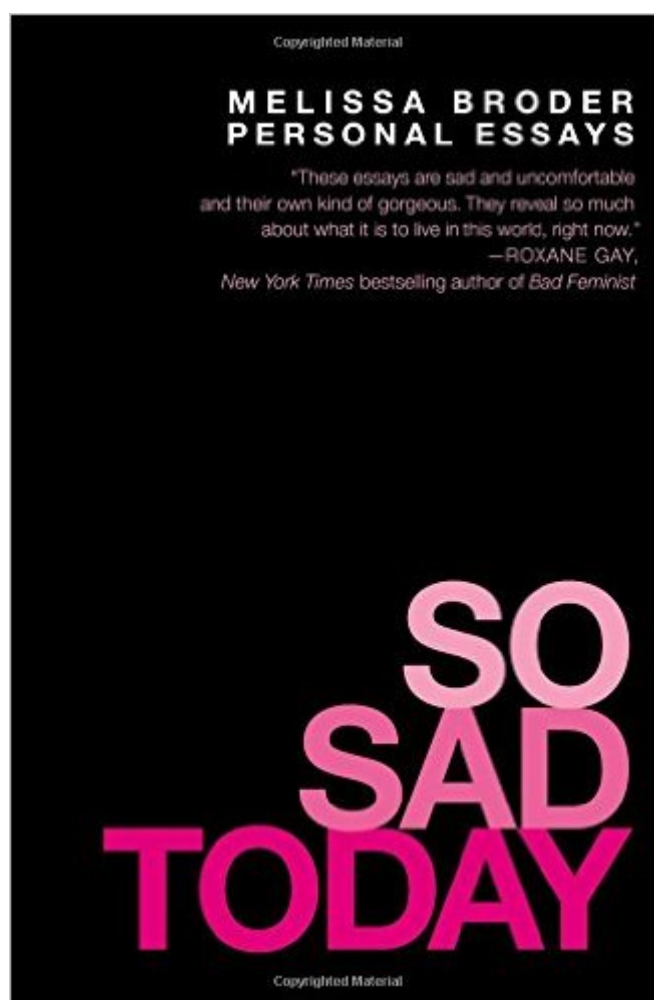


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# So Sad Today: Personal Essays



## Synopsis

"These essays are sad and uncomfortable and their own kind of gorgeous. They reveal so much about what it is to live in this world, right now." --Roxane Gay, New York Times bestselling author of *Bad Feminist*

From acclaimed poet and creator of the popular Twitter account @sosadtoday comes a darkly funny and brutally honest collection of essays. Melissa Broder always struggled with anxiety. In the fall of 2012, she went through a harrowing cycle of panic attacks and dread that wouldn't abate for months. So she began @sosadtoday, an anonymous Twitter feed that allowed her to express her darkest feelings, and which quickly gained a dedicated following. In *SO SAD TODAY*, Broder delves deeper into the existential themes she explores on Twitter, grappling with sex, death, love, low self-esteem, addiction, and the drama of waiting for the universe to text you back. With insights as sharp as her humor, Broder explores—in prose that is both ballsy and beautiful, aggressively colloquial and aching poetic—questions most of us are afraid to even acknowledge, let alone answer, in order to discover what it really means to be a person in this modern world.

## Book Information

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## Customer Reviews

I was a fan of Melissa Broder's poetry (her book "Scarecrone" made me good-miserable for days) before I knew she was behind the So Sad Today twitter account. She has the sort of terrifying power of being able to take the intangible emotional stuff and put it into words without overworking it to the point that it becomes solely about her. Instead, it allows you to connect and feel with her. That's also been the best thing about the twitter account, and why everyone I know follows it. So Sad Today (the

book) evokes Melissa's previous work but does so with more humor and, you know, has more words. Having her fill in the gaps a little makes it easier to digest quickly so you can feel "all the feels" right away. So Sad Today's voice is friendly and very current, it's like, how you and your friends talk IRL, and that makes it feel real and personal. It's like your friend confessing a dark feeling they thought only they had and then you both realize you feel the same thing but didn't know you could talk about it. Not to say that everything in this book is super relatable. In one essay, Melissa explains a very specific fetish and how it developed. It's not something I could relate to exactly, but the way she tells the story and expounds on it is so funny that it doesn't feel at all disturbed. Well, a little less disturbed, I guess. While the essays are rooted in sadness and anxiety and feeling alone, the result is something that ends up connecting all (many?) of us in a positive and helpful way. It's not a "self-help" book, but it might help a little.

I have been following the @Sosadtoday twitter account for about 3 years now. I bought this book as a fan of the account, with little knowledge of Broder's writing beyond a 140 character limit. My completion of this book provided me a similar feeling that @Sosadtoday brought me upon my discovery of it. Melissa Broder's personal essays brought melancholy accompanied with levity. "So Sad Today" is a collection of essays that will make you feel SOMETHING, and what a wonderful thing for words strung together to do. It addresses the not-so-easy-to-swallow parts of existence. I found myself sympathizing with her, laughing with her, or relating to her. The book is filled with dark, sad, and sometimes even uncomfortable, humor. However, each essay is delivered with candor. And that honest quality is so evident. It left me feeling as though I had connected and shared something with her. Buy this book if you're baffled by life and life's experiences. Buy this book if you are someone who struggles with mental illness or are someone looking to learn more about mental illness. Buy this book if you are a human person with an appreciation for alternate tellings. Just, buy this book.

How one can take a book titled, 'So Sad Today', compile them in to truthful essays that flow well, and of course, are hilariously funny in parts, painfully raw in others, it so small feat. The author makes it appear effortless. Human & real, So Sad Today, is an authentic look at what resides under the layers of someone who is dealing with depression & anxiety. As an added bonus, I'm an LA girl... And thanks to this, I felt as though the author was speaking to me... (Is that too existential?) I found myself laughing out loud at the commentary regarding woo-woo healing crystals/stones (done it), green juice (yep), shaman (totally), astrology (who doesn't have an astrologer?) and of course

psychics (yep, I have one of those too.) All in all, if you're sad today, many days, or enjoy honest & unflinching memoirs, *So Sad Today* is one I highly recommend. I've read many books in 2016, & thus far, it's easily in my top five. The blend of raw truth & brilliant storytelling is intoxicating.

I've never felt more validated and less alone than I did after reading this. Every article and every review in favor of this book all say the exact same thing - "I can't believe someone else feels how I do" and "I guess I'm not the only one." So this review is the exact same as every other review, but I don't care. Melissa Broder has done something great here. One time my friend said, "I think maybe people like art they find familiar? They want to return to one of a few feelings they already know." And to me, that's what this book is. It's what's already in my head and my heart. And knowing that SO MANY other people hold this work in the same regard makes me feel a little less alone. Don't get me wrong - i'm still very much alone and in those moments I can't stop thinking that I'm the only one who has ever had these thoughts in the history of forever. But in the back of my head, this book and the subsequent coming-together of folks in support of it let me know that the world is full of minds similar to mine. I love to scribble in the margins of books to make them feel more like my own, but I don't think I'll do that with this book. It already feels like it's been done, in Broder's own words. Since Broder will likely never see this and this review is more for everyone else coming to see what the book is all about, leave their own review, or find people whose hearts match their own - this book has your back. This book will be both the slow ballad that you listen to when you need to cry AND the power anthem you rock out to when you're ready to open the curtains and look at the world again.

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