



Lost and Broken: My Journey Back from Chronic Pain and Crippling Anxiety

Author: Adam Smith

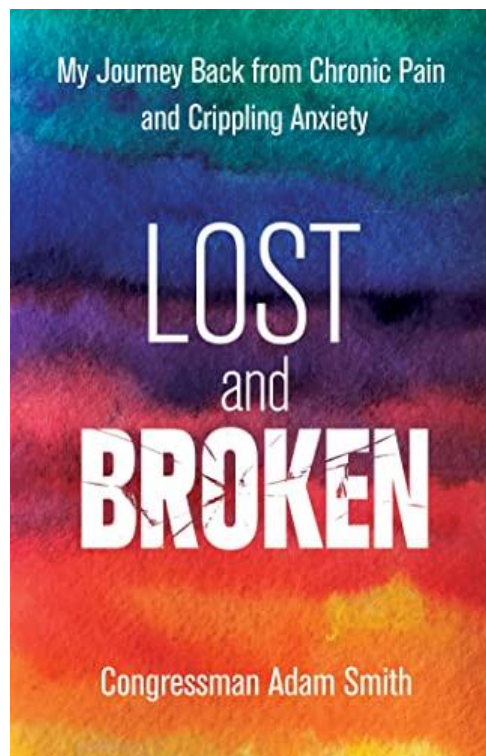
Publisher: Simon and Schuster, 2023 (256 pages)

Adam Smith's book, "Lost and Broken" is an inspirational book. I could relate to his experiences as I went through same health issues both physical and mental and like the author, I also dealt with them and overcame them.

Congressman Adam Smith very candidly reveals how the healthcare system, therapy, and pharmaceuticals can dictate the kind of care we receive or do not receive. The author describes his agony and victory in an interesting way with humor and easy-to-understand information.

Adam Smith offers a candid memoir about his years-long struggle with anxiety and chronic pain and the winding path to find the right diagnosis and treatment.

Dealing with chronic pain and not getting all the answers is exhausting, so I was interested to read this book and to see how



Congressman Adam Smith navigates his trials and tribulations through the healthcare system, even with having access to good doctors and specialists.

I liked how he mentioned that it wasn't the amount of stress in a person's life that exacerbates anxiety but how we process it.

The author discussed muscle activation therapy, which I had never heard of. I found it quite interesting and will do more research on this to find out how it

helps with chronic pain. The author provides links and resources.

Lost and Broken is an insightful book that details how difficult it can be to get answers about our health. I would recommend this book for anyone dealing with anxiety or chronic pain, or just a good memoir to read, as the author has a nice, engaging writing style.

I Am Glad My Mom Died

Author: Jennette McCurdy

Publisher: Simon and Schuster 2022
(320 pages)

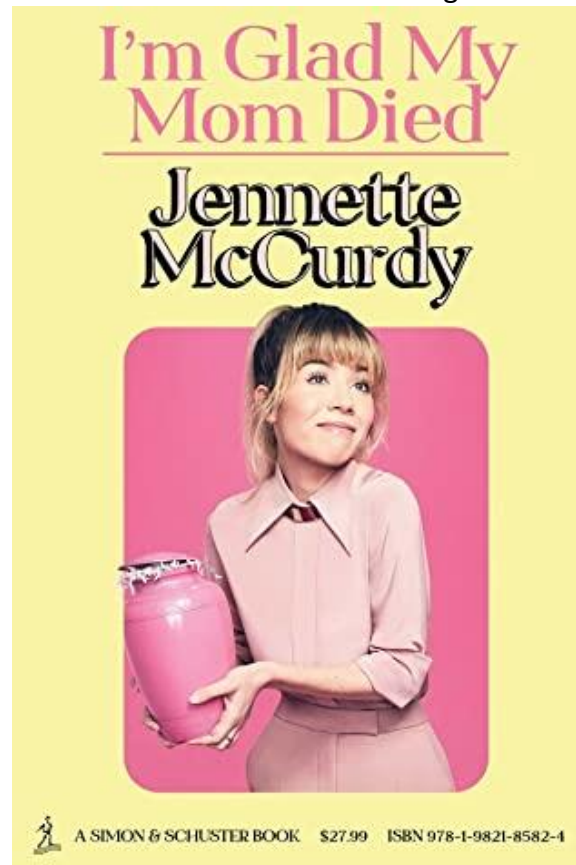
In her book, "I Am Glad My Mom Died" Jennette McCurdy, a former *iCarly* star reflects on her difficult childhood.

The book is an account of her relationship with her demanding, controlling and abusive mother, Debra who wanted Jennette to become an actor and diva. Born in Los Angeles, the author, along with three older brothers, grew up in a home controlled by her mother. When Jennette was 3, her mother was diagnosed with breast cancer. Debra died when Jennette was 21 years old.

McCurdy candidly reconstructs those in-between years, showing how "my mom emotionally, mentally, and physically abused me in ways that will forever impact me."

Insistent on molding her only daughter into "Mommy's little actress," Debra shuffled her to auditions beginning at age 6. As she matured and starting booking acting gigs, McCurdy remained "desperate to impress Mom," while Debra became increasingly

obsessive about her daughter's physical appearance. She tinted her daughter's eyelashes, whitened her teeth, enforced a tightly monitored regimen of "calorie restriction," and performed regular genital exams on her as a teenager. Eventually, the author grew understandably resentful and



tried to distance herself from her mother. As a young celebrity, however, McCurdy became vulnerable to eating disorders, alcohol addiction, self-loathing, and unstable relationships. Throughout the book, she honestly portrays Debra's cruel perfectionist personality and abusive behavior patterns, showing a woman who could get enraged by everything from crooked eyeliner to spilled milk. At the same time, McCurdy

exhibits compassion for her deeply flawed mother. Late in the book, she shares a crushing secret her father revealed to her as an adult. While McCurdy didn't emerge from her childhood unscathed, she's managed to spin her harrowing experience into a sold-out stage act and achieve a form of catharsis that puts her mind, body, and acting career at peace.

The heartbreaking story of an emotionally battered child delivered with captivating candor and grace.