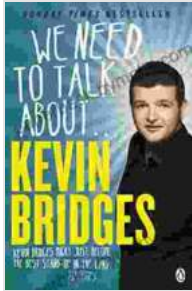


# We Need To Talk About Kevin Bridges: The Biography of One of Britain's Most Popular Comedians



## We Need to Talk About . . . Kevin Bridges by Kevin Bridges

★★★★☆ 4.5 out of 5

Language	: English
File size	: 73503 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 482 pages
X-Ray	: Enabled



Kevin Bridges is one of Britain's most popular comedians. He has sold out arenas across the country and has won numerous awards, including the British Comedy Award for Best Live Stand-Up in 2016.

But behind the laughter, Bridges has struggled with depression and addiction. In his new biography, *We Need To Talk About Kevin Bridges*, he opens up about his struggles and how he has overcome them.

The book begins with Bridges' childhood in Clydebank, Scotland. He was a shy and introverted child, but he found solace in comedy. He started performing stand-up at the age of 17 and quickly rose through the ranks.

But as Bridges' career took off, so too did his struggles with depression. He began drinking heavily and taking drugs. In 2012, he was arrested for cocaine possession. The arrest was a wake-up call for Bridges, and he decided to get help.

Bridges checked into rehab and began therapy. He has been sober ever since and his depression is now under control. In *We Need To Talk About Kevin Bridges*, he talks about his recovery and how he has found happiness again.

*We Need To Talk About Kevin Bridges* is a candid and inspiring memoir. It is a story of hope and recovery, and it is sure to resonate with anyone who has ever struggled with mental illness or addiction.

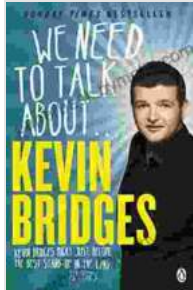
**Here is an excerpt from the book:**



***“ "I remember the first time I got drunk. I was 15 years old and I went to a party with some friends. I drank so much that I ended up throwing up in the bushes. I was so embarrassed, but I also felt a sense of liberation. I had finally found a way to escape from my problems." ”***

Bridges' story is a reminder that we all have our struggles. But it is also a reminder that we can overcome them. If you or someone you know is struggling with mental illness or addiction, please know that there is help available. You are not alone.

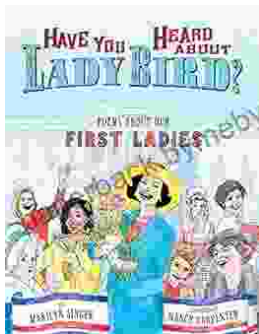
You can find more information about Kevin Bridges and his book *We Need To Talk About Kevin Bridges* at his website:  
<https://www.kevinbridges.co.uk/>.



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