely Pilgrimage
of Harold Fry

Rachel Joyce

The One Book Launch
@ Newry Library
19th April 2013
11:00am - 1:00pm
with Dawson Stelfox
and Rowan Hand

Get in touch!

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*"The Unlikely Pilgrimage
of Harold Fry is a beautiful
book; a beautiful book full
of health."*

Damian Gorman

This beautifully written book charts the physical and mental journey of protagonist Harold Fry at a crucial time in his life. The book is both intriguing and thought provoking as the author carefully, and subtly, interweaves some of the key issues of mental health and well being in Harold's journey, of which we all have had some experience in one way or another.

Health in Mind aims to encourage as many people to read this wonderful novel as possible, and to start a discussion around the importance of mental health.

