

"This is what I was thirsting for. Bernadette's voice both calms and activates me to seek a better, richer way of living. It's a gentle, kind but no nonsense reminder that I am not alone in a world I find scary. Bernadette's book draws us humans together. Together, people have already come up with so much beauty and wonder, and Bernadette reminds us of our values and ideals and that each of us has power to affect change. Bernadette includes examples from all over the world - reminding us of the possibilities beyond the status quo. She shares manageable, every day, yet profound actions we can try. Together. This feels like a journey back to ourselves." **Vera Chok, actor and co-author of *The Good Immigrant***

"There are many books that talk about hope as a philosophical idea. But as well as being inspiring, *How To Be Hopeful* is practical, full of simple things you can do to boost your hope levels. It's a book we all need as the whole world recovers from the coronavirus crisis."

Dan Thompson, activist, poet and author of "Your England"

"Bernadette's Russell's work is always generous and inspiring, and this collection comes with added hope - exactly what is needed right now. Hope AND action." **Stella Duffy O.B.E, author and co-founder of Fun Palaces campaign for cultural democracy**

"This is a guide to hope, but, it also a guide to mastering inter-demential time travel. To hope is to look around and select only what you want and place it in the future. Bernadette is teaching us how to carefully and generously build better worlds for ourselves and for everyone. What a gift." **Dr Bentley Crudgington, School of Medical Sciences, University of Manchester**

'The perfect book for troubling times. The ideas and exercises in *How To Be Hopeful* will soothe your soul.' **Katherine May, author of *Wintering: The Power of Rest and Retreat in Difficult Times***

"At a time of great confusion, change, and uncertainty - this dose of optimism, hope, and kindness is a badly needed tonic. Well done Bernadette on assembling so beautifully a rich and inspiring range of ideas and stories that together point us towards a better future." **Matt Hawkins Co-Director of Compassion in Politics**

"Thought-provoking, inspiring, uplifting - this made me rethink what hope means and the role it has in our lives. Thank you Bernadette, and all your contributors, for your warmth and honesty in this journey through the emotional rollercoaster of life. I am walking away with fresh eyes and a commitment to spread the gift of hope to others."

Charlotte Wiseman - Mental Fitness and Leadership consultant

"A fabulous pocketbook on hope. Everything Bernadette Russell does is infused with such tenderness and passion." **Simon Casson, Producer, Duckie (LGBTQI+ arts collective)**

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"Incredibly energising. A must read, especially in these uncertain times when all hopes and dreams seem to be shattered. This book picks you up and gets you moving again." **Ronald Kiwalabye, founder of Schools Trees Project, Jinja, Uganda**

"I need this book. We are all overwhelmed in these troubled times and it's so hard to find the light. But How to be Hopeful does exactly what it says on the tin. Not only wonderful stories, but practical tips in each chapter. Only with hope, can we change the world. I will carry it constantly in my pocket." **Judith Knight MBE, co-founder of Two Degrees Festival and Season for Change.**

"Bernadette is a thoughtful and compassionate storyteller, offering her honest and often very funny insight into the world we share. Her writing is imaginative, but the journey of the book is also a practical

one, reflecting what I've seen working with communities at Trees for Cities - hope can be emotional but it can also be an everyday feeling, driving joy and positive change."

Jess Massucco. Community, Education and Volunteer Manager
Tree for Cities

"This is such a timely, inspiring and vitally important message and the perfect antidote to our challenging times. Hope isn't about pretending things are fine if they're not; it's about a realistic and grounded optimism, which recognises that things aren't perfect and responds nonetheless with wisdom, gratitude, compassion and an authentic desire to make things better. Bernadette teaches us how to be hopeful, with stories and ideas that are at once profound but also refreshingly simple to put into practice in our daily lives.

Everyone needs to read this book" **Dr Mark Williamson, director of Action for Happiness**

'*How To Be Hopeful* is a small candle on a dark night. Not only an examination and celebration of hope and the role it plays in our lives, but also a gentle call to action and welcome reminder that we can all make tiny changes for personal and collective good. The perfect book for worrying weather, it will bring both cheer and the sense that change is possible.' **Peggy Hughes, programme director, National Centre for Writing**

"To find and share hope is a true gift, one which luckily for us, Bernadette truly has. She sees the hopeful side in everything from art through to the sciences, from the everyday to the unknown. This is captured beautifully in this book. Read, enjoy and most importantly share with your loved ones." Dr Dominic Galliano, Head of Public Engagement at University College London

"When it feels like the world is crashing around us, all we have is hope.

Thank goodness Bernadette has written this delightful book to help us find it.” **Pippa Evans, comedian and co-founder of Sunday Assembly**

“Bernadette Russell is a wonderful storyteller, and in her new book, *How to be Hopeful*, she tells the story of hope; how to nurture it, how to share it and how to use it as a way to imagine a better collective future. This inspirational book, full of stories that mirror our own, draws on Bernadette's lifelong learning about, and campaigning for, kindness. From thoughtful suggestions on how to focus on the positive and ways of taking care of yourself that are never glib or saccharine, to thinking about what death, and the dead can teach us, to ways of joining with friends, communities and global movements to make a difference, this book is a beacon of hope. It is a gentle, caring, practical invitation to see good, act on it and make the most of life.” **Deborah Chadbourn, executive director, Arts Admin, (member of Letters to Earth and Culture Declares Emergency)**

“How To Be Hopeful will fill you with ripples of joy and make you smile as it reminds you maybe the world isn't such a bad place after all.

And what better time than during a global pandemic to remind us we do have control about the way we feel, and hope is actually something that can be cultivated?

This book is an invitation to start your own journey towards hope and find out what hope means for you. There's something in it for everyone and is not only a delight to read but something you'll find yourself coming back to again and again.” **Becky Barnes, journalist**

“Hope is powerful, positive and uplifting. To feel it is to see potential, to embrace the present, to look forward to the future, to believe in yourself and others - to feel alive. To be without hope is bleak, yet we all know how illusive it can be, how fleeting and easily dashed, particularly in a time of crisis and uncertainty. Bernadette Russell's

timely new book, *'How to be Hopeful'* explores hope as a force for change and "the basis from which all possibilities spring". Reading it is like having Bernadette walking by your side, gently pointing out the good, finding the beauty, making you smile. She shines a light in the darkest of corners, showing us how to find and nurture hope everywhere, even in grief.

There is so much about this book that I love, like Bernadette's warm, conversational style, her ranging exploration of hope using examples from Aristotle to local friends and neighbours, the challenges and exercises that I'm already doing, and her ability to focus on the deeply personal then zoom out to the global. The thing I love most though, is that you come away from it a more hopeful person, and for that reason I'll return to it again and again. It's a handbook for our times. Read it!" **Janice McGuinness, CEO People United**

"This is beautiful and tender book. Full of exercises, anecdotes, musings and leanings on the all too forgotten magic of hope. It is just what is needed in a world that so often feels painful, stressful, overwhelming and even futile. I'd like to beg and coax you to read the book. Bernadette Russell with her hope, kindness and wit might just be the friend you are looking for" **Lucy-Anne Holmes, author, actor, campaigner.**