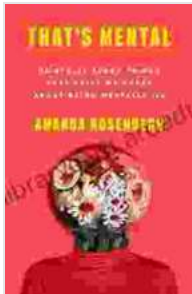


Painfully Funny Things That Drive Me Crazy About Being Mentally III



That's Mental: Painfully Funny Things That Drive Me Crazy About Being Mentally III by Amanda Rosenberg

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1558 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 201 pages



If you've ever been diagnosed with a mental illness, you know that it can be a real pain in the butt. But it can also be really funny.

In *Painfully Funny Things That Drive Me Crazy About Being Mentally III*, author Sarah Silverman opens up about her own experiences with depression, anxiety, and OCD in a way that is both hilarious and heartbreaking.

Silverman is a master of self-deprecation, and she uses her humor to take the edge off of some of the more difficult aspects of mental illness. For example, she writes about how her OCD makes her constantly check to make sure that her stove is turned off, even when she knows that it's not.

She also talks about how her anxiety makes her avoid social situations, even when she really wants to be around people.

But Silverman's book is not all laughs. She also writes about the very real struggles that she has faced as a result of her mental illness. She talks about how her depression has led to suicidal thoughts, and how her anxiety has made it difficult for her to hold down a job.

Despite the challenges that she has faced, Silverman is ultimately hopeful about her future. She believes that mental illness is something that can be managed, and she wants to help others who are struggling with the same issues.

Painfully Funny Things That Drive Me Crazy About Being Mentally Ill is a must-read for anyone who has ever been diagnosed with a mental illness. It's a funny, heartbreaking, and ultimately hopeful book that will make you feel less alone.

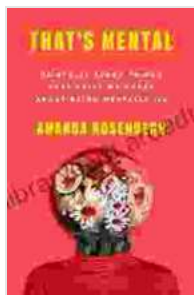
Here are some of the things that Silverman finds painfully funny about being mentally ill:

- The way her OCD makes her check to make sure that her stove is turned off, even when she knows that it's not.
- The way her anxiety makes her avoid social situations, even when she really wants to be around people.
- The way her depression makes her feel like she's not good enough, even when she knows that she is.
- The way her mental illness makes her feel like she's a burden to others, even when she knows that she's not.

But Silverman also finds humor in the challenges that she faces. She writes about how her OCD has led her to develop some interesting coping mechanisms, such as counting the number of steps she takes each day.

Silverman's book is a reminder that mental illness is not something to be ashamed of. It's a condition that can be managed, and it doesn't have to define you.

If you're struggling with mental illness, know that you're not alone. There are people who care about you, and there is help available.



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