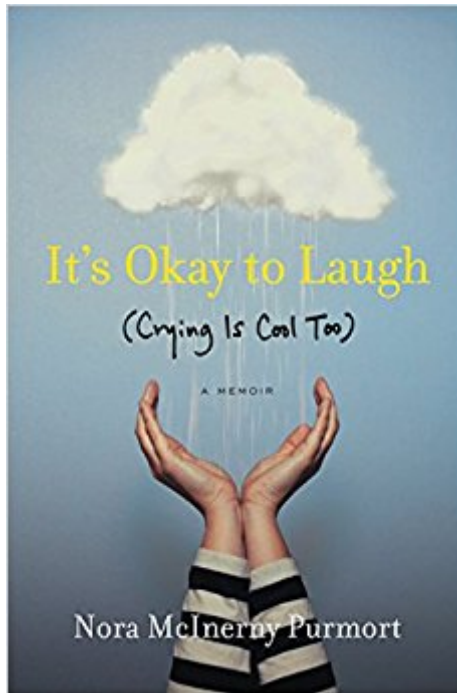




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It's Okay To Laugh: (Crying Is Cool Too)



Synopsis

“This story will compel you to both laugh and cry, just as the title promises. May we all bring Nora’s honesty, passion and hope to our lives.” —Lena Dunham
comedy = tragedy + time/rose©Twenty-seven-year-old Nora McInerney Purmort bounced from boyfriend to dopey “boyfriend” until she met Aaron—a charismatic art director and comic-book nerd who once made Nora laugh so hard she pulled a muscle. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron’s hospital bed and had a baby boy while he was on chemo. In the period that followed, Nora and Aaron packed fifty years of marriage into the three they got, spending their time on what really matters: Buffy the Vampire Slayer, each other, and Beyoncé. A few months later, Aaron died in Nora’s arms. The obituary they wrote during Aaron’s hospice care revealing his true identity as Spider-Man touched the nation. With *It’s Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your “one wild and precious life” to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk? In this deeply felt and deeply funny memoir, Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. *It’s Okay to Laugh* is a love letter to life, in all its messy glory; it reads like a conversation with a close friend, and leaves a trail of glitter in its wake. This book is for people who have been through some shit. This is for people who aren’t sure if they’re saying or doing the right thing (you’re not, but nobody is). This is for people who had their life turned upside down and just learned to live that way. For people who have laughed at a funeral or cried in a grocery store. This is for everyone who wondered what exactly they’re supposed to be doing with their one wild and precious life. I don’t actually have the answer, but if you find out, will you text me?

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Customer Reviews

“This story will compel you to both laugh and cry, just as the title promises. May we all bring Nora’s honesty, passion and hope to our lives.” (Lena Dunham) “An emotional rollercoaster of the highest order...It’s Okay to Laugh is that rare gem of a read, equal parts heartwarming and hysterical, that’ll make you laugh out loud, only to leave you tearing up a few pages later. I can’t recommend it highly enough.” (Lincoln Thompson, BuzzFeed) “Deeply moving yet refreshingly funny” (PopSugar) “This gorgeous and insightful memoir holds up the lens to mortality and leaves us with a reminder to make every moment count and value what is truly precious: time-and laughter.” (Refinery29) “It’s Okay to Laugh is...an unapologetic tale of heartbreak and loss that is devoid of platitudes. I found myself laughing through my tears, but that’s the real experience of profound mourning, and she nails it.” (Rebecca Soffer, writer, Modern Loss co-founder) “Nora is Anne Lamott for the emoji generation...one of the best books you’ll read this year.” (MSP Magazine) “A natural storyteller, Nora’s words will make you laugh and cry all in the same paragraph. She transforms what would be a heart-breaking memoir into a life-affirming anthem.” (David Gallaher, author of The Only Living Boy Series) “It is funny, and it is sad, and it is real, and if you’ve ever been through anything in your life you are going to love this book.” (Jennifer Weiner, New York Times Bestselling author of Who Do You Love)

Terrible, thanks for asking. That’s how it feels to be a widowed mother at age thirty-one. But before Nora McInerney started the Hot Young Widows Club, she bounced from boyfriend to dopey “boyfriend” until she met Aaron—a funny and charismatic art director and comic-book nerd. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron’s hospital bed, had a baby boy while he was on chemo, and packed a lifetime of marriage into three short years. All too soon, Aaron died in Nora’s arms. The obituary they wrote while in hospice touched the nation (and revealed his

true Spider-Man identity). With *It's Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your "one wild and precious life" to the fullest? *It's Okay to Laugh*

Nora writes with heart, with humor and with her real voice - when you read her book, it feels like she's in the room chatting with you and telling you about her life. That's a rare quality in a memoir/essay collection, but Nora's got it. Her book will make you laugh, cry and squirm along with her. It's a beautiful testament to her past and a hopeful look at her future.

I've been following Nora's journey since finding her Tumblr blog, the very day her husband died. Nora tackles the hardest of hard things with vulnerability, honesty, and humor. She's an excellent writer. I peeled through the first 100 pages the night it was delivered. I only put it down because I needed to get up for work in the morning. Even if you're not personally dealing with a death, the way she writes about grief (or parenting or relationships or surviving decisions you made in your early 20s) can be made applicable to handling other tough things. She makes it OK to be human and to feel things and to tell other people what you need.

I started reading this book on a Tuesday morning, with my coffee. By the time I got halfway through I decided I needed something stronger and so I finished the book on a Friday night, with a glass (or 2) of white wine. If you don't know the premise of the book, here it is in a nutshell: Nora experienced the loss of her unborn baby, her father, and her husband, all within weeks of each other. This book reads like a series of essays that jumps around a bit but all fits together perfectly in the end. I will say, however, when I read that last page I shouted

"NOOO!" because I wasn't ready to let go of the book. One of my favorite parts came near the end: "The world will keep spinning, and your life will get a little bit better every time you give up on the s*** that is taking you away from your one wild and precious life." Because THIS is what the book was about. Sure, it's about grief and loss and pain but also love and hope and family and friendship. And not letting the little things drag us down. To remember that quitting is OK. In fact, quitting oftentimes IS the answer. Read this book. You won't regret it. And if you're not liking it once you start? Just quit, because that's ok, too.

I'd forgotten ordering this book until I was looking through my piles of unread books for something to

read. I'm sorry it took so long to get to it. I loved it. I lost my husband 2 years ago and I could relate to a lot of what she wrote although I'm a lot older than she is. The book had me laughing and crying, sometimes on the same page, as someone else wrote. A lot of the millennial stuff went over my head but I could relate to enough to enjoy the book.

I needed this book and it came at a perfect time. Nora's self-deprecating humor and realness make her writing compelling and relateable. Like she says, grief doesn't have to be the "bummer Olympics" where you try to best someone else's hard time - hard times are hard for everyone regardless of what you're experiencing. You'll laugh, you'll cry, you'll download her Podcast for more (it's called "Terrible, thanks for asking").

This book is AMAZING! It want to read it again & again! I want to carry it around with me! I want to make other people read it! (I have been reading it out loud to other people!). I am a major book lover and I think that this is probably one of the best books I have ever, ever read in my life. I cannot recommend it highly enough!!!

This book was great. Nora McInerny wrote so well I found myself going from on the verge to crying, to completely laughing, sometimes experiencing both on the same page. She is one of the most relatable writers. I also appreciated how Nora acknowledged her privilege as a wealthy, white female. While she was transparent and authentic, she was able to realize that most of her life experiences were due to her privilege. Yet at the same time, she acknowledged that cancer and miscarriage do not discriminate, and she has had her fair share of trials. Great read for some wonderful perspective. Would recommend as self-help, beach read, or just a pick me up.

Highly recommend! I pre-ordered this book, received it yesterday and finished it the same day in a single sitting. I cracked it open, and immediately found myself captivated by an unexpected page-turner. I mean, you know from the beginning what's going to happen, but the author's writing and relatable voice just keeps pulling you in. It's sad, yes, but also surprisingly funny, given that death is an overarching theme. It made me laugh at least as many times as it made me well up or swallow hard. If you've read Nora's blog, "My Husband's Tumor", you'll have a good sense of what you're in for, but there's also plenty of new stories and food for thought.

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