



**This Is How: Proven Aid in Overcoming Shyness,
Molestation, Fatness, Spinsterhood, Grief, Disease,
Lushery, Decrepitude & More. For Young and Old
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Augusten Burroughs

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If you're fat and fail every diet, if you're thin but can't get thin enough, if you lose your job, if your child dies, if you are diagnosed with cancer, if you always end up with exactly the wrong kind of person, if you always end up alone, if you can't get over the past, if your parents are insane and ruining your life, if you really and truly wish you were dead, if you feel like it's your destiny to be a star, if you believe life has a grudge against you, if you don't want to have sex with your spouse and don't know why, if you feel so ashamed, if you're lost in life. If you have ever wondered, How am I supposed to survive this?

This is How.

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