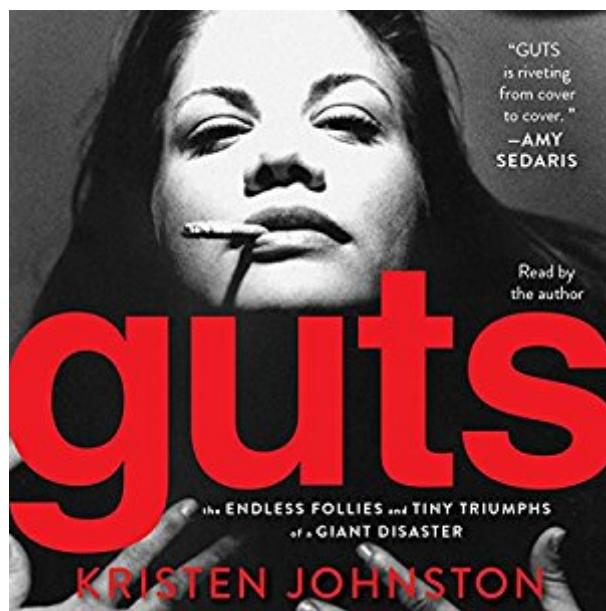


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# Guts: The Endless Follies And Tiny Triumphs Of A Giant Disaster



## Synopsis

"It felt like I was speeding on the Autobahn toward hell, trapped inside a DeLorean with no brakes. And even if I could somehow stop, I'd still be screwed, because there's no way I'd ever be able to figure out how to open those insane, cocaine-designed doors." The two-time Emmy Award-winning actress has written her first book, a surprisingly raw and triumphant memoir that is outrageous, moving, sweet, tragic, and heartbreakingly honest. *Guts* is a true triumph - a memoir that manages to be as frank and revealing as Augusten Burroughs, yet as hilarious and witty as David Sedaris. With *Guts*, Johnston takes us on a journey so truthful and relatable, so remarkably fresh, it promises to stay with the listener for a long, long time.

## Book Information

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## Customer Reviews

First, let me say that Kristen Johnston is one of those rare people that enrich the lives of others simply by being here. Her comedic timing and acting talent aren't the end of it. She writes, she designs, she teaches. All while being a beautiful person that is uncomfortable with being beautiful. (shut up, Kristen, You're beautiful with a capital "B")oh, ok, that's out of the way. This book. If you do not buy this book, or read this book, or conk your friend over the head to get their copy of this book, then you have done yourself a grave disservice. I'm not saying this because its well written (it is), or its about someone talented (it is), or its an autobiographical look at their life (it is).But.But. There is a strength and a fragility intertwined that is the backdrop to Kristen's search for herself. IN the beginning, she hides herself from herself and others. She does a bang up job of that. Emphasis on

the "bang up" part. She takes us along for the ride, and its a warts and all (or pwinkle and all) stark unmasking of what she finds at the end of her facade. Its the same journey and station stop we all will make eventually. Where we finally measure ourselves accurately, find ourselves wanting, and then find a way to love ourselves anyway. And, because we figure out how to love ourselves, we remake us into US in a way that is better for those around us. It is the ultimate human journey. Without being a philosopher, She holds up a mirror to herself, and looking over her shoulder, we see the mirror into ourselves, as well. I could go into details of the book, but that would be ruining it for you. I will, however, give you one piece of advice: If you start to read this, make sure to block out some time or you will have to forego sleep. Well played, Kristen, well played. I didn't really need the sleep anyways.

I don't typically read autobiographies, and never the "celebrity" ones. However, I saw Kristen on "Anderson" and was captured by her reading of some of the passages in the book. So, I took a chance and bought it for my Kindle. (Hey, I was interested, but did I really want it in hardcover FOREVER? So, I bought the e-version) I bought it yesterday and finished it this morning. (My addiction..speed reading. Everyone has at least one.) It was entertaining, and enlightening. I would say there was definitely no "ghost writer" on this one, as her personality and sense of the absurd comes through very clearly. She is harsh with herself and yet honest about everything she put herself and others through with her addictions. There are so many "life lessons" in this book, but I think the most important one is to make sure you love yourself, and worry less about getting approval from others. In the beginning, she states everyone has (or has had) an "addiction". I thought it was an absurd statement, until I read the list and looked at all the musical instruments I have (43, at last count). It's just some "addictions" are more benign (I save for them), than others. It was eye opening. We all have something we "obsess" over just a wee bit. Some have more than others. Some are not benign. I'd highly recommend it. It'll probably never be considered "literature", and there are no "celebrity secrets" (other than her own), but it made me think and feel, and reflect on how our treatment of others can be insignificant to us and yet so harmful to them. It's always a good book that makes you think AND feel, reflection is just a bonus.

I am not much of a Hollywood Bio reader. I read this book because Ms. Johnston, has Lupus. I have Lupus, and run an online support community for people with this disease. That said, this book is a must read. Full of grit, raw emotion, brutal self-deprecating honesty, and so much more. I was enthralled with the book from the beginning, and it just got better the more I read. I have never read

a book where the medical community was described with such succinct brilliance. I have never been to England, but do have doctors that call England home, and the descriptions are all spot on. Thank you Kristen for putting it out there like you did. Brutal honesty. And seriously? the title is perfect for this book. Now to read it again so I can pick up all of the nuances that I missed the first time.

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