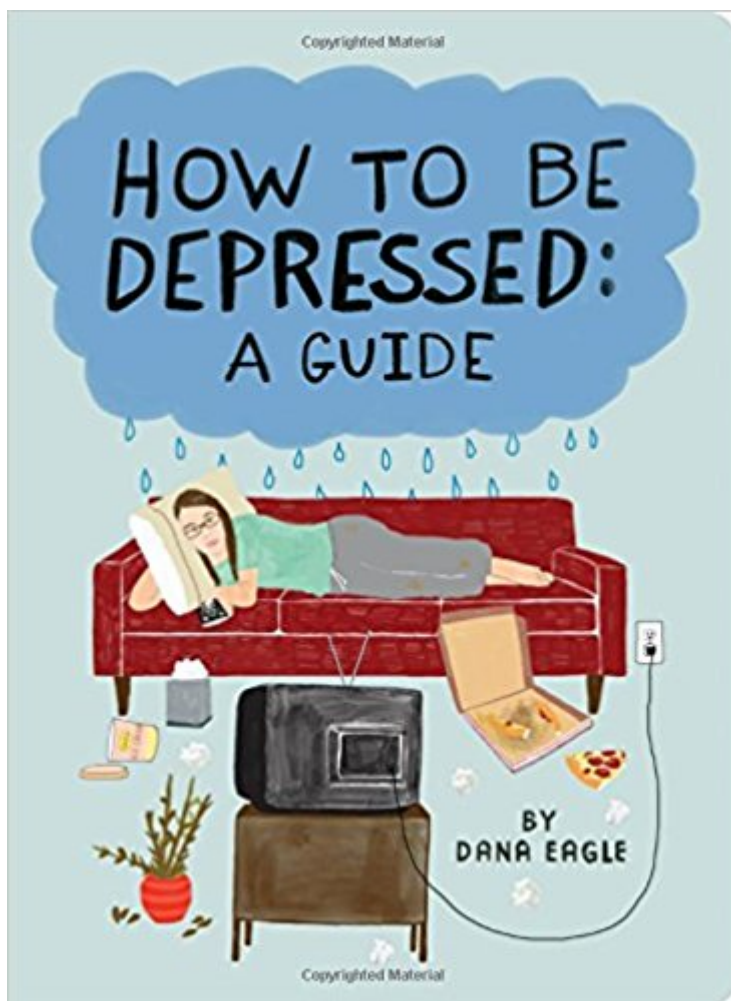


The book was found

# How To Be Depressed: A Guide



## Synopsis

Welcome to depression! First, you're going to need sweatpants. Next, you're going to need a sense of humor. Author/comedian Dana Eagle offers a mix of tongue-in-cheek advice, wry wisdom, and "therapeutic" activities like a bad poetry generator. Hilarious and hilariously honest, *How to Be Depressed* will make readers cry with laughter. For anyone who's ever been sad, really sad or just known someone who's been really sad! Your can-do guide to the mood disorder sweeping the nation! Just what the shrink ordered: funny books! Paperback; 5.75 x 7.75 inches, 144 pages

## Book Information

Paperback: 144 pages

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Average Customer Review: 5.0 out of 5 stars 14 customer reviews

Best Sellers Rank: #3,100 in Books (See Top 100 in Books) #12 in [Books > Humor &](#)

[Entertainment > Humor > Self-Help & Psychology](#) #28 in [Books > Humor & Entertainment >](#)

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## Customer Reviews

"Only Dana Eagle could make depression this hilarious and charming! Absolutely original, yet completely relatable. Eagle's expertly crafted one-liners, as well as her bold and brilliant take on the topic, make this pity party a must read." Beth Littleford, *The Daily Show*, *Crazy Stupid Love*, *Dog With A Blog* "Dana Eagle is so clever she has somehow turned depression into a hilarious activity. Her guide helps break down dark thoughts leading you to a better understanding of your own mind. I highly suggest this book it might just clear away the cobwebs that are wrapped around your happiness and light the way to a place that's not your bed or couch." Amber Tozer, author of *Sober Stick Figure* "I've been delighted by Dana Eagle's comedy for years and now I'm delighted by her hilarious and poignant book. It's the funniest book on depression out there!" Brian Kiley, head monologue writer for *Conan* "Eagle reveals what comedians do best as she brazenly attacks the formidable and transforms pain to laughter." Fred Stoller, comedian, actor, and author of *My Seinfeld Year, Maybe We'll Have You Back* "I was perfectly happy until I read this book. It really

works!" Jimmy Brogan, comedian and writer for The Tonight Show With Jay Leno "I love Dana Eagle's sense of humor. Her hilarious book will help you laugh your way out of your black hole of reality." Wendy Leibman, comedian and winner of the American Comedy Award for Best Female Stand-up Comedian --

Dana Eagle grew up in New Jersey. She was her fifth-grade class president and has the distinction of surviving two impeachments and an assassination attempt. (She was later overthrown by a coup.) She's made numerous TV appearances including Comedy Central, Last Comic Standing, The Tonight Show, The Late, Late Show, and Comics Unleashed. Among her greatest memories are her trips to Iraq to perform for the troops. Dana's one woman show was featured at the HBO US Comedy Arts Festival. She would like to be your spirit animal.

Buy this book. Get six. Give to six friends. They'll tell six friends. Terrific, well-developed treatment of tough subject. Honestly. One of my favorite books ever. Pithy. Genuinely super funny. If you've read it, review it. Hope Dana's working on her next book. Types of therapists one of my favorite sections. Extra: Illustrations super fun and perfect tone. One quick thought: was book originally going to be larger size? Doll-in-box illustrations lose detail, but hey, could be my eye. Eyes.

I led a normal life until I got this book. Using all of the tips and tricks that I am learning about becoming depressed has made me gain weight, lose pigmentation in my skin, and order blankets on that are soft enough for me to call in sick to work for days in a row. I think it's working. This book is absolutely hilarious!

Hilarious and gorgeous. Stand-up comedian Dana Eagle's debut book is laugh-out-loud funny, and the artwork makes it worthy of a coffee table. Makes a great gift for anyone with emotions.

Very very funny. Light hearted approach to a serious problem. Should be in every shrink office in America. Keep it real.

I picked up this book because I saw Dana Eagle doing standup on tv a while back and remembered she was hilarious. I remembered correctly! This book is seriously funny. It's awesome because it's the kind of thing you want to read cover to cover but also, I have it on my coffee table and a few friends have come over and just picked a random page and

were laughing out loud. Love it!

Immensely clever Dana has a future in publishing.

Great book with a lot of insight, first-hand knowledge and a quirky take on things. You can't stay depressed because you're laughing so much.

LOVED this book. Absolutely hilarious & such a great read. Highly recommend this to anyone who wants to laugh out loud.

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