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How to Weep in Public: Feeble Offerings on Depression from One Who Knows

By Jacqueline Novak



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How to Weep in Public: Feeble Offerings on Depression from One Who Knows By Jacqueline Novak

In her darkly funny memoir meets brother-in-arms guide to the depression life, comedian Jacqueline Novak provides the first and only book for depression sufferers -- short term visitors or lifers -- that promises not to offer any help overcoming depression...only comfort, company, and tips for life inside the grey fog.

Advice that ranges from practical (Chapter 17: *Do Your Crying on a Cat*) to philosophical (Chapter 21: *Make Peace With Sunshine*) punctuates a laugh-out-loud memoir tracing the depression thread from Novak's average suburban childhood to her current adult New York City existence, an imperfect but healthy-ish life in which Novak is mostly upright but still rarely does laundry.

At heart, *How to Weep in Public* provides a no-pressure, safe-zone for the reader to curl up inside. Keep this book on the shelf to be returned to it as needed – after all, depression is recurring. Jacqueline will be waiting to you tell you “You can fight another day.” No, not as in “fight on another day” but “fight this some other day.”

Whether you’re coping with the occasional down day, or thriving fully in Picasso’s blue period, *How to Weep in Public* is the perfect place to regroup during a dark stint. So sit back, relax, and let Jacqueline Novak show you how to navigate the shadowy corridors of your troubled mind or the cheese display at the supermarket when food is the only thing that can save you.



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Editorial Review

Review

"[*How to Weep in Public*] adds levity to the daunting topic of depression. For anyone feeling down in the dumps, a dose of Novak will help mitigate the pain." —***Publishers Weekly***

"Best read in short spurts with a stiff drink in hand, this book is an amusing look at depression that could inspire a depressed person to rejoin society." —***Kirkus Reviews***

"In her literary debut *How to Weep in Public*, Jacqueline Novak explores guilt and anxiety through humor and honesty." —***Interview Magazine***

"[*How to Weep in Public*] will have you laughing through the tears." —***Newsweek***

Praise for Jacqueline Novak:

"Jacqueline Novak's unapologetic and original comedy is the kind that gives me hope in this business." —**Amy Schumer**

"A comedian who I foresee will be one of the next great stars in comedy." —**Mike Birbiglia, author of *Sleepwalk With Me***

"I have known Jacqueline Novak for many years and no one is able to synthesize the Venn diagram of depression and hilariousness quite like her. She has an agile mind that, when not dominated by crushing effects of depression, can produce very funny and unique writing."

—**Nick Kroll, star of Comedy Central's *Kroll Show***

"Jacqueline Novak is one the funniest comedians I've shared a stage with, and also one of the most depressed. Thank goodness she's finally combined the two! Only Jacqueline could make melancholy so hilarious." —**Adam Conover, comedian, creator & host of TruTV's *Adam Ruins Everything***

"Jacqueline's mind works in comedic ways that make me jealous of the dysfunction and pain she must have encountered in order to be so god damned funny." —**Nikki Glaser, host of Comedy Central's *Not Safe***

"As a fellow comedian and clinically depressed person, I am thrilled that Jacqueline Novak is finally stepping up to the plate to shed further darkness on a subject I am all-too familiar with. Jacqueline is an absolute delight- endlessly hilarious, charming, and, perhaps most importantly, one of the most depressed people I have ever known. I can't wait to push aside the saltine crumbs, old newspapers, and empty Mountain Dew bottles and drag her book into bed with me."

—**Comedian Dave Hill, author of *Tasteful Nudes* and host of WFMU's *Goddamn Dave Hill Show***

"Jacqueline Novak is one of the funniest and most original young comic voices in New York. She's also really depressed but not in a depressing way. She's like a hipster, female Woody Allen."

—**Michael Showalter, comedian and author of *Mr. Funny Pants***

"Jacqueline Novak's thoughts on depression are hilarious, smart, and enormously practical. As someone who

has been through depression time and time again, I can tell you that Jacqueline's insights are not just funny -- they're incredibly relatable. I can't think of a better candidate to write the great anti-self-help book of our time."

—**Sara Benincasa, author of *Agorafabulous!: Dispatches From My Bedroom***

"One of my favorite comedians, Jacqueline bravely and hilariously shines light into the darker corners of modern existence, and if that's not the point of comedy, I don't know what is."

—**Pete Holmes, host of the *You Made It Weird* podcast**

About the Author

JACQUELINE NOVAK is a stand-up comic who has been featured on *The Late Late Show with James Corden*, at comedy festivals across the country, and was named a *Comedy Central Comic to Watch*, as well as a *New Wave Woman* by Pandora. Novak's comedy album, *Quality Notions*, is available on iTunes. Novak lives in New York, NY.

Users Review

From reader reviews:

Rosa Rogers:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Will you something different to fill your free time/ holiday? May be reading a book could be option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the guide untitled *How to Weep in Public: Feeble Offerings on Depression from One Who Knows* can be very good book to read. May be it could be best activity to you.

Gina Gregg:

Does one one of the book lovers? If yes, do you ever feeling doubt when you are in the book store? Try to pick one book that you find out the inside because don't assess book by its deal with may doesn't work is difficult job because you are scared that the inside maybe not because fantastic as in the outside appear likes. Maybe you answer might be *How to Weep in Public: Feeble Offerings on Depression from One Who Knows* why because the fantastic cover that make you consider about the content will not disappoint you. The inside or content will be fantastic as the outside or perhaps cover. Your reading 6th sense will directly assist you to pick up this book.

James Bergeron:

Are you kind of stressful person, only have 10 or 15 minute in your morning to upgrading your mind expertise or thinking skill perhaps analytical thinking? Then you are having problem with the book compared to can satisfy your short time to read it because this all time you only find reserve that need more time to be study. *How to Weep in Public: Feeble Offerings on Depression from One Who Knows* can be your answer

because it can be read by anyone who have those short spare time problems.

Benjamin King:

As we know that book is very important thing to add our knowledge for everything. By a book we can know everything we would like. A book is a set of written, printed, illustrated as well as blank sheet. Every year was exactly added. This e-book How to Weep in Public: Feeble Offerings on Depression from One Who Knows was filled in relation to science. Spend your time to add your knowledge about your scientific disciplines competence. Some people has diverse feel when they reading any book. If you know how big good thing about a book, you can really feel enjoy to read a publication. In the modern era like at this point, many ways to get book you wanted.

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