

In *Alive Today: How Speaking Out Saved My Life and Helped Me Navigate My Mental Health Journey*, Naushad Qayyum shares his deeply personal story of overcoming grief, loss, and overcoming mental health struggles. Beginning with the sudden death of his father on his wedding day, Naushad takes readers through his journey of dealing with complex PTSD, challenging societal expectations, and the power of open dialogue in healing.



Alive Today delves into different aspects of Naushad's resilience and recovery, highlighting the influence of his father's wisdom, his darkest moments, and his path to healing. It emphasizes the importance of mental health conversations, particularly for men in Arab and South Asian communities, but his story has powerful resonance for all.

Finally, *Alive Today* offers insights into holistic well-being and the ongoing process of recovery. More than a memoir, it is a call to action, encouraging readers to confront their struggles, seek help, and foster a community of empathy and understanding. Naushad's dedication to breaking the stigma around men's mental health makes this a vital and inspiring read.



StoryTerrace

NAUSHAD QAYYUM

ALIVE TODAY

**How Speaking Out Saved My Life and
Helped Me Navigate My Mental Health Journey**