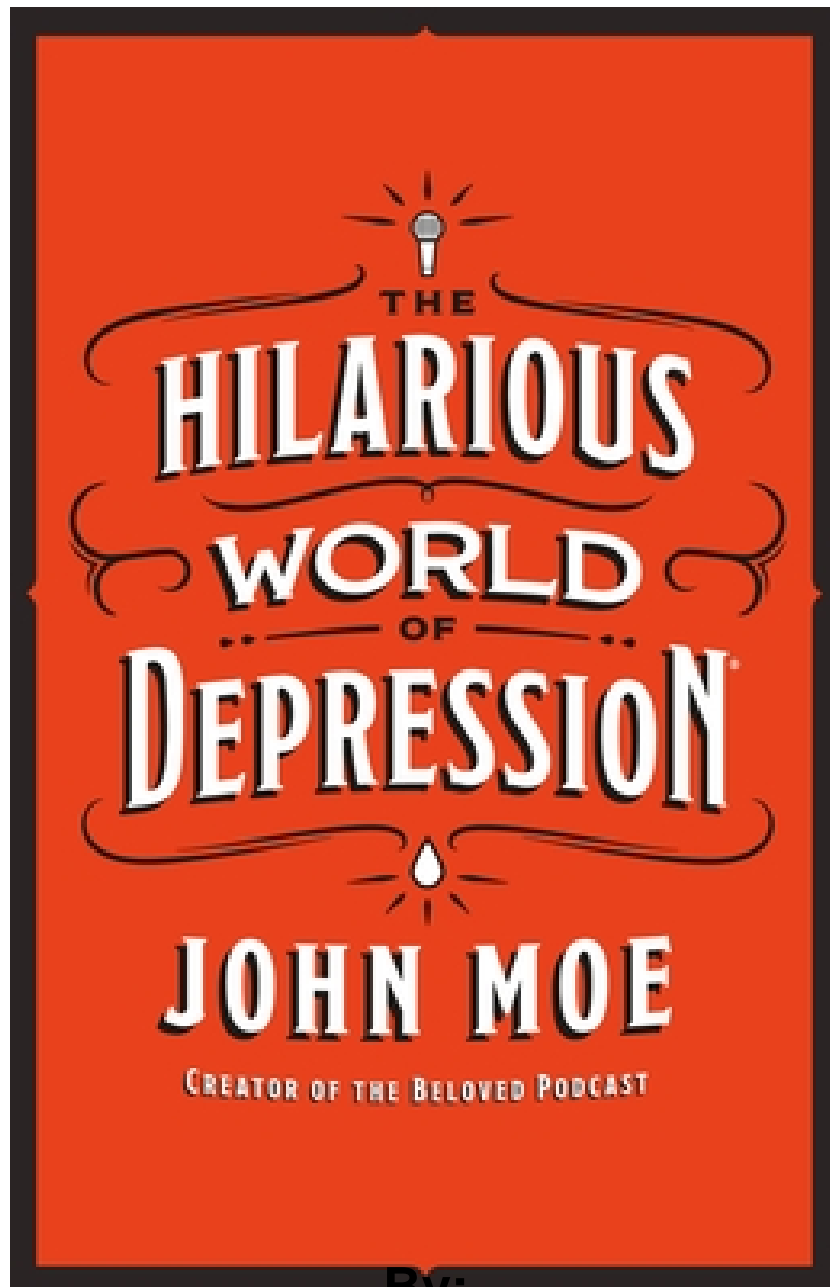


The Hilarious World of Depression Book PDF Download



By:
John Moe

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What people Say:

Danielle Prielipp

This is a book everyone should read, regardless of whether they've listened to THWoD podcast. It has the potential to help normies have some empathy for the saddies and to remind the saddies (like me) that they are not alone in this.

Melissa

I'm going to be honest this book was nothing like I had assumed it was going to be, but I loved it more than I could have imagined. I've never listened to the podcast because, well, I'm like the one weirdo in the world who just doesn't enjoy podcasts. So I assumed this was going to be a book with a lot of levity.

It definitely had its moments of humor and I appreciated all of them, but at its core this is a great book about what it's really like to struggle with your mental health. Part memoir an

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a book with a lot of levity.

It definitely had its moments of humor and I appreciated all of them, but at its core this is a great book about what it's really like to struggle with your mental health. Part memoir and part anecdotes from those Moe has interviewed, this is the story we all really need right now.

There were so many times in this book that I would read a passage and have to reread it again because, as someone who struggles with my mental health, I felt so seen. I highly recommend this one whether you struggle with your mental health or not. There is so much insight here and I feel we can all benefit from Moe's honest, raw and occasionally humorous experiences.

I received an advanced copy in exchange for my honest review.

Tina

The Hilarious World of Depression by John Moe is a book that hit close to home for me. Fellow saddies where you at? I could relate to a lot of the things John discusses in this book and I really appreciated how honest he was about his feelings growing up with depression, navigating his career and dealing with his brother's suicide. Throughout the book are these snippets of hilarious sarcastic wit that shine to make this book not a complete downer to read. Honestly I read this one quite slowly no

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June

John Moe is hilarious. Check out his "Pop Song Correspondences" on McSweeney's or his Twitter account. This book, though, isn't so much hilarious as wry and moving. It's a memoir of his lifelong battle with depression and trauma. For those not up for dealing with talk of suicide, there is plenty of that as he discusses his own suicidal ideation and his brother's death.

I don't think I've ever highlighted so much in my Kindle. The observations about what life with depression is like are profound.

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I don't think I've ever highlighted so much in my Kindle. The observations about what life with depression is like are profound. He identifies so many ways in which, in retrospect, depression was limiting his life or changing his reality. If you know or suspect you might have depression, or love someone who does, this book is a great resource for finding the words to discuss the often-taboo subjects related to mental illness.

Thanks to the publishers and NetGalley for a digital ARC for the purpose of an unbiased review.

Katie

I'd never heard of the author or his podcast; I picked this up because I liked the title and I wasn't disappointed by the contents. Moe describes what it's like to grow up with anxiety and depression as something that you don't talk about, or if you do talk about it, the fact treatment can vary wildly depending on who your therapist is.

I related closely to his excerpt about working for Amazon and how the culture is one which can wreak havoc on depressed individuals, particularly ones who are har

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I related closely to his excerpt about working for Amazon and how the culture is one which can wreak havoc on depressed individuals, particularly ones who are hard on themselves and have the notion â€œif I just get the promotionâ€• or â€œif I just get the recognitionâ€• THEN I will be happy. This is something Iâ€™ve struggled with significantly in the last several years, and recognizing that itâ€™s happening is a wake up call. I also loved how he talked about working on ecards and how bonkers and ultimately pointless it all was.

The saddest part of this book is undoubtedly the details around his brotherâ€™s suicide. I canâ€™t imagine the self-blame he endured, and the difficulty of trying to move on with his own life after such tragedy.

I would recommend this to anyone who has depression or anxiety, somewhat obviously, but also if you have someone close to you who suffers from those conditions because this may help you understand some of the absurdity that can go on inside our brains.

See more of my reviews:

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