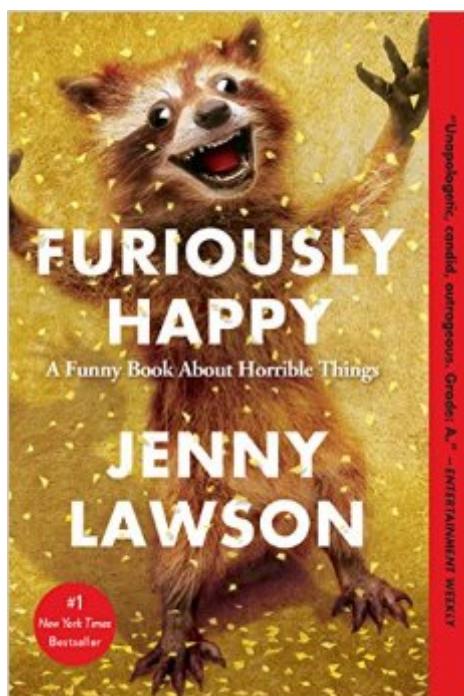


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# Furiously Happy: A Funny Book About Horrible Things



## Synopsis

#1 New York Times Bestseller In *Furiously Happy*, a humor memoir tinged with just enough tragedy and pathos to make it worthwhile, Jenny Lawson examines her own experience with severe depression and a host of other conditions, and explains how it has led her to live life to the fullest: "I've often thought that people with severe depression have developed such a well for experiencing extreme emotion that they might be able to experience extreme joy in a way that 'normal people' also might never understand. And that's what *Furiously Happy* is all about." Jenny's readings are standing room only, with fans lining up to have Jenny sign their bottles of Xanax or Prozac as often as they are to have her sign their books. *Furiously Happy* appeals to Jenny's core fan base but also transcends it. There are so many people out there struggling with depression and mental illness, either themselves or someone in their family—and in *Furiously Happy* they will find a member of their tribe offering up an uplifting message (via a taxidermied roadkill raccoon). *Let's Pretend This Never Happened* ostensibly was about embracing your own weirdness, but deep down it was about family. *Furiously Happy* is about depression and mental illness, but deep down it's about joy—and who doesn't want a bit more of that?

## Book Information

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Best Sellers Rank: #2,495 in Books (See Top 100 in Books) #4 in Books > Health, Fitness & Dieting > Mental Health > Depression #5 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #9 in Books > Humor & Entertainment > Humor > Self-Help & Psychology

## Customer Reviews

An Best Book of September 2015: Jenny Lawson follows up her marvelous debut *Let's Pretend This Never Happened* with her determination to be furiously happy: she will seize the strangest and most glorious moments of her life while she stares down her depression, severe

anxiety, avoidant personality disorder, and much more—â• and dares it to stop her. Furiously Happy is not only a battle cry but a delirious seesaw of a memoir. One moment you swoop upward as Lawson relates her attempts to hold a koala in Australia while wearing a koala costume and explains her quirky love for taxidermied animals (who must be dead from natural causes only), and you’re giggling like a three-year-old. Then your stomach drops like an artillery shell when Lawson exposes the dark side of her mental illnesses: trying not to cut herself and holing up in her bedroom for days on end. The ups and downs make this a difficult book to read all in one go. However, Lawson uses both her hilarious and heartbreaking episodes to camouflage so many life lessons and biting observations. (A poignant example: when cancer victims don’t respond to medication, no one blames the cancer victim; people with mental illness don’t get the same respect.) This is a book you’ll want to savor. Whether or not you too suffer from depression, you’ll turn the last page fired up by Lawson’s conviction that you can be furiously happy no matter what life hurls at you.--Adrian Liang --This text refers to the Hardcover edition.

Praise for Jenny Lawson:"We’re living in an era of bestselling books by female comediansâ• But Lawson’s book needs no lovable, familiar face on the front coverâ• She’s unapologetic, candid, outrageous, and the book reaches new levels of hilarity because of it." â• Entertainment Weekly (A)â• "Jenny made me laugh so hard I feared for my safety! I think that’s how she was able to get past my defenses and make me feel more okay about myself.â• â• Allie Broshâ• "You’ll laugh, wince, writhe in discomfort, cry, then laugh againâ• But the two things you’ll never do is doubt Jenny’s brilliance or her fearlessnessâ• She’s changing the conversation one rented sloth at a time.â• â• BrenÃfÃ© Brownâ• "Lawson’s self-deprecating humor is not only gaspingly funny and wonderfully inappropriate; it allows her to speak...in a real and raw way.â• â• O, The Oprah Magazineâ• "Take one part David Sedaris and two parts Chelsea Handler and you’ll have some inkling of the cockeyed humor of Jenny Lawson...[She] flaunts the sort of fearless comedic chops that will make you spurt Diet Coke through your nose.â• â• Parade

This is definitely a one of a kind book. I have never read anything like this before and I enjoyed every second of it. I felt like I had found someone who FINALLY spoke the same mental language! The random ramblings, the random connections between things that normally aren’t connected, the

random reactions, the extra random everything. Everything she said made so much sense to me and I found myself constantly thinking "oh wow, that's totally me" or "I would say something like that". I don't find myself usually connecting with authors in such a personal way. Even with memoirs or other sorts of more personal writing, I've never encountered an author putting so much of their bare, unpolished soul out into the open. The organization of the book is very atypical and seemingly disorganized, but as you are reading it, you pick up the flow of it. This book is a perfect example that books do not have to follow the classical outline. Writing doesn't need to fall within certain parameters in order to be enjoyed and understood. Writing is flexible, dynamic, and not stringent in form; Jenny Lawson's writing is a perfect example of an author breaking from the mold. Although this book is geared towards an audience that may be experiencing similar mental health issues as the author, it is a book that should be read by all. Lawson's very honest explanation of her own harrowing journey with learning to live with her diseases is very insightful. Most importantly, she normalizes them and makes you see that having a mental illness does not make you abnormal; just means sometimes you have less spoons than everyone else. I promise that she also gives you the details into why there is a raccoon on the cover of her book and you will not be disappointed. A favorite quote from the book: "Ground zero is where the normal people live their lives, but not us. We live in the negatives so often that we begin to understand that life when the sun shines should be lived full throttle, soaring. The invisible tether that binds the normal people on their steady course doesn't hold us in the same way. Sometimes we walk in sunlight with everyone else. Sometimes we live underwater and fight and grow. And sometimes...sometimes we fly" (Lawson. 325).

Jenny shares her problems and struggles in such a way that it makes my own problems worse. What do I mean? Well, I have cancer in my abdomen, and it hurts like hell to laugh. This book is so funny I couldn't stop myself. So it caused me a lot of pain. Aside from being hilarious, she shares her struggle with depression in a very real way. Despite my many other issues, depression is not one of them, but I feel like I understand it better, thanks to Jenny. It's hard to give a review of this book as it's basically just train of thought stories with a focus on living with and overcoming depression. It's hopeful and hilarious, the two most important H's. This book is for....everybody. I can't imagine anybody not liking it. Especially her conversations with Victor, they are too delicious for words.

So many of us go down this road of mental illness and we march silently, alone. But we don't have to. We should speak up and out and read these books with their stories to each other...and laugh and cry and share our lives with each other. We should be each other's Victor. This book was worth

every cent and minute spent on it!

Jenny Lawson knows how to make even the most crazy girl feel sane. My husband and I read this book together. I felt like it was written about me. It described how I felt, helped my husband understand those feelings and it made me feel less alone. Jenny's writing is brilliantly funny yet moving and serious. She has the mouth of a sailor and the penchant for footnotes like David Foster Wallace. From the first chapter of the book I was hooked and couldn't wait to hear what unbelievably crazy yet unbearably true story or situation she delivered next. I will forever be a Jenny Lawson fan. Thank you for making me feel normal.

After hearing Ms Lawson on NPR, I knew I had to read it! What a great description of how I feel many days. I, too, suffer (and that is the correct description) with RA, UC along with depression. I can relate so well to what she describes, even the voices and paranoia. though not all the time. Bless you, Ms. Lawson and your tolerant, understanding husband and daughter. I will now see if I can find your blog. Also I am sharing this book with my 3 daughter's who are diagnosed with depression. As they say, "Thanks for sharing!"

Pre-ordered this audiobook and the day I received it I ordered the CD set for a friend. Jenny made me feel so much better about my generalized anxiety and panic disorder for which I am medicated, something I told no one about but my husband and best friend since we are made to be weak if we need help within our small town's population and my family as well. (Also ordered Patrick Kennedy's new book, hood book for anyone to read but not "furiously happy" as Jenny's book. Also highly recommend Jenny's first book, aside from the inner ear piercing title chapter songs in the audiobook it is g-r-e-a-t. Really should have both. I am so glad that Jenny wrote these book and that she narrated them as well as she has a beautiful lilting voice that so emphasizes her humor as well as makes you feel what it's like, if you don't know by experience, struggling with the emotion and mental disorders and the treatments. And to that end it makes me wish that Jenny was my best friend because she is that lovable.

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