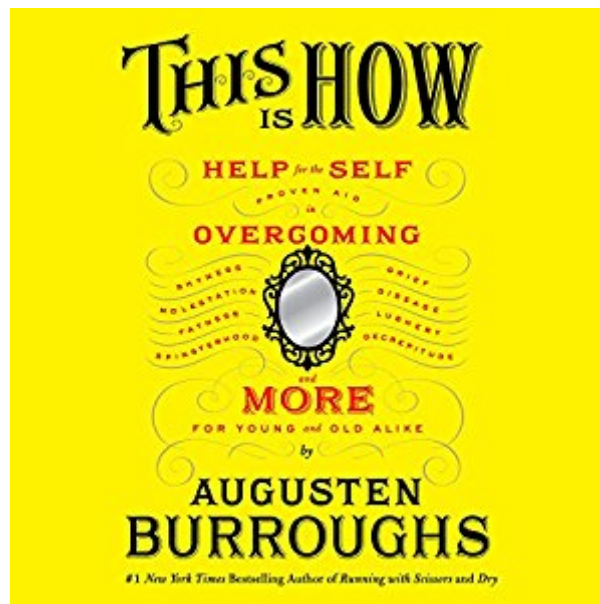


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# This Is How: Proven Aid In Overcoming Shyness, Molestation, Fatness, Spinsterhood, Grief, Disease, Lushery, Decrepitude & More. For Young And Old Alike



## Synopsis

From the #1 New York Times best-selling author of *Running With Scissors* comes a groundbreaking book that explores how to survive the "un-survivable" and will challenge your notion of self-help books. To say that Augusten Burroughs has lived an unusual life is an understatement. From having no formal education past third grade and being raised by his mother's psychiatrist in the seventies to enjoying one of the most successful advertising careers of the eighties to experiencing a spectacular downfall and rehab stint in the nineties to having a number one bestselling writing career in the new millennium, Burroughs has faced humiliation, transformation and everything in between. *This Is How* is his no-holds-barred book of advice on topics as varied as: How to feel like crap How to ride an elevator How to be thin How to be fat How to find love How to feel sorry for yourself How to get the job How to end your life How to remain unhealed How to finish your drink How to regret as little as possible And much more Told with Burroughs's unique voice, black humor, and in-your-face advice, *This is How* is *Running With Scissors* - with recipes.

## Book Information

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## Customer Reviews

Judging by the slightly whimsical cover of this book and having read a couple of Augusten Burroughs' previous memoirs, I was expecting a darkly humorous skewering of the self-help movement and the state of psychiatry today. Burroughs has had a difficult life and has extensive experience with all sorts of social and mental health issues, as well as a lot of time spent with at least one psychiatrist, so I really thought it would be savagely funny. Wrong! This is actually an honest-to-goodness self-help book. Sure, it might seem to be coming from a somewhat twisted

perspective, and flies in the face of a lot of standard tropes of self-help, but Mr. Burroughs has written a serious and probing book about improving one's mental life and dealing with all sorts of issues, from addiction to grief. Each chapter discusses a different topic, and though the chapter headings might point to humor ("How to Fail," "How to End Your Life"), Burroughs has really thought through what he wants to say and lays it out in a mostly straightforward, honest way. I think that some people will take issue with some of Burroughs' unconventional thoughts on certain issues like AA (he's got problems with it) and using affirmations (against it). He points out the mistakes that people make when thinking about their problems and offers solutions that worked for him. He uses examples from his own life to illustrate his points, instead of the cheery composite characters that most self-help books come up with. I loved that he writes in a straightforward manner and doesn't use ridiculous "systems" (follow the BrightThought principle!) or bullet points to cheerlead you on. It's refreshing to read a more realistic view of the world.

My best friend was a little shocked when I explained that I'd read none of Augusten Burroughs' memoirs and had never even seen the movie. "I gather he had an unconventional upbringing," I said. My friend looked at me goggle-eyed. So, I am not an Augusten Burroughs fan, and I'm significantly less a fan of the self-help genre. Why did I pick up this book? Well, it really was an unimposing size, a factor which should never be underestimated. And the book has buzz. I like to read what people are talking about. But, perhaps most of all, I was expecting a self-help satire--I mean, look at the full title. But the joke was on me, because despite a little irreverent humor, Mr. Burroughs appears to be quite sincere in his advice giving. Certainly, I paused a few times and wondered at his qualifications as an advice-provider, beyond, apparently, having made quite a few mistakes in his life. I didn't always agree with his suggestions, though most had the feel of good common sense that you sometimes need to hear from someone else. The author appears to be dispensing advice with kindness. What surprised me the most was that I kept turning pages, reading the book from cover to cover in an afternoon. It held my interest. I think this was due to the breadth of topics covered. Some chapters were longer than others, but Mr. Burroughs kept things moving along swiftly. There was never a chance to grow bored.

Overall A self-help book--sorta--that teaches you how to help yourself and deal with what life throws at you. While I don't agree with everything, I found some very helpful bits of advice...if only I can apply them. Review Parts of this book were spot on, amazingly insightful, and inspiring. Those are the parts I'll take from this book and apply to my own life. I pulled a couple dozen quotes that I really

liked that I'll hold on to and remember when s\*\*\* gets tough. Put it this way: this book was good enough that I want to buy a copy (I originally borrowed from the library). Other parts made me worry about people reading it and taking it and going to a bad place. I can imagine psychologists would get angry about large sections of this book, but I also think it could be important for a mental health professional to read. They may disagree with a lot, but I also think it could create some potential for how they can help their clients. It's interesting to see the changes that have happened in Burroughs' writing from *Running With Scissors* to this. Fans will find something very different in this book, but if you're willing to be honest with yourself, I think you may even enjoy it. And now a few quotes: "But feelings, no matter how strong or 'ugly,' are not a part of who you are. They are the radio stations your mind listens to if you don't give it something better to do." "The truth about healing is that you don't need to heal to be whole." "Because they are not the only ones who die: you die, too. The person you were when you were with them is gone just as surely as they are." "This is what you should know about losing somebody you love. They do not travel alone. You go with them."

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