

augusten burroughs this is how

****Augusten Burroughs This Is How: A Deep Dive into the Memoir and Its Impact****

augusten burroughs this is how marks a unique entry in the world of memoir writing. Known for his candid storytelling and raw honesty, Augusten Burroughs delivers a compelling narrative that not only entertains but also provides profound life lessons. This book stands out due to its unapologetic tone and practical insights into handling life's challenges, making it a must-read for fans of memoirs and self-help alike.

Understanding Augusten Burroughs and His Style

Before diving into **This Is How**, it's important to understand who Augusten Burroughs is and what sets his writing apart. Burroughs is an author celebrated for his memoirs that blend humor, tragedy, and frankness, often drawn from his tumultuous upbringing and adult life experiences. His style is conversational, often irreverent, and deeply personal, inviting readers to confront uncomfortable truths with a wink and a nod.

The Memoirist's Signature Voice

Burroughs' writing voice is distinctive—witty yet sincere, often laced with dark humor. This tone allows him to tackle serious topics such as addiction, mental health, and family dysfunction without alienating readers. In **This Is How**, this voice evolves into something more instructive, serving as a guidebook for managing everyday and extraordinary crises.

What Is **This Is How** About?

At its core, **This Is How** is a memoir that doubles as a self-help guide. Unlike traditional memoirs that focus solely on storytelling, Burroughs uses his life experiences to offer lessons on resilience, recovery, and personal growth. The book is structured around different themes and strategies that helped him navigate his own struggles, such as addiction, grief, and anxiety.

Key Themes Explored in the Book

- **Overcoming Addiction:** Burroughs shares candid accounts of his battles

with substance abuse and the steps he took towards sobriety.

- **Emotional Resilience:** The memoir delves into how he learned to handle emotional pain and develop mental toughness.
- **Self-acceptance and Growth:** Burroughs emphasizes the importance of embracing one's flaws and using past experiences as stepping stones.
- **Practical Coping Mechanisms:** Readers are introduced to actionable strategies for managing stress and setbacks.

The Impact of **Augusten Burroughs This Is How** on Readers

Since its release, **This Is How** has resonated with a wide audience, especially those seeking guidance through difficult times. Its impact lies in Burroughs' ability to blend memoir with motivational advice without sounding preachy or contrived.

Why Readers Connect with Burroughs' Message

Many readers appreciate the raw honesty in Burroughs' writing. His openness about his flaws and mistakes creates a sense of authenticity that is often missing in inspirational literature. Moreover, his practical tips are grounded in lived experience, making them relatable and credible.

Influence on Memoir and Self-Help Genres

This Is How blurs the lines between memoir and self-help, influencing how authors approach personal narratives. It encourages writers to incorporate reflective and instructive elements, enriching the genre and providing readers with both entertainment and value.

Exploring Life Lessons from **Augusten Burroughs This Is How**

One of the strengths of the book lies in the actionable insights Burroughs offers. These lessons can be applied to various aspects of life, helping readers cultivate healthier habits and mindsets.

Building Resilience Through Adversity

Burroughs illustrates that resilience isn't about avoiding pain but learning to live with it. He encourages embracing challenges as opportunities for growth rather than setbacks, a perspective that can transform how individuals approach hardship.

The Importance of Self-Awareness

A recurring theme is the value of self-awareness. Burroughs advocates for honest self-reflection, which allows individuals to identify destructive patterns and consciously make changes. This practice is essential for breaking cycles of addiction or negative behavior.

Practical Tips for Mental Health Management

Within the book, Burroughs shares specific strategies that helped him manage anxiety and depression, such as:

- Journaling to process emotions
- Maintaining routines for stability
- Seeking therapy and support networks
- Practicing mindfulness and meditation

These tips are not presented as one-size-fits-all solutions but as tools readers can adapt to their unique situations.

How **This Is How Fits Into Augusten Burroughs' Body of Work**

For those familiar with Burroughs' previous books like **Running with Scissors** or **Dry**, **This Is How** offers a more mature and reflective perspective. While his earlier works often recount chaotic or humorous episodes from his past, this memoir adopts a tone of intentionality and purpose.

Evolution of Burroughs as a Writer

This Is How shows Burroughs evolving from a storyteller into a mentor figure. His narrative shifts from simply recounting events to distilling wisdom, making this book a meaningful addition to his literary journey.

Complementing Previous Memoirs

Readers who have followed Burroughs' life through his earlier memoirs will find **This Is How** enriching, as it provides the "how" behind the "what" of his life stories. It reveals the strategies and mindset changes that facilitated his survival and growth.

Why **Augusten Burroughs This Is How Is Relevant Today**

In a world increasingly focused on mental health and wellness, **This Is How** arrives as a timely resource. Its blend of memoir and self-help answers a growing demand for authentic voices discussing mental illness, addiction, and recovery.

Addressing Modern Challenges

The pandemic, social isolation, and the fast pace of modern life have contributed to widespread anxiety and depression. Burroughs' honest exploration of these topics offers comfort and guidance to readers grappling with similar issues.

Encouraging Open Conversations About Mental Health

By sharing his experiences unfiltered, Burroughs helps destigmatize mental health struggles. His work encourages others to speak openly about their challenges, fostering a culture of empathy and understanding.

Tips for Readers: Getting the Most Out of **This Is How**

If you're considering diving into **Augusten Burroughs This Is How**, here are a few tips to enhance your reading experience:

- **Read Slowly and Reflectively:** This book is packed with insights that benefit from thoughtful digestion.
- **Journal Alongside Reading:** Note down personal reflections or ideas inspired by the chapters.
- **Apply Selectively:** Not every strategy will resonate; choose what fits your life and circumstances.
- **Discuss with Others:** Sharing your thoughts with friends or book clubs can deepen your understanding.

Engaging with the book in this way transforms it from a simple read into a tool for personal development.

Augusten Burroughs' **This Is How** stands as a testament to the power of storytelling combined with practical advice. It invites readers into a candid conversation about life's messiness and the paths to healing. Whether you are a longtime fan of Burroughs or new to his work, this memoir offers a refreshing, no-nonsense look at navigating the complexities of the human experience.

Frequently Asked Questions

What is 'This Is How' by Augusten Burroughs about?

'This Is How' is a memoir by Augusten Burroughs that explores his struggles with anxiety and depression, offering candid insights into mental health and personal coping mechanisms.

When was 'This Is How' by Augusten Burroughs published?

'This Is How' was published in 2012.

What themes are explored in Augusten Burroughs' 'This Is How'?

The book explores themes such as mental illness, self-help, recovery, coping strategies, and the importance of honesty in dealing with personal struggles.

Is 'This Is How' by Augusten Burroughs a self-help book?

While 'This Is How' contains elements of self-help as it offers advice and reflections on managing mental health, it is primarily a memoir recounting Burroughs' experiences.

How does Augusten Burroughs describe his battle with anxiety in 'This Is How'?

Burroughs describes his battle with anxiety as a complex and ongoing challenge, emphasizing the importance of accepting the illness and finding practical ways to manage symptoms.

What writing style does Augusten Burroughs use in 'This Is How'?

Burroughs uses a candid, humorous, and straightforward writing style that makes the serious subject of mental illness accessible and engaging.

Are there any notable quotes from 'This Is How' by Augusten Burroughs?

Yes, one notable quote is, 'You're not alone, and you don't have to suffer in silence,' which encapsulates the book's message of openness about mental health.

How has 'This Is How' been received by readers and critics?

The book received generally positive reviews for its honesty and unique approach to discussing mental illness, though some readers found its tone blunt or unconventional.

Does 'This Is How' offer practical advice for dealing with mental illness?

Yes, Burroughs shares practical advice and personal coping strategies aimed at helping readers understand and manage anxiety and depression.

Is 'This Is How' appropriate for readers new to topics of mental health?

Yes, the book is accessible for readers new to mental health topics, offering an unfiltered look at anxiety and depression with both humor and sincerity.

Additional Resources

****Augusten Burroughs This Is How: An In-Depth Exploration of Memoir and Modern Self-Help****

augusten burroughs this is how stands as a compelling contribution to the landscape of contemporary memoir writing and self-help literature. Published in 2012, this work by Augusten Burroughs blends personal narrative with practical advice, offering readers not only an intimate look into the author's life but also a candid manual for navigating the complexities of adult existence. Known for his raw honesty and incisive wit, Burroughs delivers a unique fusion of storytelling and guidance that challenges traditional genre boundaries.

Understanding Augusten Burroughs and His Literary Approach

Augusten Burroughs rose to prominence with his bestselling memoir **Running with Scissors**, which chronicled his tumultuous childhood with dark humor and unflinching honesty. **This Is How** marks a departure in tone and purpose, shifting from recounting past events to providing insight into managing life's challenges. The book is often described as both a memoir and a self-help guide, a hybrid that reflects Burroughs' evolution as a writer and a person.

The title itself—**This Is How**—signals a direct, no-nonsense approach. Unlike more abstract or theoretical self-help books, Burroughs' work is grounded in lived experience and pragmatic advice. This blend appeals to readers looking for authenticity and relatability, making the book stand out in a crowded market of self-improvement literature.

In-Depth Analysis of **This Is How**

At its core, **This Is How** is structured around Burroughs' personal rules and lessons learned from decades of struggle with addiction, mental illness, and unconventional life choices. The book covers a spectrum of topics, including addiction recovery, mental health, and the pursuit of happiness, all woven together through Burroughs' signature narrative voice.

Memoir Meets Self-Help: A Unique Genre Intersection

One of the most notable features of **augusten burroughs this is how** is its seamless integration of memoir storytelling with actionable self-help advice. Burroughs does not merely recount his experiences; he distills them into

clear directives, making the book both a reflection and a roadmap. This hybrid format allows readers to engage emotionally with the author's journey while also extracting practical tools applicable to their own lives.

This approach contrasts with classic self-help books that often rely on research studies or abstract principles. Instead, Burroughs uses his personal narrative as evidence of what works and what doesn't in real-world scenarios, lending credibility and immediacy to his guidance.

Key Themes Explored in the Book

- **Addiction and Recovery:** Burroughs shares his struggles with alcoholism and substance abuse, providing insight into the challenges of recovery without sugarcoating the process. His candid discussion helps destigmatize addiction while offering hope and strategies for those facing similar battles.
- **Mental Health Awareness:** The book touches on anxiety, depression, and the impact of upbringing on psychological well-being. Burroughs emphasizes the importance of self-awareness and seeking help when necessary.
- **Embracing Imperfection:** A recurring message is the acceptance of human flaws. Burroughs advocates for self-compassion as a foundation for growth and happiness.
- **Practical Advice for Daily Living:** From building healthy relationships to managing time and expectations, the book offers concrete tips that readers can implement immediately.

The Writing Style and Its Impact

Burroughs' writing style in **This Is How** is characterized by its sharp wit, brutal honesty, and conversational tone. He avoids overly sentimental or preachy language, opting instead for a voice that is both approachable and authoritative. This style resonates with readers who might be skeptical of traditional self-help books, as Burroughs comes across more like a trusted friend than a distant expert.

This accessible tone also enhances the book's SEO relevance, as phrases like "Augusten Burroughs this is how advice," "Augusten Burroughs memoir self-help," and "life lessons from Augusten Burroughs" naturally fit within the text and engage readers searching for authentic self-improvement content.

Comparisons to Other Works and Authors

When situating **Augusten Burroughs This Is How** within the broader literary landscape, comparisons to other memoir-based self-help books are inevitable. Authors such as Cheryl Strayed (**Wild**), Mary Karr (**The Liars' Club**), and Elizabeth Gilbert (**Eat Pray Love**) also blend personal narrative with life lessons. However, Burroughs' book distinguishes itself through its unvarnished portrayal of addiction and mental health, combined with a more pragmatic, sometimes irreverent tone.

Unlike Gilbert's spiritual quest or Strayed's physical journey, Burroughs focuses on internal transformation grounded in everyday realities. This focus makes **This Is How** particularly relevant for readers seeking straightforward advice without spiritual overtones or romanticized storytelling.

Pros and Cons of Burroughs' Approach

• Pros:

- **Authenticity:** The memoir-based advice feels genuine and trustworthy.
- **Practicality:** Readers receive concrete tools to apply immediately.
- **Engaging Style:** Humor and frankness keep the content accessible.

• Cons:

- **Limited Scope:** The book's advice may not cover all aspects of mental health or addiction recovery comprehensively.
- **Personal Bias:** Readers must consider that advice is filtered through Burroughs' unique experiences.
- **Occasional Crudeness:** The blunt tone might not resonate with all audiences.

Impact and Reception in the Literary and Self-

Help Communities

Since its publication, **augusten burroughs this is how** has attracted attention from both fans of memoir and self-help readers. Critics have praised the book for its honesty and innovative format, while some have debated the effectiveness of memoir-derived advice compared to more traditional approaches. Nonetheless, the book enjoys a dedicated following, particularly among readers who value transparency and practical wisdom delivered with personality.

The book's impact extends beyond literary circles, influencing conversations about mental health and addiction recovery in popular culture. Burroughs' willingness to discuss his struggles openly contributes to ongoing destigmatization efforts, positioning the book as both a personal narrative and a cultural statement.

SEO and Digital Presence Considerations

From an SEO perspective, **augusten burroughs this is how** benefits from the author's established online presence and the book's distinct niche. Keywords related to memoir, addiction recovery, mental health advice, and Augusten Burroughs' name are integral to its discoverability. Additionally, the book's combination of genres appeals to diverse search queries, increasing its reach.

Optimizing content around phrases like "Augusten Burroughs self-help memoir," "This Is How book review," and "Augusten Burroughs advice on recovery" can enhance visibility for readers seeking both literary analysis and practical guidance. The book's candid style further encourages sharing and discussion on social media and book forums, amplifying organic engagement.

In tracing the contours of **augusten burroughs this is how**, one finds a work that defies easy categorization yet resonates through its blend of personal narrative and pragmatic counsel. Burroughs' candid exploration of his life's challenges invites readers not only to witness his journey but to glean lessons applicable to their own. The book's lasting appeal lies in this balance—honest storytelling intertwined with actionable insight—making it a distinctive voice in the realms of memoir and self-help literature.

[Augusten Burroughs This Is How](#)

augusten burroughs this is how: This Is How Augusten Burroughs, 2012-05-08 If you're fat and fail every diet, if you're thin but can't get thin enough, if you lose your job, if your child dies, if

you are diagnosed with cancer, if you always end up with exactly the wrong kind of person, if you always end up alone, if you can't get over the past, if your parents are insane and ruining your life, if you really and truly wish you were dead, if you feel like it's your destiny to be a star, if you believe life has a grudge against you, if you don't want to have sex with your spouse and don't know why, if you feel so ashamed, if you're lost in life. If you have ever wondered, How am I supposed to survive this? This is How.

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augusten burroughs this is how: Lust & Wonder Augusten Burroughs, 2016-03-29 From the #1 New York Times bestselling author, a hilarious and ultimately tender, moving memoir

augusten burroughs this is how: Toil & Trouble Augusten Burroughs, 2019-10-01 From the number one New York Times bestselling author comes another stunning memoir that is tender, touching...and just a little spooky. Here's a partial list of things I don't believe in: God. The Devil. Heaven. Hell. Bigfoot. Ancient Aliens. Past lives. Life after death. Vampires. Zombies. Reiki. Homeopathy. Roling. Reflexology. Note that 'witches' and 'witchcraft' are absent from this list. The thing is, I wouldn't believe in them, and I would privately ridicule any idiot who did, except for one thing: I am a witch. For as long as Augusten Burroughs could remember, he knew things he shouldn't have known. He manifested things that shouldn't have come to pass. And he told exactly no one about this, save one person: his mother. His mother reassured him that it was all perfectly normal, that he was descended from a long line of witches, going back to the days of the early American colonies. And that this family tree was filled with witches. It was a bond that he and his mother shared--until the day she left him in the care of her psychiatrist to be raised in his family (but that's a whole other story). After that, Augusten was on his own. On his own to navigate the world of this tricky power; on his own to either use or misuse this gift. From the hilarious to the terrifying, *Toil & Trouble* is a chronicle of one man's journey to understand himself, to reconcile the powers he can wield with things with which he is helpless. There are very few things that are coincidences, as you will learn in *Toil & Trouble*. Ghosts are real, trees can want to kill you, beavers are the spawn of Satan, houses are alive, and in the end, love is the most powerful magic of all.

augusten burroughs this is how: Dry Augusten Burroughs, 2013-04-23 The Tenth Anniversary Edition of the New York Times bestselling book that has sold over half a million copies in paperback. I was addicted to Bewitched as a kid. I worshipped Darren Stevens the First. When he'd come home from work and Samantha would say, 'Darren, would you like me to fix you a drink?' He'd always rest his briefcase on the table below the mirror in the foyer, wipe his forehead with a monogrammed handkerchief and say, 'Better make it a double.' (from Chapter Two) You may not know it, but you've met Augusten Burroughs. You've seen him on the street, in bars, on the subway, at restaurants: a twentysomething guy, nice suit, works in advertising. Regular. Ordinary. But when the ordinary person had two drinks, Augusten was circling the drain by having twelve; when the ordinary person went home at midnight, Augusten never went home at all. Loud, distracting ties, automated wake-up calls and cologne on the tongue could only hide so much for so long. At the request (well, it wasn't really a request) of his employers, Augusten lands in rehab, where his dreams of group therapy with Robert Downey Jr. are immediately dashed by grim reality of fluorescent lighting and paper hospital slippers. But when Augusten is forced to examine himself, something actually starts to click and that's when he finds himself in the worst trouble of all. Because when his thirty days are up, he has to return to his same drunken Manhattan life—and live it sober. What follows is a memoir that's as moving as it is funny, as heartbreaking as it is true. *Dry* is the story of love, loss, and Starbucks as a Higher Power.

augusten burroughs this is how: *Magical Thinking* Augusten Burroughs, 2024-10-15 From the #1 bestselling author of *Running with Scissors* and *Dry*—a contagiously funny, heartwarming, shocking, twisted, and absolutely magical collection. True stories that give voice to the thoughts we all have but dare not mention. It begins with a Tang Instant Breakfast Drink television commercial when Augusten was seven. Then there is the contest of wills with the deranged cleaning lady. The execution of a rodent carried out with military precision and utter horror. Telemarketing revenge. Dating an undertaker. And much more. A collection of true stories that are universal in their appeal, yet unabashedly intimate and very funny.

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augusten burroughs this is how: *This Is How* Augusten Burroughs, 2013-04-23 From the #1 New York Times bestselling author of *Running With Scissors* comes a groundbreaking book by Augusten Burroughs that explores how to survive what you think you can't. If you're fat and fail every diet, if you're thin but can't get thin enough, if you lose your job, if your child dies, if you are diagnosed with cancer, if you always end up with exactly the wrong kind of person, if you always end up alone, if you can't get over the past, if your parents are insane and ruining your life, if you really and truly wish you were dead, if you feel like it's your destiny to be a star, if you believe life has a grudge against you, if you don't want to have sex with your spouse and don't know why, if you feel so ashamed, if you're lost in life, if you have ever wondered, How am I supposed to survive this? This is How.

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