

Girl on the Couch: Life, Love, and Confessions of a Normal Neurotic

Lorna Martin

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GIRL ON THE COUCH LIFE, LOVE,
AND CONFESSIONS OF A NORMAL
NEUROTIC LORNA MARTIN



"Hilarious . . . a cross, if you will, between HBO's *In Treatment* and
Bridget Jones's Diary." —The Guardian (London)

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Lorna Martin : Girl on the Couch: Life, Love, and Confessions of a Normal Neurotic before purchasing it in order to gage whether or not it would be worth my time, and all praised Girl on the Couch: Life, Love, and Confessions of a Normal Neurotic:

0 of 2 people found the following review helpful. Girl on the Couch is a Good Reason NOT to be a Psychoanalyst!By

Miss Fabularian This book was the selection for my monthly book club. I sincerely gave this book a try but this book was a series of ramblings that left me annoyed, uninterested, and bored. Lorna Martin is a thirty something journalist from Glasgow, Scotland, who after several attempts at therapy is recommended by her general practitioner to seek psychoanalytic treatment. Martin premises the book with reasons that she is normal and why she didn't feel she needed therapy in the first place. (But obviously she felt she needed something, because she admits she's seen several different psychiatrists to find what was "wrong" with her.) When Martin finds out that the married man she's been dating gets a second mistress, who she describes as younger and prettier, she has what resembles a nervous breakdown. She finds psychotherapy extremely difficult, in that all of her attempts to receive noticeable approval from her therapist fall flat. She tells the very boring story of how she became a not so normal neurotic who spends the bulk of her adult life being jealous of her two year old nephew, and his mother (her sister) who is able to not only get married (but twice) and produce a child that brings her parents to a closer together. She is the epitome of a self important neurotic. The book is supposed to be her journey through psycho-analysis and all the wonderful things she's learned from it. I'm not convinced she learned anything at all. The psychoanalysis seemed to only fuel her self importance only to be culminated into a far too long book. Possibly the most interesting portion of the book is when she talks about middle aged women who travel to Jamaica to have sex with handsome, verile, sexy young men. (Each of her journalistic endeavors reveals that her motivation for doing these stories are for her own personal amusements that she's too ashamed to admit to. She uses journalistic research as her guise.) The last few pages after she decided she didn't need therapy anymore is drawn out and tedious. If you are interested in reading about the uninteresting ramblings of someone mildly incompetent lunatic, who has only written a book to validate her past time of talking about herself, then read on. You will definitely love this book. 0 of 0 people found the following review helpful. Growing up is hard! By Sunlover A young, irresponsible woman facing the truth about herself to be a better person. Nothing new here but an amusing story about growing up -- better late than never. 0 of 0 people found the following review helpful. I must say I like this book By K. Gagnon The author tells a cringe-worthy story about her recovery from a misguided, destructive affair with such humor. Difficult to pull off. I almost dismissed this as chick lit, but glad I didn't. It was well worth the time.

Journalist Lorna Martin had always thought that therapy was an outrageous con, a fraud designed for people to “whine about their weight/ self-esteem/ alcohol/ commitment problem while blaming their emotionally absent father and/or overly critical mother.” If you have a problem, Martin believed, you just deal with it—pray, get drunk, pop some pills, or listen to ABBA. But after yet another disastrous relationship and an embarrassing misstep at work, plus a spate of uncontrollable sobbing, Martin was running out of solutions for dealing with it. In an uncharacteristic move, she sat down on the couch of Dr. J., where she spent the next year talking, listening, and learning more than she ever expected. The result, *Girl on the Couch*, is Martin's warm, funny, and intimate diary of her voyage into the world of therapy—what she calls “the strangest journey of my life”—and the incredible discoveries she made along the way.

From Publishers Weekly Inspired by her weekly column *Conversations with My Therapist*, Scottish journalist Martin takes a captivating look at one woman's adventure in psychotherapy. Heading into her mid-30s, Martin felt as though time were running out; with most of her friends married with children, Martin wanted to love life again rather than feel it is an unbearable uphill struggle. Shortly after this revelation, she committed to one year with a therapist she calls Dr. J and began to peel back the layer of armor that she had spent her whole life building to protect herself. While most of her therapy time is spent obsessing over past, present and possible future relationships (including her relationship with Dr. J), Martin also explores the effect her therapy has on her everyday life and her relationship with her family. Skillfully dodging the possibility of becoming yet another memoir of unrelenting self-praise, Martin's narrative is shamelessly funny, and she misses no opportunity for self-deprecating humor or cringe-inducing scenes. It's impossible not to root for Martin as she creates her own happy ending. (Feb.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. “Lorna Martin's fantastic journey of self-awareness is heartbreaking and hilarious. Anyone who doesn't love this book should have their head examined.” —Julie Klam, author of *Please Excuse My Daughter* “Hilarious . . . A cross, if you will, between HBO's *In Treatment* and Bridget Jones's *Diary*.” —The Guardian (London) About the Author Lorna Martin is an award-winning journalist and the author of the acclaimed memoir *Girl on the Couch*. She was previously the Scotland editor of *The Observer* and a columnist for the women's magazine *Grazia*. She lives in Glasgow.