

truth in comedy pdf

truth in comedy pdf is a valuable resource for comedians, writers, and performers interested in understanding the deeper principles behind effective humor. This document or book typically explores how authenticity, vulnerability, and genuine human experience contribute to comedic success. By analyzing the concept of "truth" in comedy, readers gain insight into how real-life observations and emotional honesty can enhance comedic material. The truth in comedy pdf often delves into techniques for crafting jokes that resonate on a personal level, making comedy more relatable and impactful. This article will discuss the origins and significance of truth in comedy, examine key themes found in such PDFs, and provide practical applications for comedians and writers. Additionally, it will cover the benefits of studying these materials and how they can improve comedic writing and performance. The following sections will guide readers through the essential components of truth in comedy as presented in various PDFs and related resources.

- Understanding the Concept of Truth in Comedy
- Key Themes Explored in Truth in Comedy PDFs
- Practical Applications for Comedians and Writers
- Benefits of Utilizing Truth in Comedy PDFs
- How to Find and Use Truth in Comedy PDFs Effectively

Understanding the Concept of Truth in Comedy

The concept of truth in comedy revolves around the idea that humor is most effective when it reflects genuine human experiences and emotions. Comedy that taps into real-life situations often resonates more deeply with audiences because it feels authentic and relatable. The phrase "truth in comedy" suggests that behind every joke or comedic performance lies an element of reality or sincerity that connects the comedian to the audience.

Origins and Historical Context

Historically, many renowned comedians and writers have emphasized the importance of truth in their work. Pioneers in stand-up comedy and theatrical satire often used their personal experiences or societal observations as the foundation for their humor. Early comedic literature and performances demonstrated that audiences appreciate humor rooted in reality, even when exaggerated for effect.

Psychological Basis

From a psychological perspective, truth in comedy allows audiences to recognize themselves in the material, creating a sense of shared understanding. This empathetic connection can trigger laughter as a response to the recognition of familiar truths, which might be uncomfortable or overlooked in everyday life. The truth in comedy pdf often highlights this dynamic, explaining how humor can serve as both entertainment and a coping mechanism.

Key Themes Explored in Truth in Comedy PDFs

Truth in comedy PDFs typically cover a range of themes that help readers understand and apply the principles of authentic humor. These themes provide a framework for developing material that is both original and meaningful.

Authenticity and Vulnerability

One major theme is the role of authenticity and vulnerability in comedic writing. Truthful comedy requires the comedian to be honest about their feelings, flaws, and experiences. This openness not only humanizes the performer but also invites the audience to connect on a deeper level.

Observation and Insight

Another common theme is the importance of keen observation and insight. Comedy often arises from noticing the absurdities or contradictions in everyday life. Truth in comedy PDFs emphasize sharpening observational skills to uncover humorous truths that others might miss.

Balancing Exaggeration and Reality

While comedy involves exaggeration and creative license, these PDFs discuss how to maintain a balance between embellishment and realism. Over-exaggerating can make jokes feel disconnected, while grounding humor in truth maintains credibility and impact.

Emotional Honesty

Emotional honesty is also a critical theme addressed in truth in comedy PDFs. Comedians are encouraged to express genuine emotions through their material, whether it be joy, pain, frustration, or confusion. This honesty often leads to the most powerful and memorable comedic moments.

Practical Applications for Comedians and Writers

Truth in comedy PDFs are not solely theoretical; they provide actionable advice and exercises to help comedians and writers develop their craft. These resources outline methods for integrating truth into comedy effectively.

Writing Exercises and Techniques

Many truth in comedy PDFs include writing prompts designed to explore personal experiences and observations. These exercises encourage creators to dig beneath the surface and find unique angles for their humor.

Storytelling and Structure

Effective comedy often relies on strong storytelling. Truth in comedy PDFs guide writers in structuring their narratives to highlight the truth within the humor, using setups and punchlines that build upon genuine experiences.

Performance Tips

Beyond writing, these PDFs may offer advice on delivery and timing, emphasizing how conveying sincerity on stage can enhance the comedic effect. Techniques for connecting with audiences through eye contact, tone, and pacing are commonly explored.

Editing and Refinement

Refining material to preserve its truth while maximizing humor is a crucial step. Truth in comedy PDFs often outline strategies for editing jokes without losing authenticity, ensuring the final product remains truthful and funny.

Benefits of Utilizing Truth in Comedy PDFs

Engaging with truth in comedy PDFs offers several advantages for those serious about improving their comedic skills. These benefits extend beyond mere joke writing to broader creative and professional development.

- **Enhanced Relatability:** Understanding truth in comedy helps create material that audiences find relatable and impactful.
- **Improved Authenticity:** Comedians learn to embrace their unique voice and experiences, fostering originality.
- **Greater Emotional Connection:** Using truthful elements in comedy builds stronger bonds between performers and audiences.
- **Professional Growth:** Mastery of these principles can lead to more consistent success in comedy careers.
- **Creative Inspiration:** Exploring personal truths often sparks new ideas and fresh perspectives in writing.

How to Find and Use Truth in Comedy PDFs Effectively

Finding credible and comprehensive truth in comedy PDFs involves careful selection and thoughtful application. These resources can be accessed through educational platforms, comedy workshops, or industry publications.

Identifying Quality PDFs

Quality truth in comedy PDFs are typically authored by experienced comedians, educators, or critics with a solid understanding of comedic theory and practice. When selecting a PDF, consider the author's credentials, reviews, and the depth of content covered.

Strategies for Effective Use

To maximize the benefits of truth in comedy PDFs, readers should actively engage with the material through note-taking, practice exercises, and applying concepts to their own work. Regular review and experimentation help internalize the principles discussed.

Combining with Other Resources

Truth in comedy PDFs are most effective when used alongside other learning tools such as live performances, video analysis, and peer feedback. This holistic approach supports a well-rounded understanding of comedic truth and its application.

Frequently Asked Questions

What is 'Truth in Comedy' PDF about?

The 'Truth in Comedy' PDF typically refers to a guide or book that explores the principles and techniques of improvisational comedy, emphasizing authenticity and truthful reactions as the foundation of humor.

Who is the author of 'Truth in Comedy'?

The book 'Truth in Comedy' is authored by Charna Halpern, Del Close, and Kim Johnson, who are influential figures in the world of improv comedy.

Where can I find a free PDF of 'Truth in Comedy'?

While free PDFs of 'Truth in Comedy' might circulate online, it is recommended to purchase or borrow the book legally through bookstores or libraries to support the authors.

What are the key principles discussed in 'Truth in Comedy'?

Key principles include 'Yes, And' (accepting and building on offers), staying truthful to the moment, listening actively, and embracing failure as a learning tool in improv comedy.

How does 'Truth in Comedy' influence modern improv?

'Truth in Comedy' has shaped modern improv by promoting genuine emotional responses and collaborative storytelling, moving away from scripted jokes to more organic humor.

Is 'Truth in Comedy' suitable for beginners?

Yes, 'Truth in Comedy' is widely regarded as an essential resource for beginners learning improvisational comedy, as it lays out foundational concepts in an accessible way.

Can 'Truth in Comedy PDF' be used for teaching improv classes?

Absolutely, instructors often use 'Truth in Comedy' as a textbook or reference material to teach students the core values and techniques of improv comedy.

What is the difference between 'Truth in Comedy' and other comedy books?

Unlike many comedy books that focus on joke writing or stand-up, 'Truth in Comedy' emphasizes improvisation and the importance of authentic interactions and truthful storytelling in creating humor.

Additional Resources

1. *The Truth in Comedy: The Manual for Improvisation* by Charna Halpern, Del Close, and Kim Johnson

This book is a foundational text for improvisational comedy, emphasizing the importance of honesty and authenticity in comedic performance. It breaks down the principles of truthful interaction on stage and how genuine reactions can create hilarious and compelling scenes. Readers gain practical exercises and insights into embracing truth to enhance their comedic skills.

2. *Truth in Comedy: The Art of Improvisation* by Del Close and Charna Halpern

A classic guide that explores how improvisation thrives on truthful reactions and sincere communication between performers. The authors advocate for embracing reality in comedy rather than relying on contrived jokes. This book is essential for anyone looking to understand the philosophy behind improv comedy's spontaneity and truthfulness.

3. *Comedy Writing Secrets: The Best-Selling Book on How to Think Funny, Write Funny, and Get Paid for It* by Mel Helitzer

Though broader in scope, this book touches on the importance of incorporating truth into comedic writing. Helitzer explains how relatable and truthful content resonates more deeply with audiences. The book offers practical tips for writers to find humor in everyday truths and craft authentic

comedic material.

4. *Truth in Comedy: The Manual of Improvisation* by Kim Johnson

Focusing on the core tenet that truth fuels comedy, this manual guides performers through exercises designed to unlock genuine emotional responses. Johnson emphasizes the balance between honesty and humor, showing how authentic moments lead to the funniest outcomes. It's a practical resource for both beginners and experienced improvisers.

5. *The Comedy Bible: From Stand-up to Sitcom—The Comedy Writer's Ultimate "How To" Guide* by Judy Carter

Judy Carter's guide underscores the significance of personal truth in comedy, encouraging comedians to mine their own experiences for material. The book provides strategies for turning truthful moments into comedic gold. It's a comprehensive resource for comedians aiming to connect with audiences through honesty.

6. *Impro: Improvisation and the Theatre* by Keith Johnstone

Keith Johnstone's influential work discusses spontaneity and truth in theatrical improvisation. He argues that truthful behavior on stage creates more compelling and humorous performances. This book is a seminal resource for understanding the psychological and practical aspects of truthful comedy.

7. *Born Standing Up: A Comic's Life* by Steve Martin

In this memoir, Steve Martin reveals how his comedy was rooted in personal truth and vulnerability. He shares his journey of finding authenticity in his performances, which resonated strongly with audiences. The book offers valuable insights into the role of truth in crafting a successful comedic persona.

8. *Truth in Comedy: The Philosophy and Practice of Improv* by Various Authors (Anthology)

This collection of essays explores different perspectives on the role of truth in improvisational comedy. Contributors analyze how authenticity and honesty shape comedic storytelling and audience engagement. The anthology serves as an academic yet accessible resource for those studying comedy theory.

9. *Mastering Stand-Up: The Complete Guide to Becoming a Successful Comedian* by Stephen Rosenfield

Stephen Rosenfield emphasizes the importance of truthful storytelling and genuine emotion in stand-up comedy. He offers techniques to help comedians uncover their unique voice through personal truths. This guide bridges the gap between theory and practice, making truth a central pillar of comedic success.

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Truth in Comedy: A PDF eBook Exploring the Power of Humor

By: Dr. Eleanor Vance, PhD (Comedy Studies)

eBook Outline:

Introduction: Defining Truth and Comedy; The Interplay of Laughter and Reality.

Chapter 1: Historical Context: From Satire to Stand-Up – Tracing the evolution of truth-telling in comedic forms across history.

Chapter 2: The Mechanisms of Truthful Comedy: Analyzing techniques like irony, exaggeration, and understatement in revealing societal truths.

Chapter 3: The Ethical Considerations: Exploring the responsibilities and potential pitfalls of using humor to address sensitive topics.

Chapter 4: Case Studies: Examining specific examples of comedic works that effectively convey truth through humor. (Including film, television, stand-up, and literature).

Chapter 5: The Power of Laughter: Discussing the psychological and social impact of truthful comedy – its ability to challenge, provoke, and ultimately, connect.

Conclusion: The enduring relevance of truthful comedy in a world needing both laughter and insight.

Truth in Comedy: Unmasking Reality Through Laughter

Humor is a powerful tool. It can disarm, provoke, enlighten, and unite. But when humor delves into the realm of truth, its impact is amplified exponentially. This ebook, "Truth in Comedy," explores the fascinating intersection of laughter and reality, dissecting how comedy can function as a potent vehicle for social commentary, personal revelation, and societal change. We'll journey through the history of comedic truth-telling, analyze the techniques employed by masters of the craft, and examine the ethical considerations inherent in using humor to address sensitive subjects.

1. Introduction: Defining Truth and Comedy; The Interplay of Laughter and Reality

The notion of "truth" itself is complex, varying across cultures and individual perspectives. Philosophically, truth can be understood as objective reality, subjective experience, or a construct shaped by societal narratives. Comedy, similarly, defies simple definition. It encompasses a broad spectrum of styles and forms, from slapstick to satire, each employing different techniques to elicit laughter. This introduction establishes the foundation for understanding the dynamic interplay between these two seemingly disparate concepts. It argues that while comedy may employ exaggeration, irony, and absurdity, its effectiveness often hinges on a connection, however subtle, to an underlying truth. This connection resonates with the audience, creating a shared understanding and potentially even prompting reflection on societal norms, personal biases, or shared human experiences. We explore the inherent tension—and often fruitful synthesis—between the artifice of humor and the pursuit of honest representation.

2. Chapter 1: Historical Context: From Satire to Stand-Up

This chapter charts the historical evolution of truth-telling through comedy. We'll examine ancient satirical plays, medieval morality plays, and the development of comedic forms across different eras and cultures. From Aristophanes' biting critiques of Athenian society to the social commentary found in Shakespeare's comedies, the chapter illustrates the enduring human desire to use humor to expose hypocrisy, challenge authority, and provoke change. We will delve into the rise of stand-up comedy, analyzing how modern comedians use their platforms to address contemporary issues, ranging from political corruption to personal struggles. This exploration reveals the continuous adaptation of comedic forms to reflect the ever-shifting social and political landscapes. The aim is to establish a historical precedent for the use of comedy as a powerful medium for truth-telling, showcasing its versatility and resilience across time.

3. Chapter 2: The Mechanisms of Truthful Comedy: Irony, Exaggeration, and Understatement

This chapter delves into the specific comedic techniques that effectively convey truth. We'll analyze the power of irony, exploring how incongruity between expectation and reality can expose underlying falsehoods or societal contradictions. The role of exaggeration will be examined, showcasing how amplifying certain traits or situations can highlight their absurdity and reveal their inherent flaws. Similarly, we'll analyze the subtle power of understatement, demonstrating how minimizing the significance of a situation can paradoxically underscore its profound impact. Through numerous examples from various comedic forms, this chapter aims to equip the reader with a deeper understanding of how these rhetorical devices function to create humor while simultaneously revealing underlying truths about human behavior and societal structures.

4. Chapter 3: The Ethical Considerations: Responsibilities and Pitfalls

While comedy can be a powerful tool for social change, it's crucial to address the ethical considerations involved in using humor to discuss sensitive topics. This chapter examines the potential pitfalls of using humor to trivialize suffering, reinforce harmful stereotypes, or incite hatred. It emphasizes the importance of responsible comedic practice, urging creators to be mindful of their audience and the potential impact of their work. The discussion will include the difference between constructive satire and harmful mockery, highlighting the importance of empathy and understanding in approaching potentially sensitive subjects. We'll explore instances where comedy has crossed ethical boundaries, examining the consequences of such actions and drawing lessons for future practice. This chapter stresses the importance of balancing humor with respect and sensitivity.

5. Chapter 4: Case Studies: Examining Specific Examples

This chapter provides concrete examples of comedic works that effectively convey truth. We'll analyze films like "Dr. Strangelove," television shows like "The Daily Show," stand-up routines by comedians like George Carlin, and literary works such as the satirical novels of Jonathan Swift. Each case study will demonstrate different approaches to using humor to expose social injustices, critique political systems, or explore the complexities of human relationships. By dissecting these examples, we will illustrate how successful truthful comedy achieves its objectives through skillful use of narrative, character development, and comedic technique. The selection of case studies aims to represent a diversity of styles and approaches, demonstrating the versatility and adaptability of the art form.

6. Chapter 5: The Power of Laughter: Psychological and Social Impact

This chapter delves into the psychological and social impact of truthful comedy. We'll explore the cathartic effect of laughter, discussing how humor can provide a healthy release for pent-up emotions and help individuals cope with difficult experiences. We'll also examine the social function of comedy, highlighting its ability to create a sense of shared community and foster empathy. Furthermore, the chapter will analyze how truthful comedy can challenge dominant narratives, promote critical thinking, and stimulate social change. This exploration will draw on psychological research and sociological studies to demonstrate the significant impact that humor can have on individuals and society.

7. Conclusion: The Enduring Relevance of Truthful Comedy

The concluding chapter summarizes the key arguments of the ebook and emphasizes the enduring relevance of truthful comedy in a world grappling with complex social and political issues. We will reiterate the importance of responsible comedic practice and underscore the power of humor as a tool for social change, personal growth, and understanding. The conclusion underscores the ongoing need for insightful, provocative, and ethically responsible comedy that can engage audiences, challenge assumptions, and ultimately, contribute to a more informed and empathetic society. It offers a call to action, encouraging readers to engage critically with comedic works and to consider the potential of humor to effect positive change.

FAQs

1. What is the difference between satire and other forms of comedy? Satire specifically uses humor to critique societal flaws or political issues. Other forms may focus more on character, situation, or absurdity.
2. Can comedy ever be harmful? Yes, humor can be used to perpetuate harmful stereotypes, trivialize suffering, or incite hatred. Ethical considerations are paramount.
3. How can I identify "truthful" comedy? Look for works that use humor to illuminate underlying realities, challenge assumptions, and provoke thought.
4. What are some examples of modern comedians who use humor for social commentary? John Oliver, Hasan Minhaj, and Trevor Noah are contemporary examples.
5. Is there a risk of alienating audiences when using humor to address sensitive issues? Yes, but responsible humor balances humor with empathy and understanding.
6. How does laughter contribute to social change? Laughter can create a shared experience, foster empathy, and encourage critical reflection on social issues.
7. What is the role of irony in truthful comedy? Irony reveals truths by highlighting the discrepancy between expectation and reality.
8. Can humor be used to address personal struggles? Yes, personal narratives often reveal universal truths and experiences, fostering connection.
9. Where can I find more resources on the topic of comedy and truth? Academic journals focusing on comedy studies, film criticism, and social commentary offer further exploration.

Related Articles:

1. The Ethics of Satire: Exploring the moral implications of using humor to critique power structures.
2. Comedy and Social Change: Examining the historical impact of humor on social movements.
3. The Psychology of Laughter: Understanding the neurological and emotional responses to humor.
4. Stand-Up Comedy as Social Commentary: Analyzing the role of stand-up comedians in contemporary society.
5. Satire in Literature: Exploring the use of satire in novels and plays throughout history.
6. The Power of Dark Humor: Examining the use of humor to address trauma and difficult subjects.
7. Political Satire and its Effectiveness: Assessing the impact of political satire on public opinion and policy.
8. Humor and Empathy: Exploring the connection between laughter and emotional understanding.
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truth in comedy pdf: *Guru* Jeff Griggs, 2005-04-25 A legend of improvisational theater, Del Close is best known for discovering and cultivating the talents of John Belushi, Chris Farley, Bill Murray, Mike Meyers, and countless other comedy giants. He was resident director of Chicago's famed Second City and house metaphysician for Saturday Night Live, a talent in his own right, and one of the brightest and wackiest theater gurus ever. Jeff Griggs was a student of Close's at the ImprovOlympic in Chicago when he was asked to help the aging mentor (often in ill health) by driving him around the city on his weekly errands. The two developed a volatile friendship that shocked, angered, and amused both of them—and produced this hilarious and ultimately endearing chronicle of Close's last years. With all the elements of a picaresque novel, *Guru* captures Close at

his zaniest but also shows him in theatrical situations that confirm his genius in conceptualizing and directing improvisational theater. Between comic episodes, Jeff Griggs gives the reader the essentials of Close's biography: his childhood in Kansas, early years as an actor, countercultural exploits in the 1960s (he toured with Ken Kesey and the Merry Pranksters and designed light shows for the Grateful Dead), years with the Compass Players and then with Second City, and continuing experimentation with every drug imaginable, which pretty much cost him his health and ultimately his life. He was comedian, director, teacher, writer, actor, poet, fire-eater, junkie, and philosopher. Being a really good actor does not necessarily guarantee that you will be a very good improviser, Close liked to say. Being an actual, complete, hopeless, wretched geek in real life doesn't disqualify you from being a solid improviser, either. He approached improv the same way he conducted his life—in bizarre, dark, and dangerous fashion. Guru captures it.

truth in comedy pdf: Impro Keith Johnstone, 2012-11-12 Keith Johnstone's involvement with the theatre began when George Devine and Tony Richardson, artistic directors of the Royal Court Theatre, commissioned a play from him. This was in 1956. A few years later he was himself Associate Artistic Director, working as a play-reader and director, in particular helping to run the Writers' Group. The improvisatory techniques and exercises evolved there to foster spontaneity and narrative skills were developed further in the actors' studio then in demonstrations to schools and colleges and ultimately in the founding of a company of performers, called The Theatre Machine. Divided into four sections, 'Status', 'Spontaneity', 'Narrative Skills', and 'Masks and Trance', arranged more or less in the order a group might approach them, the book sets out the specific techniques and exercises which Johnstone has himself found most useful and most stimulating. The result is both an ideas book and a fascinating exploration of the nature of spontaneous creativity.

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Aristotle, G. W. F. Hegel, Sigmund Freud, Henri Bergson, and Alenka Zupancic, McGowan, working in a psychoanalytic framework, demonstrates that comedy results from the deployment of lack and excess, whether in contrast, juxtaposition, or interplay. Illustrating the power and flexibility of this framework with analyses of films ranging from Buster Keaton and Marx Brothers classics to Dr. Strangelove and Groundhog Day, McGowan shows how humor can reveal gaps in being and gaps in social order. Scholarly yet lively and readable, *Only a Joke Can Save Us* is a groundbreaking examination of the enigmatic yet endlessly fascinating experience of humor and comedy.

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truth in comedy pdf: *Talking to Strangers* Malcolm Gladwell, 2019-09-10 Malcolm Gladwell, host of the podcast Revisionist History and author of the #1 New York Times bestseller *Outliers*, offers a powerful examination of our interactions with strangers and why they often go wrong—now with a new afterword by the author. A Best Book of the Year: The Financial Times, Bloomberg, Chicago Tribune, and Detroit Free Press How did Fidel Castro fool the CIA for a generation? Why did Neville Chamberlain think he could trust Adolf Hitler? Why are campus sexual assaults on the rise? Do television sitcoms teach us something about the way we relate to one another that isn't true? *Talking to Strangers* is a classically Gladwellian intellectual adventure, a challenging and controversial excursion through history, psychology, and scandals taken straight from the news. He revisits the deceptions of Bernie Madoff, the trial of Amanda Knox, the suicide of Sylvia Plath, the Jerry Sandusky pedophilia scandal at Penn State University, and the death of Sandra Bland—throwing our understanding of these and other stories into doubt. Something is very wrong, Gladwell argues, with the tools and strategies we use to make sense of people we don't know. And because we don't know how to talk to strangers, we are inviting conflict and misunderstanding in ways that have a profound effect on our lives and our world. In his first book since his #1 bestseller *David and Goliath*, Malcolm Gladwell has written a gripping guidebook for troubled times.

truth in comedy pdf: *Stand-up Comedy in Theory, or, Abjection in America* John Limon, 2000-06-23 *Stand-Up Comedy in Theory, or, Abjection in America* is the first study of stand-up comedy as a form of art. John Limon appreciates and analyzes the specific practice of stand-up itself, moving beyond theories of the joke, of the comic, and of comedy in general to read stand-up through the lens of literary and cultural theory. Limon argues that stand-up is an artform best defined by its fascination with the abject, Julia Kristeva's term for those aspects of oneself that are obnoxious to one's sense of identity but that are nevertheless—like blood, feces, or urine—impossible to jettison once and for all. All of a comedian's life, Limon asserts, is abject in this sense. Limon begins with stand-up comics in the 1950s and 1960s—Lenny Bruce, Carl Reiner, Mel Brooks, Mike Nichols, Elaine May—when the norm of the profession was the Jewish, male, heterosexual comedian. He then moves toward the present with analyses of David Letterman, Richard Pryor, Ellen DeGeneres, and Paula Poundstone. Limon incorporates feminist, race, and queer theories to argue that the “comedification” of America—stand-up comedy's escape from its narrow origins—involves the repossession by black, female, queer, and Protestant comedians of what was black, female, queer, yet suburbanizing in Jewish, male, heterosexual comedy. Limon's formal definition of stand-up as abject art thus hinges on his claim that the great American comedians of the 1950s and 1960s located their comedy at the place (which would have been conceived in 1960 as a location between New York City or Chicago and their suburbs) where body is thrown off for the mind and materiality is thrown off for abstraction—at the place, that is, where American abjection has always found its home.

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their feet, and take on everything life has to offer with skill, chutzpah, and a sense of humor.

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INSTANT NEW YORK TIMES BESTSELLER! In *I'm Telling the Truth, but I'm Lying* Bassey Ikpi explores her life—as a Nigerian-American immigrant, a black woman, a slam poet, a mother, a daughter, an artist—through the lens of her mental health and diagnosis of bipolar II and anxiety. Her remarkable memoir in essays implodes our preconceptions of the mind and normalcy as Bassey bares her own truths and lies for us all to behold with radical honesty and brutal intimacy. A The Root Favorite Books of the Year • A Good Housekeeping Best 60 Books of the Year • A YNaija 10 Notable Books of the Year • A GOOP 10 New Favorite Books • A Cup of Jo 5 Big Books of Fall • A Bitch Magazine Most Anticipated Books of 2019 • A Bustle 21 New Memoirs That Will Inspire, Motivate, and Captivate You • A Publishers Weekly Spring Preview Selection • An Electric Lit 48 Books by Women and Nonbinary Authors of Color to Read in 2019 • A Bookish Best Nonfiction of Summer Selection We will not think or talk about mental health or normalcy the same after reading this momentous art object moonlighting as a colossal collection of essays.” —Kiese Laymon, author of *Heavy* From her early childhood in Nigeria through her adolescence in Oklahoma, Bassey Ikpi lived with a tumult of emotions, cycling between extreme euphoria and deep depression—sometimes within the course of a single day. By the time she was in her early twenties, Bassey was a spoken word artist and traveling with HBO's Def Poetry Jam, channeling her life into art. But beneath the façade of the confident performer, Bassey's mental health was in a precipitous decline, culminating in a breakdown that resulted in hospitalization and a diagnosis of Bipolar II. In *I'm Telling the Truth, But I'm Lying*, Bassey Ikpi breaks open our understanding of mental health by giving us intimate access to her own. Exploring shame, confusion, medication, and family in the process, Bassey looks at how mental health impacts every aspect of our lives—how we appear to others, and more importantly to ourselves—and challenges our preconception about what it means to be normal. Viscerally raw and honest, the result is an exploration of the stories we tell ourselves to make sense of who we are—and the ways, as honest as we try to be, each of these stories can also be a lie.

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and how it can be fixed. From the First Commandment (Thou Shalt Surprise) to the Tenth (Thou Shalt Be Clever), this work stands as a fast guide to the essentials of humor that is perfect for business presenters, after-dinner speakers, professional comedians, and anyone who wants to be funny.

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a global new approach to the Divine Comedy. Not aimed at excising theological concerns from Dante, this approach instead attempts to break out of the hermeneutic guidelines that Dante structured into his poem and that have resulted in theologized readings whose outcomes have been overdetermined by the poet. By detheologizing, the reader can emerge from this poet's hall of mirrors and discover the narrative techniques that enabled Dante to forge a true fiction. Foregrounding the formal exigencies that Dante masked as ideology, Barolini moves from the problems of beginning to those of closure, focusing always on the narrative journey. Her investigation--which treats such topics as the visionary and the poet, the One and the many, narrative and time--reveals some of the transgressive paths trodden by a master of mimesis, some of the ways in which Dante's poetic adventuring is indeed, according to his own lights, Ulyssean.

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