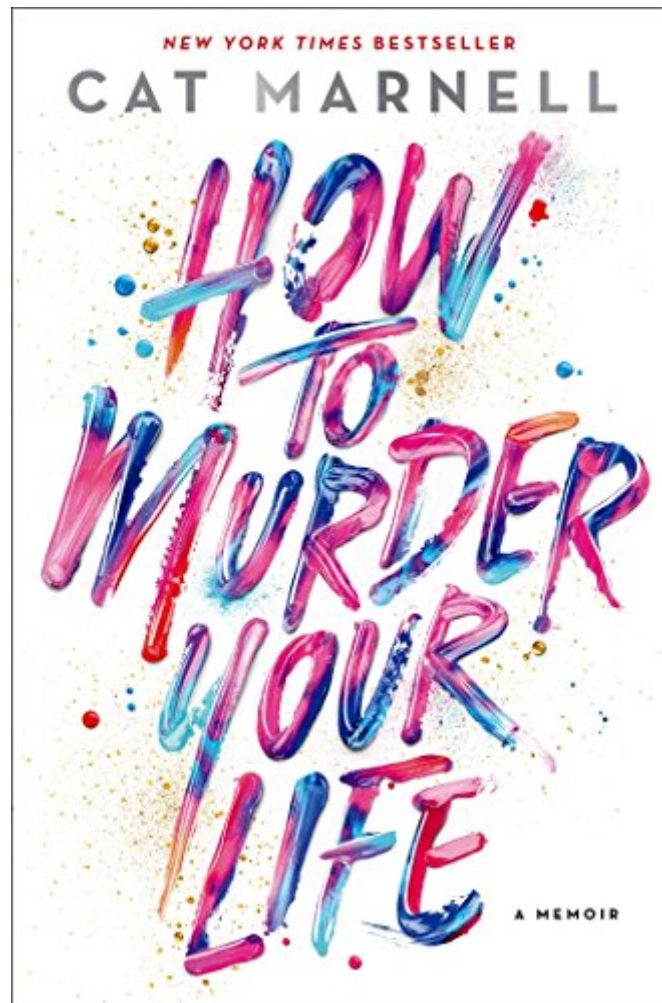




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How To Murder Your Life: A Memoir



Synopsis

From Cat Marnell, *“New York’s enfant terrible”* (The Telegraph), a candid and darkly humorous memoir of prescription drug addiction and self-sabotage, set in the glamorous world of fashion magazines and downtown nightclubs. At twenty-six, Cat Marnell was an associate beauty editor at Lucky, one of the top fashion magazines in America—and that’s all most people knew about her. But she hid a secret life. She was a prescription drug addict. She was also a “doctor shopper” who manipulated Upper East Side psychiatrists for pills, pills, and more pills; a lonely bulimic who spent hundreds of dollars a week on binge foods; a promiscuous party girl who danced barefoot on banquets; a weepy and hallucination-prone insomniac who would take anything—anything—to sleep. This is a tale of self-loathing, self-sabotage, and yes, self-tanner. It begins at a posh New England prep school—and with a prescription for Attention Deficit Disorder medication Ritalin. It continues to New York, where we follow Marnell’s amphetamine-fueled rise from intern to editor through the beauty departments of NYLON, Teen Vogue, Glamour, and Lucky. We see her fight between ambition and addiction and how, inevitably, her disease threatens everything she worked so hard to achieve. From the Condé Nast building (where she rides the elevator alongside Anna Wintour) to seedy nightclubs, from doctors’ offices and mental hospitals, Marnell shows—like no one else can—what it is like to live in the wild, chaotic, often sinister world of a young female addict who can’t say no. Combining lightning-rod subject matter and bold literary aspirations, *How to Murder Your Life* is mesmerizing, revelatory, and necessary.

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Customer Reviews

This was a very engaging book from a reading standpoint. The author is a very clever young woman who somehow succeeds in making a living, with lots of financial support from her wealthy parents and grandmother, in spite of being a complete train wreck of an addict. She's addicted to prescription amphetamines from age 15 to 35, and she uses almost every illegal drug that she can get her hands on. She's not a nice person, a deep person, or even an intelligent person. She's an addict and she burns everyone that she comes into contact with. She should be dead from overdosing, but there's always someone to bail her out. Nevertheless, she somehow succeeds with not dying and received a book contract to write this book. I happen to like female train wreck memoirs and this was a good read. I particularly liked to read about her experiences in magazine publishing and the beauty editor business. She doesn't seem like the type to fit in there but many people enable her to keep up her destructive life style. It's not a wonder that she continually writes that she has no friends. I give this book a 4 because it's an engaging train wreck memoir.

Man! What a great book! What an amazing ride! I've been in the insane fashion biz, I've been a model, too, and what Cat has to say really resonated with me. It's very well-written. I literally could not put it down: read til I fell asleep, woke up, picked it up again. THAT kind of good book. Cat's amusing asides kept me very entertained and her life message was received and integrated into my own life. Well done!

Wow. I haven't devoured a book this quickly in a long time. Cat Marnell is a wonderful writer and I really enjoyed learning more about her story. The portrait of an addict fighting to succeed and fulfill their dreams is as scary as it is moving. Marnell's writing style makes the whole book less heavy, and downright entertaining...even though drug abuse is a serious subject. This book converted me into a fan, and I will be rooting hard for Marnell.

Truly hilarious, heartbreaking and harrowing all at once, and that's hard to pull off! An unflinching tale of the good life in a tailspin. Cat Marnell has a great voice.

Good read. The writer is very honest about how low she got in her addictions. She must be very lovable and charismatic to get as many chances as she got.

Really makes you think long and hard about the way you live your life. It's a cautionary tale but is good to hear.

Love this book! I love Cat Marnell's writing; the subject is stressful, her writing is breezy. One of my recent favorites.

I really didn't want to put this down; it was such a fun read! Like other addiction memoirs, the author doesn't burden us with a sappy cautionary tale. She takes us on a wild ride with her reckless soul and drug use and shows us how it didn't and did work for her. This is on my list of favorite memoirs.

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