



# **Furiously Happy: A Funny Book About Horrible Things by Jenny Lawson | Key Takeaways, Analysis & Review**

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## **Preview:**

*Furiously Happy: A Funny Book About Horrible Things is a series of essays that are hysterically funny and poignant at the same time. The author, Jenny Lawson, suffers from clinical depression, an anxiety disorder, an impulse control disorder, avoidant personality disorder, insomnia, and rheumatoid arthritis among other illnesses. As a result of her illnesses, she is chronically depressed. She experiences serious lows, such as days she cannot get out of bed, and she has thoughts of suicide. After one particularly bad period, she decided to be 'furiously happy' to counter the sadness. Within a few hours of using #FuriouslyHappy, Larson's many Twitter followers got behind her idea and the hashtag began trending...*

**PLEASE NOTE: This is key takeaways *and analysis* of the book and NOT the original book.**

## **Inside this Instaread of Furiously Happy:**

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways

## **About the Author**

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#### **Kurt Chapman:**

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