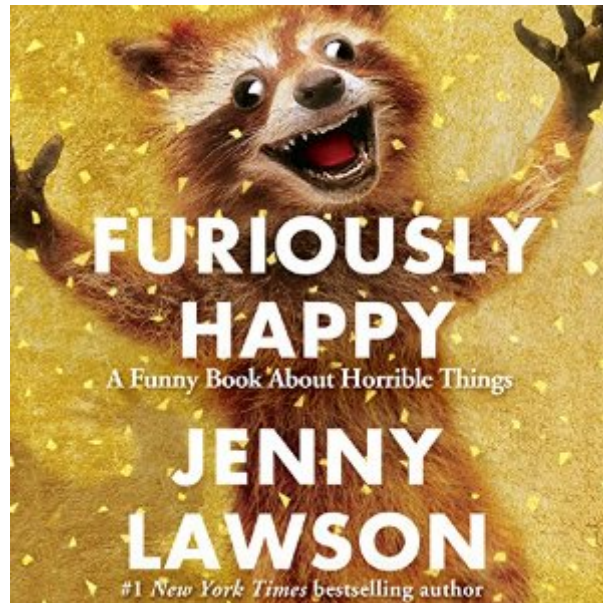


The book was found

# Furiously Happy: A Funny Book About Horrible Things



## Synopsis

Audie Award, Humor, 2016 In *Furiously Happy*, number-one New York Times best-selling author Jenny Lawson explores her lifelong battle with mental illness. A hysterical, ridiculous book about crippling depression and anxiety? That sounds like a terrible idea. But terrible ideas are what Jenny does best. As Jenny says: "Some people might think that being 'furiously happy' is just an excuse to be stupid and irresponsible and invite a herd of kangaroos over to your house without telling your husband first because you suspect he would say no since he's never particularly liked kangaroos. And that would be ridiculous because no one would invite a herd of kangaroos into their house. Two is the limit. I speak from personal experience. My husband says that none is the new limit. I say he should have been clearer about that before I rented all those kangaroos. "Most of my favorite people are dangerously fucked-up but you'd never guess because we've learned to bare it so honestly that it becomes the new normal. Like John Hughes wrote in *The Breakfast Club*, 'We're all pretty bizarre. Some of us are just better at hiding it.' Except go back and cross out the word 'hiding.'" *Furiously Happy* is about "taking those moments when things are fine and making them amazing, because those moments are what make us who we are, and they're the same moments we take into battle with us when our brains declare war on our very existence. It's the difference between "surviving life" and "living life". It's the difference between "taking a shower" and "teaching your monkey butler how to shampoo your hair." It's the difference between being "sane" and being "furiously happy." Lawson is beloved around the world for her inimitable humor and honesty, and in *Furiously Happy*, she is at her snort-inducing funniest. This is a book about embracing everything that makes us who we are - the beautiful and the flawed - and then using it to find joy in fantastic and outrageous ways. Because as Jenny's mom says, "Maybe 'crazy' isn't so bad after all." Sometimes crazy is just right. The audiobook contains a bonus chapter only available to listeners.

## Book Information

Audible Audio Edition

Listening Length: 8 hours and 20 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Macmillan Audio

Audible.com Release Date: September 22, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00VAVPQKC

Best Sellers Rank: #2 in Books > Health, Fitness & Dieting > Mental Health > Depression #4 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #4 in Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

Let me preface this by saying that I live with and dearly love someone who struggles with mental health challenges. We have several close friends with mental health challenges, and I work professionally with children, some of whom have mental health challenges. Also, I enjoy Jenny Lawson's blog and was very much looking forward to the book. I didn't enjoy it nearly as much as I had hoped. The book has funny moments and occasionally touches on some big, valuable ideas. However, I really couldn't get past the author's relationship with her husband Victor. At least in this telling, it comes off like a father and child relationship with lots of foot stamping and childish attention seeking on her part. Having mental health problems does not preclude one from all responsibility; if you're well enough to be in a relationship, you should strive to be a partner in that relationship to the best of your abilities. A few examples: -Your husband should not have to lock his office door to have a business-related conference call without the interruption of his wife dancing taxidermy animals around behind him on the web cam for attention. -If you have insomnia issues, you should find ways to cope with them while respecting the sleep needs of your child (!) and spouse. They should not be woken at 3 am by the racket you make chasing the cats around to try to get funny Instagram photographs. (Mind you, this was not presented as a manic episode, but as "those sillies just don't get quirky, creative little me!") -You might try appreciating the person who works long hours at a demanding job to support you and the child you share.

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