



Janice Galloway s The Trick is to Keep Breathing: (Scotnotes Study Guides) (Paperback)

By Gillian Sargent

Association for Scottish Literary Studies, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. Janice Galloway s novel The Trick is to Keep Breathing is a study of a woman, Joy Stone, overcome by grief, guilt, and self-hatred. Narrated by Joy herself, her life is agonisingly observed, taking the reader through a dark descent into a striking portrait of mental illness. Even so, the novel is laced with humour, and ultimately hope, as Joy gradually learns to begin to forgive, and understand, herself. Gillian Sargent s SCOTNOTE unpicks the threads of this close-worked and intricately crafted novel, explaining issues of narrative style and outlining the novel s themes and symbolisms in an accessible and comprehensible fashion.



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