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# Never Give Up

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*Depression's a bitch,  
but you don't have to be its bitch.*

*A systemic way to recover from depression.*

By **Gary Clinton**

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*To my future self, to my amazing family.  
To you — enjoy this, and enjoy you.*

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*Includes: Introduction + Chapter One*

NEVER GIVE UP

# Introduction

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This is a guy who used to sniff cocaine at work. It's 2pm on a Tuesday when a friend drops coke into my job. I was blind, I was crazy, I was an unhappy guy. I hated not being high — I literally wanted to be high all the time. We used to play beer pong and if you got a cup you got a sniff. We used to go bowling BYOB — bring your beer bowling — and if you didn't get a strike you had to do a shot. Bowling with drugs. This was life.

How time has changed. I am now on a mission to eradicate depression from people's lives. Would you trust me? If yes, then you're more likely to carry on. If no, you're more likely to quit. But give it time — and you'll be sad you missed this opportunity.

It's easy to see how people fall into a drug trap: being surrounded by people who do drugs, liking alcohol a lot, enjoying the weekends off work, having dealers on call. It makes for an 'easy' living.

It's easy to see why people become depressed. Look at what goes on in life — it's outrageous. You can be going about your day and the next moment someone like your dad passes away, just like mine did in the night.

It's easy to see why alcohol, drugs, depression, and a bad mindset can push people over the edge.

***Yeno what's hard? Living. But you know what's awesome?  
Living.***

***Yeno what's worth living for? Life. Go be amazing at what you  
do.***

This is from nothing to something.

This is from chump to winner.

This is Gary... and in this book you'll get an insight into my story in Chapters 1 and 2 — the time when my life was horrible, hard, sad, unbearable. From Chapter 3 onwards, it's all about learning, upskilling, upgrading, and bettering yourself.

## CHAPTER ONE

# My Story — Let's Get It Going

*It's Always Showtime*

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I'm Gary. It's nice to meet you, and I appreciate your wonderful time.

Firstly — I don't particularly enjoy talking about my story for two reasons: 1. It's uncomfortable, and 2. We've all got one, right? So what's so important about mine? Well, truth be told — nothing. I'm a human like you, with immense capabilities. I had a pretty normal upbringing with some great opportunities I never took — like playing football professionally, or becoming a professional gamer. The catch is turning your life around from where you are now to where you want to go. My teenage years were something I wasn't prepared for, and I hit adversity big time.

***But as the title of this book says — Never Give Up.***

## The Author

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The Republic of Ireland is where I was born and raised. My city is just another name on the map — Santry, Dublin. Nothing special about that place, and nothing wrong with it. It is what it is.

In my close family there is my Mum — Grainne, Dad — Liam (Beano), Sister — Laura, and me — Gary. Growing up was maybe like other households — family dynamics, relationships that needed work. Things have improved, and I'm grateful for every person who's been part of my life.

Thanks for being here. Thanks for being alive. Thanks for taking time for yourself to read this book.

## This Gets Deep

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I'm 12 now. I game... a lot. This turns out to be kryptonite in my life for the next 7 years. By 15, I'm playing FIFA and Call of Duty for money — exciting, right? But I didn't make it.

Ages 12–17, I wouldn't go out if my friends asked me, and I rarely asked them either. This was a lose-lose. I didn't develop the social skills that come from growing up with peers. I became a quiet young man.

***The anxiety might never fully go away. The fear of doing something new will always be there. Feel the fear — and do it***

**anyway.**

## **As Deep As It Will Get**

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Sweet sixteen. How much did life hurt then.

The school year ended around May. I was happy — months of gaming ahead. May 24th, a Saturday. Two of my good friends were over to game with me. My dad went out for the night, waved us off, and got his taxi.

It's roughly 2:30am. I hear a taxi arrive. It's my dad. He walks in, intoxicated in my eyes. He asks questions — "What?... What?... Why?" — that didn't make sense to me then, and still don't now. Unfortunately, those were the last words I ever heard him say.

May 25th was the real change in the world. Especially my world.

I get woken around 8am by my Aunty Margret. She comes into my room and closes the door. She tells me my dad has died. I ask how. She says she thinks I know. I don't.

### **My dad committed suicide on the 25th of May 2014.**

This had — and has — a massive effect on my life. I felt numb. I didn't know what to do. No one knew what to do. I didn't cry for hours because there were no feelings. I didn't move from that bed once.

My uncle Aaron came to the house shortly after. I can only imagine the pain he felt driving up to our house that morning. He sat on my bed and held me. I could not move. I was frozen. This was the man who had spent 40+ years alongside my dad. Thank you, Aaron.

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***This is where the story really begins.  
From here — it only gets stronger.***



**Gary Clinton**

Author · Mental Health Advocate · Coach

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**You've read the beginning.**

***Now read the rest.***

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*Never Give Up* is available in full — packed with Gary's story, the systems he built to escape depression, and the mindset tools that changed everything.

Get the full book:

**[buy.stripe.com → Never Give Up](https://buy.stripe.com/→Never_Give_Up)**

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Work with Gary directly — book a session:

**[garytheexpert.as.me](https://garytheexpert.as.me)**

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***Stay Strong.***

— Gary