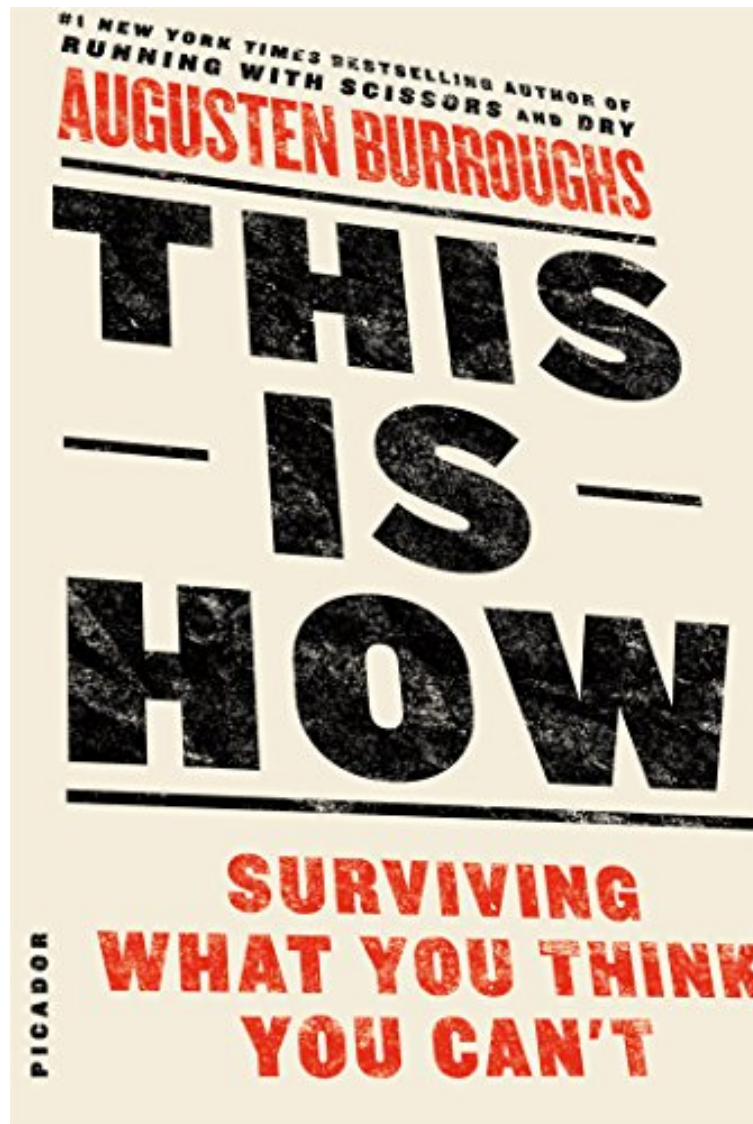


(Download pdf ebook) This Is How: Surviving What You Think You Can't

## This Is How: Surviving What You Think You Can't

Augusten Burroughs

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#77477 in Books Augusten Burroughs 2013-04-23 2013-04-23 Original language: English PDF # 1 8.19 x 15.88 x 6.00l, .45 #File Name: 1250032105256 pages This Is How Surviving What You Think You Can't | File size: 57.Mb

**Augusten Burroughs : This Is How: Surviving What You Think You Can't** before purchasing it in order to gauge whether or not it would be worth my time, and all praised This Is How: Surviving What You Think You Can't:

7 of 7 people found the following review helpful. but it is great. This Is How is a self help book ...By Samantha McManus This isn't your typical Burroughs novel, but it is great. This Is How is a self help book with an infusion of Burroughs' classic senility and recognizable voice. He encourages you to feel what you feel and not let others influence your emotions. Through various scenarios, Burroughs offers blunt insight and advice that is surprisingly

effective. 7 of 7 people found the following review helpful. Blazing truths, for better and worse  
By Richard Gilbert  
Wise advice from one who's suffered, simply amazing. I don't agree 100 percent with everything, like his criticisms of AA, which I believe in based on what I've read and been told by those I respect. But then he's the alcoholic who's been there, not me, and this is a book of personal truths. So maybe I ought to give it five stars. But there's the AA stuff that while personally true for him feels kind of irresponsible too. That's the book's memoiristic aspect, for better and possibly in this instance for worse. A five-star book in this genre is Eckhart Tolle's *A New Earth*, and Burroughs' advice about letting go of the past is the same. Everyone kind of says the same thing over and over. So why the need for more? Because we need to keep hearing it. And because the way someone says something might be finally the way you need to hear it to finally get it. Maybe Tolle prepared me to know that Burroughs is right, as did my failing to change to the depth that Tolle says is possible. Burroughs' advice and precepts may seem more doable to me because they don't come from a glowing saint but from someone who fell repeatedly and who is still flawed, damaged, sad, maybe feels a bit broken himself. This is *How* is Uncle Augusten's gift to the world. For instance, here he is on loss: "As it happens, we human beings are able to live just fine with many holes of many sizes and shapes." And pleasure, love, compassion, fulfillment--these things do not leak out of holes of any size. "So we can be filled with holes and loss and wide expanses of unhealed geography--and we can also be excited by life and in love and content at the exact same moment." "Though there will always be days, like the weather, when the loss returns fresh and full and we will reside within it once again, for a while." "Loss creates a greater overall surface area within a person. You expand as a result of it." I sat right up, reading it, very quiet, intent and amazed. A gifted writer's blazing truths will do that to you.  
2 of 2 people found the following review helpful. AWESOME  
By Debbie Wilson  
Okay, so I literally couldn't put this book down. When I wasn't reading it, I was thinking about when I could get back to it. Burroughs has such a candid way of writing. He's full of humor, insight, and I felt like he was sitting right next to me chatting. I do understand why the long title now as he took on so many different topics, the topics that matter most in life. For me, the chapters on disease and dying were the best I've ever read. Others on race and relationships, or emotions such as shame, resentment, and anger were all top notch. Here's a couple of small quotes I loved, "The past does not haunt us. We haunt the past," or "Try to see the therapist as more like a hooker." Seriously, you could throw away every self-help book, or actually the self-help industry would die with one reading of this book. Yup, I loved it!

From the #1 New York Times bestselling author of *Running With Scissors* comes a groundbreaking book by Augusten Burroughs that explores how to survive what you think you can't. If you're fat and fail every diet, if you're thin but can't get thin enough, if you lose your job, if your child dies, if you are diagnosed with cancer, if you always end up with exactly the wrong kind of person, if you always end up alone, if you can't get over the past, if your parents are insane and ruining your life, if you really and truly wish you were dead, if you feel like it's your destiny to be a star, if you believe life has a grudge against you, if you don't want to have sex with your spouse and don't know why, if you feel so ashamed, if you're lost in life, if you have ever wondered, *How am I supposed to survive this?* This is *How*.

.com Best Books of the Month, May 2012: In writing and in life, Augusten Burroughs has repeatedly summoned the courage to grab the wolves of his past by their foaming muzzles and peer into their wild eyes until he owns them--and because of this, he's survived nearly every horrific experience a person in a modern-day, first-world country could face and emerged as an astonishingly well-adjusted person. After turning his profoundly messed-up early life and its alcoholic aftermath into six harrowing, uplifting memoirs--including *Running with Scissors* and *Dry*--Burroughs lost interest in writing about himself. He kept meeting people who were locked in the same struggles he'd overcome and decided they needed to know they had options for fixing their lives. In *This Is How*, Burroughs delivers prescriptions for handling life's most pernicious problems. Don't let the snake-oil-salesmannish title put you off: this is raw, hard-knock-life advice, veering from brutal to hilarious to deeply compassionate. Burroughs doesn't really believe in "happiness" or "healing." He's honest about the limits of recovery, but even those in the depths of despair will be energized by his exhortations to claw their way back to OK, even if it means leaving the life they've known in the dust. --Mari Malcolm "The last self-help book you'll ever read." ?Janice Harper, *The Huffington Post* "Hilarious and searingly straight forward...Burroughs turns the self-help genre upside-down." ?Publishers Weekly (starred review) "Fans of the author's massively popular confessional memoirs will likely agree with that statement, and all of the wisdom he dispenses in his new book -- delivered with the dark, acidic humor we've come to expect -- is certainly well-earned." ?The Boston Globe  
About the Author  
AUGUSTEN BURROUGHS is the #1 New York Times bestselling author of *A Wolf At The Table*, *Possible Side Effects*, *You Better Not Cry*, *Magical Thinking*, *Dry*, *Running with Scissors*, and *Sellelevision*. He lives in Manhattan.