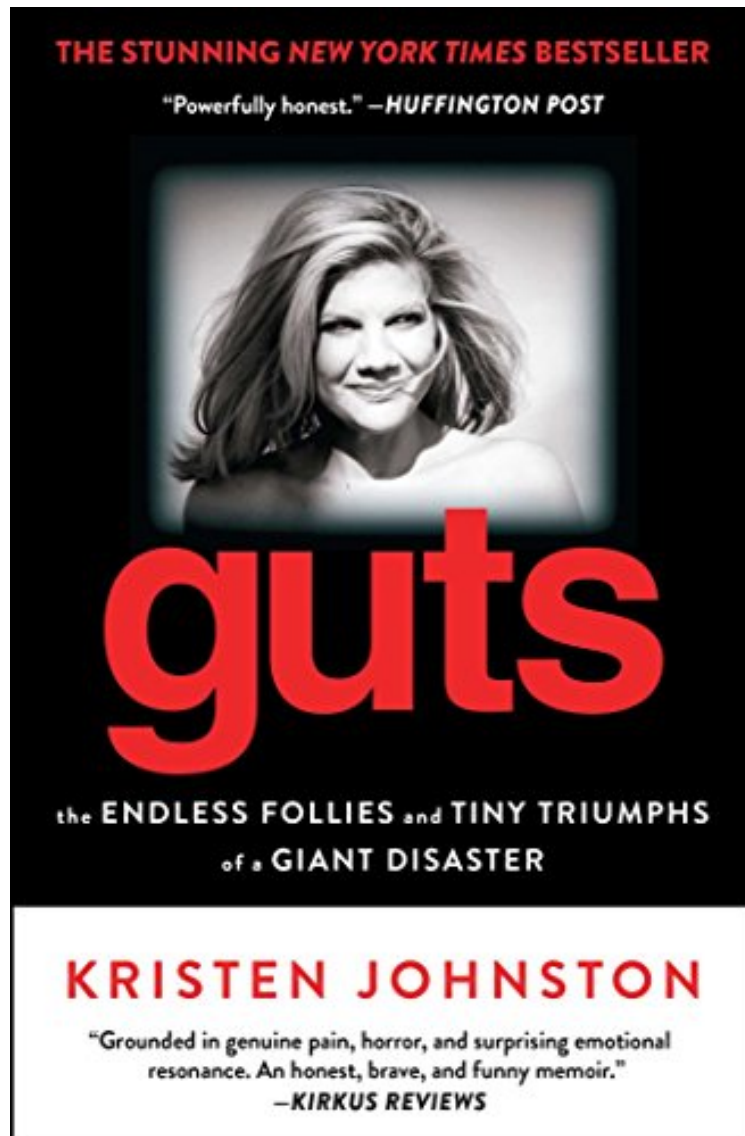


(Library ebook) Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster

## Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster

*Kristen Johnston*

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**Kristen Johnston : Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster** before purchasing it in order to gage whether or not it would be worth my time, and all praised Guts: The Endless Follies and Tiny Triumphs of a Giant Disaster:

0 of 0 people found the following review helpful. Honest, Sobering, and HilariousBy DeanokatIn the interest of full disclosure: I am the father of a recovering addict.During the last several years, I've read more books about addiction than I can remember. Scientific books, self-help books, memoirs, books about rehabs, etc. If there's a book out there

about addiction, chances are I've read it. Or it's on a bookshelf waiting for me to read it because my wife and I have our own little addiction library at home. The other day, on a day off from work, I finished reading one of the better memoirs I've read. In fact, I read the entire book in one sitting, which is unheard of for me. (I'm a pretty slow reader. I'm a perfectionist and I like to read slowly so I make sure I don't miss anything. It's a sickness, really.) The book that had me hooked right from the Foreword--and made me spend most of my day off on the family room couch--is "GUTS: The Endless Follies and Tiny Triumphs of a Giant Disaster" by Kristen Johnston. Johnston is an actress who is probably best known for her Emmy Award-winning portrayal of Sally Solomon in the late-'90s/early '00s comedy series *3rd Rock from the Sun*. She currently stars as Holly Franklin in the TV Land comedy *The Exes*. She's also a recovering addict. GUTS is an incredibly honest, sobering (pun intended), and hilarious memoir. Hilarious in parts for sure, thanks to Johnston's wicked sense of self-deprecating humor. But the book is very serious, too. After all, addiction in and of itself isn't really funny. One of the most serious and honest parts of the book takes place while Johnston is hospitalized in England on New Year's eve 2006: "...I heard a loud bang. Because I'm from New York City, I almost ignored it, assuming it was just someone being murdered. Then, out of the corner of my eye, a burst of orange. I looked up from my bed out the window, and I saw the most glorious, enormous splashes of color lighting up the skyline. Fireworks! I could even hear the 'oohs' and the 'aahs' floating up from the celebrating crowd. To this day I don't know exactly why, but for some mysterious reason, this was the moment that sanity finally chose to break through the madness that had held me in its iron grip for so many years. With no warning, I was struck by this thought: There are people in that crowd who are looking at the same fireworks I am right this very second who are **STONE COLD SOBER**. There are people in that crowd who don't feel the need to touch the back pocket of their jeans constantly to make sure the six pills are still there. There are people in that crowd who are simply enjoying the spectacle, without wondering if they have one refill left at the pharmacy, or if they would have to call yet another doctor. There are people out there **RIGHT NOW** who are with their loved ones and are just happy to be alive. Grief overwhelmed me. True, real sorrow not for me, but for finally seeing the truth of what I was. A selfish, self-serving, loathsome creature who did nothing to better the world. I finally truly felt the weight of all the pain I had caused, all the tears that had been wasted on me, all the gifts that had been given to me that I had just carelessly frittered away, and all of the thousands of hours I had spent obsessing about something as ridiculous, boring, and stupid as me. I don't want this life anymore, I thought. I can't bear who I've become."-----That's some powerful stuff, isn't it? So is this, which is my favorite passage from the book: "I knew that I needed to start accepting that I was me--and I needed to do it pronto--because life, it is short. And the very notion of spending the rest of my life still desperately wishing I was anyone but me? Unacceptable." Take it from me: GUTS is a book you'll start reading and won't be able to put down. And when you're finished with it, you'll admire the hell out of Kristen Johnston for putting her addiction, her life, and her soul "out there" for everyone to see. And for helping to break the stigma associated with addiction. ("I believe, without a doubt, that the shame and secrecy that shroud the disease are just as deadly as the disease itself," she says in the book's Epilogue.) It should also be pointed out that Kristen has donated a portion of the book's proceeds to SLAM (Sobriety Learning And Motivation), a group she formed that is dedicated to starting the first sober high school in New York City/New York State. You can learn more about SLAM at [SLAMNYC.org](http://SLAMNYC.org). 1 of 1 people found the following review helpful. The honest, humorous travails of a woman dealing with addictions By Margo M. Kristen Johnston manages to tell us her harrowing tale with pure honesty, humorous self-deprecation, not an ounce of self-pity or sappiness. Worth the read not only if you deal with your own personal addiction demons, or those of someone you love, but if you enjoy a refreshing, funny, open honest depiction of what it's like to be an addict. Kristen doesn't mince words, but also doesn't offend. I respect her for exposing her flaws as well as her strengths. This is not easy to do, especially for someone in the public eye. I also applaud her determination to change the way we see addiction as a moral shortcoming, instead of the medical, neurological illness that it is. It's time to remove the stigma bring the truth off addiction into the light. Addicts need help, not hate or disdain. Berating an addict doesn't serve any purpose other than to make them hate themselves even more than they already do. Bravo Kristen! 0 of 0 people found the following review helpful. Love, Light, Laughter and exploding intestines who could ask for more? By HeRBKJ is a serious and passionate advocate of those with addiction disorder. Even in recovery addicts have a physiological need to have/do/take things trying to fill a void. Reading her story helped me understand a little bit of what my Biological dad was doing before he ODeD playing his favorite manipulation game "Suicide Roulette". This is not a oh have pity on me my life is soo hard being famous did this to me, poor poor me. KJ takes responsibility for her choices instead of using her physiological addictive traits and disorder as an excuse. Funny, moving and then funny again. I mean hey how many people do you know that can turn their intestines literally exploding into a funny yet honest and enlightening experience? Great read even if you do not have an addiction you very likely know someone that does. I got it Kindle Version so I can't physically pass it on so I am going to be ordering a hard copy to give to someone I love that I hope it might help.

The New York Times bestseller a harrowing and hysterical memoir by the two-time Emmy Award-winning actress from the hit television show *3rd Rock from the Sun*. 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. Actress Kristen Johnston has written her first book, a surprisingly raw and triumphant memoir that is outrageous, moving, sweet, tragic, and heartbreakingly honest. *Guts* is a true achievement—a memoir that manages to be as frank and revealing as Augusten Burroughs, yet as hilarious and witty as David Sedaris. Johnston takes us on a journey so truthful and relatable, so remarkably fresh, it promises to stay with you for a long, long time.

From Kirkus reviews