

# Drawn From Experience

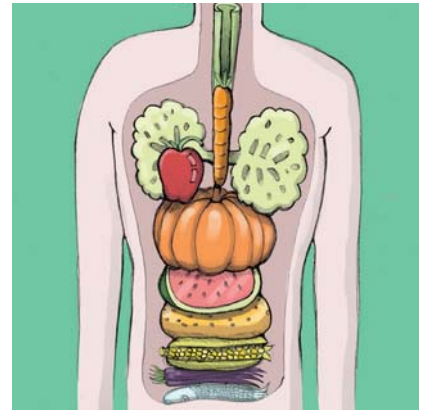
How to live the good life



Greet each day as an opportunity



Exercise your mood



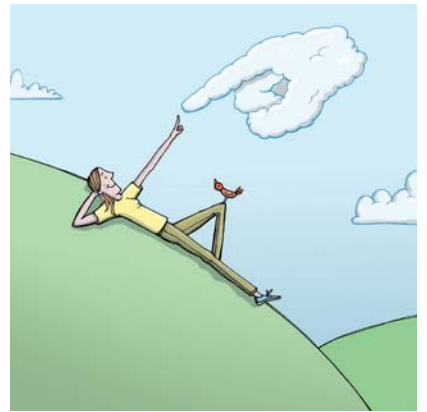
Eat well



Learn how to rest and sleep well



Learn how to quiet your mind



Believe in something bigger than yourself



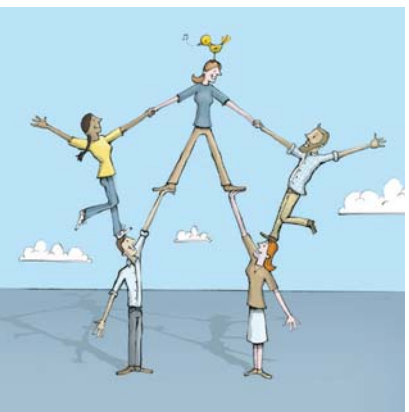
Develop a sense of gratitude



Learn the art of good communication



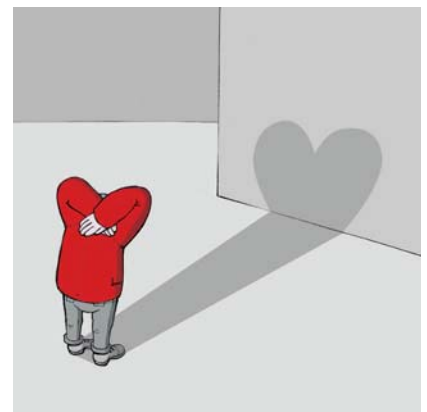
Set yourself a goal



Be around people who make you feel good



Learn and grow from adversity



Go easy and be kind to yourself

Introducing Matthew Johnstone from

# DRAWN *from* EXPERIENCE



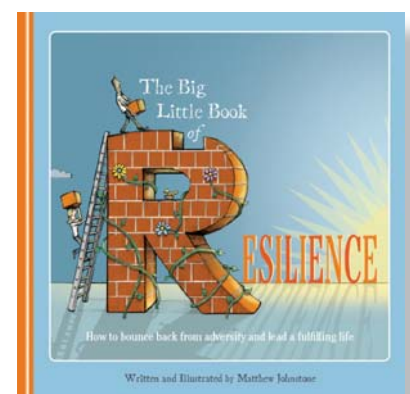
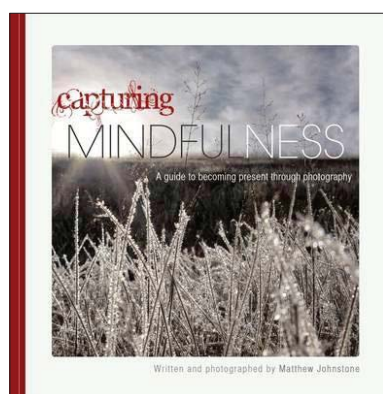
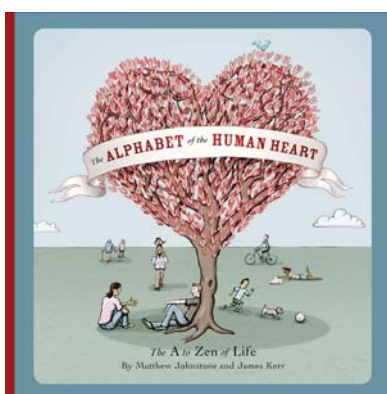
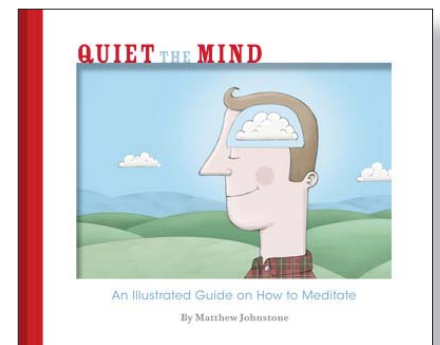
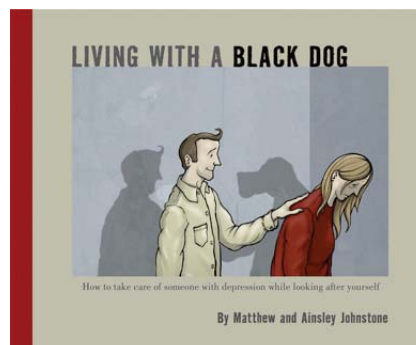
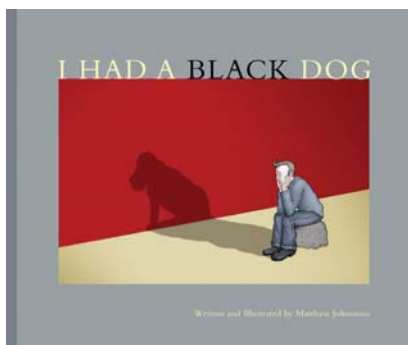
Matthew Johnstone has written, illustrated and photographed 8 books, 6 of which have been international best sellers.

Matthew is passionate mental health and wellbeing advocate he spends much of his time on the speaking circuit. He is also a regular speaker and retreat holder at the Golden Door Elysia in the Hunter Valley.

Matthew is the Creative Director at the Black Dog Institute, where alongside some of the best minds in the mental health arena, he develops and delivers illustrated programs on mental health, resilience and wellbeing.

Matthew created a video based on I Had a Black Dog for Mental Health Awareness Month, for the World Health Organisation. It is the most viewed video in the history of W.H.O and has had over 6 million views on Youtube.

In addition to creating books or doing talks Matthew is also a wellness and wellbeing coach, something which dove tails perfectly with all of his other pursuits and passions.



To order signed books or prints, to find out about talks, mc-ing and coaching or see testimonials please go to:

[www.matthewjohnstone.com.au](http://www.matthewjohnstone.com.au)