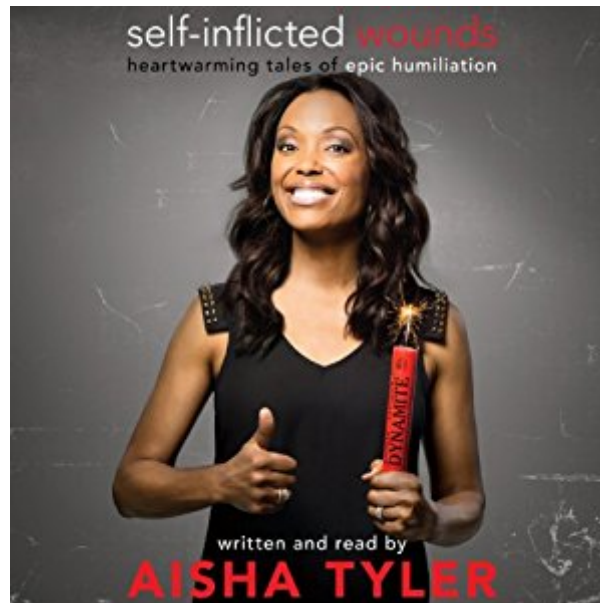


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Self-Inflicted Wounds: Heartwarming Tales Of Epic Humiliation



Synopsis

self-inflicted wound (n): a spectacularly humiliating, and often hilarious, incident entirely of one's own making. see also: you did it to yourself. Have you ever made a decision you instantly regretted? Humiliated yourself in a room of your peers, or shamed yourself in front of your massive crush? Ever blown a job interview, frozen during a presentation, acted like a total idiot on a date? Ever said the wrong thing at the wrong time, unable to keep your tongue from flapping out the stupidest words you've ever said in your life, ever? If you are a human being, the answer, of course, is yes. Take heart. You're not alone. This is known as the self-inflicted wound, and every one of us bears a scar. Or several. Here, Aisha Tyler, comedian, actress, cohost of CBS's *The Talk*, star of *Archer*, and creator of the top-ranked podcast *Girl on Guy*, serves up a spectacular collection of her own self-inflicted wounds. From almost setting herself on fire, to vomiting on a boy she liked, to getting drunk and sleeping through the SATs, to going into crushing debt to pay for college and then throwing away her degree to become a comedian, Aisha's life has been a series of spectacularly epic fails. And she's got the scars to prove it. Literally. Through it all, Aisha's triumphs haven't come in spite of the failures, but because of them. Because with every failure comes a lesson learned, a strength revealed, a fear overcome, or an adventure braved. *Self-Inflicted Wounds* isn't just about surviving failure. It's about embracing failure - pursuing it, even - on the winding path to success. And after you've failed a time or three, hopefully you'll have learned something. Or at the very least have a really killer story. Because to err is human, but to fail epically is hilarious.

Book Information

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Customer Reviews

Aisha Tyler's voice in this book is outstanding. She's so witty and erudite, and everything she describes in each of her stories are alternately charming and horrifying. And funny. She walks that line so well. Each of her tales of self-inflicted wounds (bad things that happen to you and are totally your own fault) are also a mix - of stories you can relate to, and stories you can't believe anyone would allow to have happen to them. But they are all engaging, and the story a chapter format makes it very easy to keep reading, especially if you are eager to know what spectacular thing has happened to warrant the enticing sounding chapter title. The truly great thing about each story though is how Aisha manages to turn it into a message - a learned lesson that for the most part encourages people to embrace what is different about themselves and also embrace that it is inevitable that we all will make mistakes. There are some interesting insights into human nature that comes from being very observant, and throughout it all we get a glimpse of Aisha's childhood which is almost another story in itself. Aisha's love of books and learning also made me very happy (although she had some very esoteric reading material sometimes) as I could completely relate to that. This book is full of footnotes, which Aisha uses to add in little funny asides that add even more humor to her stories. Even though I'm usually not crazy about having to read footnotes, I started to look to the bottom even before I began the page to see what funny comment or reference Aisha made there. Although that didn't help me get into my reading flow. There are times too when Aisha can be too wordy and excessive in her metaphors - even though everything she says is completely entertaining, I thought it sometimes slowed down the pace of the book. This isn't a big deal though because she gets to the meat of her stories pretty quickly and this book is so entertaining, fun, thoughtful and intelligent.

Was not sure what I was going to get when I ordered this book. I loved Aisha is Friends and the show Thirteen. She is amazingly funny woman who has a real smart wit and yet potty mouthed. I sat up and read from e-cover to e-cover when I down loaded it. The stories are hilarious and she is so self deprecating you wonder how she is so successful, but then you hear her truly honest and warm voice in each chapter. Makes me evaluate all of my own self inflicted wounds and think how they have shaped me or made me laugh in retrospect. Must read.

I've enjoyed Aisha Tyler's many works (the olden days of Talk Soup, Girl on Guy podcast, Archer, etc.) and this one is no exception. Tyler has eschewed the structure of standard celebrity memoirs and, instead of telling us all about the key milestones in her life, has told the structure of her life and

career via her greatest humiliations. Even more so, she has provided a personal takeaway or lesson from each one. Some of these lessons contradict each other if you think about it too much, but this isn't the sort of book to devote too much mental real estate to. Tyler's storytelling skills are sharp and her capacity for self-awareness great. She writes very closely to how she speaks, but with a touch more focus. The end result is a fusion of memoir, self-help, and general comedy that is very entertaining. If anyone doesn't remember similar episodes in their life when reading about Aisha's greatest failures, well, you lived a very different life than most of us.

I enjoyed learning about Aisha Tyler's childhood and introduction into comedy. She reveals how her parents divorce affected her upbringing, both stories were insightful and well written. But after college, the storytelling faded away. Instead of sharing the tales of various stand up challenges, she repeatedly delve into self-help speeches. I grew so bored with the book that I stopped twice, read three other books in their entirety before I returned to finish *Self-Inflicted Wounds*. The only reason I completed this book was my stubborn desire to get it done. I wish Tyler focused more on the stories and not force feed me her theory on self reliance. Her soap box became a distraction and left me uninterested in the end.

I bought the book because I like Aisha Tyler as a comic and an Actor but I loved the book because it was well written and honest. There were lines that could have come from my own childhood as well as little nuggets of wisdom that stopped you in your tracks with their beauty. Another plus, I have read other books from comedians and I don't laugh out loud while I read. Not their fault, just not something I do. I'm more the type to just smile if I read something amusing but Aisha had me laughing LOUDLY more than once while sitting at home alone or even while waiting at the Doctor's office. Worth reading!

Everyone has done something stupid, we all make mistakes. In this easily relatable book, Aisha Tyler tells us how she made mistakes in epic fashion. From her childhood through college and into her comedy career, she takes us on a journey. The journey of someone who has learned that mistakes are not only how we find our limits but how we break through them. It's also very, very funny. The wasabi story hit particularly close to home. This is a wonderful book by a lovely, funny woman who has a few lessons to impart. That she makes us laugh while doing so is icing on the cake.

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