

PREFACE

October, 2020

Welcome to this little book you never expected to be reading, nor whose author I expected to be. The last several years have brought on, or at least heightened, my “existential depression” which I think has become common among feeling people and is growing more so, though perhaps most people who experience it do not know it by that name.

In recent years meanness has replaced civility and common purpose; in recent months, isolation and heightened awareness of racial and class inequities have been spotlighted by the COVID-19 pandemic. These have elicited in many of us a heartsick feeling upon waking or an inability to sleep. With every broadcast of news, with every new topical book consumed may come a growing anxiety about the future of our planet.

Looking existential issues in the eye, rather than letting them swirl and spiral in my mind has helped with my depression. It is the same sort of lesson one learns in therapy. Bringing despair into the light can disarm the darkness. I would be gratified if reading *If You Exist* could help you, too.

Lillian Moats