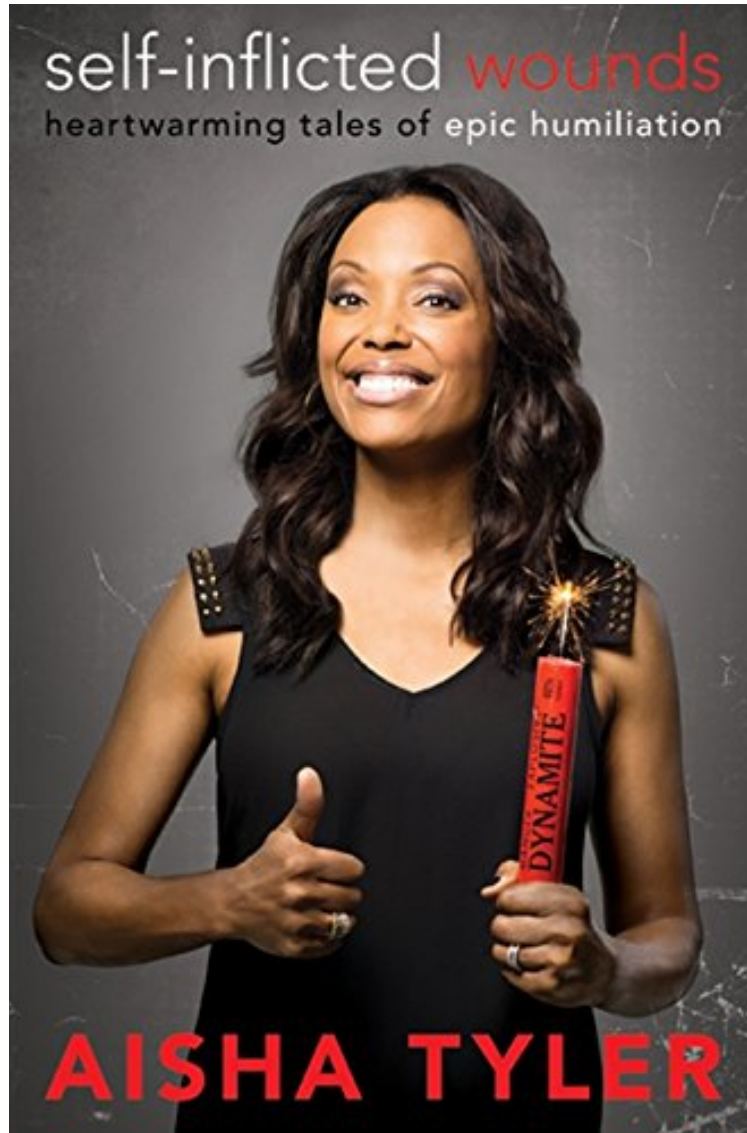


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Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation

Aisha Tyler

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Aisha Tyler : Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation before purchasing it in order to gage whether or not it would be worth my time, and all praised Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation:

2 of 2 people found the following review helpful. Thoughtful and hilarious!By CharleneAisha Tyler's voice in this book is outstanding. She's so witty and erudite, and everything she describes in each of her stories are alternately charming and horrifying. And funny. She walks that line so well. Each of her tales of self-inflicted wounds (bad things

that happen to you and are totally your own fault) are also a mix - of stories you can relate to, and stories you can't believe anyone would allow to have happen to them. But they are all engaging, and the story a chapter format makes it very easy to keep reading, especially if you are eager to know what spectacular thing has happened to warrant the enticing sounding chapter title. The truly great thing about each story though is how Aisha manages to turn it into a message - a learned lesson that for the most part encourages people to embrace what is different about themselves and also embrace that it is inevitable that we all will make mistakes. There are some interesting insights into human nature that comes from being very observant, and throughout it all we get a glimpse of Aisha's childhood which is almost another story in itself. Aisha's love of books and learning also made me very happy (although she had some very esoteric reading material sometimes) as I could completely relate to that. This book is full of footnotes, which Aisha uses to add in little funny asides that add even more humor to her stories. Even though I'm usually not crazy about having to read footnotes, I started to look to the bottom even before I began the page to see what funny comment or reference Aisha made there. Although that didn't help me get into my reading flow. There are times too when Aisha can be too wordy and excessive in her metaphors - even though everything she says is completely entertaining, I thought it sometimes slowed down the pace of the book. This isn't a big deal though because she gets to the meat of her stories pretty quickly and this book is so entertaining, fun, thoughtful and intelligent. 8 of 8 people found the following review helpful. I was laughing out loud. By Shawn MW. Was not sure what I was going to get when I ordered this book. I loved Aisha is Friends and the show Thirteen. She is amazingly funny woman who has über smart wit and yet potty mouthed. I sat up and read from e-cover to e-cover when I down loaded it. The stories are hilarious and she is so self deprecating you wonder how she is so successful, but then you here her truly honest and warm voice I each chapter. Makes me evaluate all of my own self inflicted wounds and think how they have shaped me or made me laugh in retrospect. Must read. 0 of 0 people found the following review helpful. I've enjoyed Aisha Tyler's many works (the olden days of Talk ... By J. Hamlet. I've enjoyed Aisha Tyler's many works (the olden days of Talk Soup, Girl on Guy podcast, Archer, etc.) and this one is no exception. Tyler has eschewed the structure of standard celebrity memoirs and, instead of telling us all about the key milestones in her life, has told the structure of her life and career via her greatest humiliations. Even more so, she has provided a personal takeaway or lesson from each one. Some of these lessons contradict each other if you think about it too much, but this isn't the sort of book to devote too much mental real estate to. Tyler's storytelling skills are sharp and her capacity for self-awareness great. She writes very closely to how she speaks, but with a touch more focus. The end result is a fusion of memoir, self-help, and general comedy that is very entertaining. If anyone doesn't remember similar episodes in their life when reading about Aisha's greatest failures, well, you lived a very different life than most of us.

In her book *Self-Inflicted Wounds*, comedian, actress, and cohost of CBS's daytime hit show *The Talk*, Aisha Tyler recounts a series of epic mistakes and hilarious stories of crushing personal humiliation, and the personal insights and authentic wisdom she gathered along the way. The essays in *Self-Inflicted Wounds* are refreshingly and sometimes brutally honest, surprising, and laugh-out-loud funny, vividly translating the brand of humor Tyler has cultivated through her successful standup career, as well as the strong voice and unique point of view she expresses on her taste-making comedy podcast *Girl on Guy*. Riotous, revealing, and wonderfully relatable, Aisha Tyler's *Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation* is about the power of calamity to shape life, learning, and success.

"In her new book, Aisha Tyler embarrasses and humiliates herself for 231 pages—to our extreme reading pleasure." (Entertainment Weekly) "Tyler's work is refreshing not just for its unabashed candor, but also for its humorous insights into the human capacity for screwing up and bouncing back. Things 'will go wrong...mind-blowingly wrong.' But under no circumstances should it stop someone from pursuing their dreams. Smart, sassy and surprisingly wise." (Kirkus) "Aisha Tyler is one of the smartest, funniest women I've had the good fortune of meeting. She makes me laugh every time I see her—and this is coming from the guy who thinks women aren't funny." (Adam Carolla, comedian, host of *The Adam Carolla Show*, and New York Times bestselling author of *In Fifty Years We'll All Be Chicks*) "A beautifully tortured and sick-with-self-consciousness manifesto of regret. I'm equal parts proud and embarrassed for Aisha Tyler, which doesn't get in the way of my loving her, as you will when you read *Self-Inflicted Wounds*." (Margaret Cho, comedian, actress, and nationally bestselling author of *I'm the One That I Want*) "Self-inflicted wounds are the nastiest, most painful, and most likely to fester. Also the funniest. Aisha brings back every awful, suicidally stupid, shameful, and all-too-familiar episode of a life well lived. Reading this book made me feel a lot better about myself. Prepare to be horrified—and entertained." (Anthony Bourdain, chef, host of *Anthony Bourdain: Parts Unknown*, and New York Times bestselling author of *Kitchen Confidential*) "One of the most kick-ass women I know, Aisha Tyler hilariously rips herself open and shows you her guts. On the schadenfreude scale, *Self-Inflicted Wounds* is a ten." (Felicia Day, actress, writer, and producer of *The Guild*) "Good God. The can write. And write well. We are doomed." (Patton Oswalt, comedian, actor, and New York Times bestselling author of *Zombie Spaceship Wasteland*) "For once, Patton is correct. Aisha Tyler is one funny son of a bitch." (Dave Eggers, Pulitzer Prize-nominated author of New York Times #1 bestseller *A Heartbreaking Work of Staggering Genius*, *What Is the*

What, Zeitoun, and A Hologram for the King and founder of McSweeney's) "The first time I met Aisha I felt we could have been sisters. Tall, beautiful, African-American, comedienne...after reading *Self-Inflicted Wounds* I found we had more in common: setting the house on fire, peeing ourselves in public, and an endless list of people we've offended in some way." (Sharon Osbourne, author, rock manager, and cohost of *The Talk*) "If you're the type of sicko who enjoys a hilariously talented person debasing herself for your amusement, then *Self-Inflicted Wounds* is the book for you." (Andy Richter, comedian, actor, writer, announcer and man-Friday on *Conan*) "Aisha Tyler's book, *Self-Inflicted Wounds*, is an uplifting, hilarious trek through her life of insults, agonies and failures. Each story is not only painfully funny, but it's also thoughtful and stunningly candid. I really do love this book." (Jay Chandrasekhar, director of *Super Troopers*, *Beerfest*, and *Babymakers*) "We all do stupid stuff, sometimes on purpose. But rarely do we ever talk about it, let alone publish an in-depth retelling—leave it to Aisha Tyler to help us all feel a little less dumb and a little more connected." (Seth Green, comedian, actor, creator/writer/director of *Robot Chicken*) "Aisha is living proof that for nerdy outsiders things really do get better. But, in her case, before they got better, they got a whole lot worse. It's impossible not to laugh while reading *Self-Inflicted Wounds*. It's also impossible not to worry about Aisha's mental health." (Touré, author, critic, host of *The Cycle* on MSNBC) "What Aisha says about embracing your fear and using mistakes to forge character is beautiful. What she says about Oprah is unforgivable." (Baratunde Thurston, New York Times bestselling author of *How To Be Black*, and CEO/Co-Founder, Cultivated Wit) "Aisha Tyler's incredibly vivid stories of going for big air only to land flat on her face (or possibly a rusty spike) are a unique combination of cringe-worthy and inspiring. That she shares these stories makes me love her all the more." (Bill Burr, comedian, actor, and host of *The Monday Morning Podcast*) "Self-inflicted wounds. We all have them, but no one exploits their own pain for the funny like Aisha Tyler." (Wayne Brady, comedian, actor, star of *Whose Line Is It Anyway?* and host of *Let's Make a Deal*) "Aisha Tyler's brain moves faster than a shock spell from the hands of a lightning mage. She is hilarious, hyper-articulate, and will kick your ass in *Call of Duty*. She is the life of the LAN party." (Chris Hardwick, comedian and host of *The Talking Dead* and *The Nerdist*)

self-inflicted wound (n): a spectacularly humiliating, and often hilarious, incident entirely of one's own making. see also: you did it to yourself. Have you ever made a decision you instantly regretted? Humiliated yourself in a room of your peers, or shamed yourself in front of your massive crush? Ever blown a job interview, frozen during a presentation, acted like a total idiot on a date? Ever said the wrong thing at the wrong time, unable to keep your tongue from flapping out the stupidest words you've ever said in your life, ever? If you are a human being, the answer, of course, is yes. Take heart. You're not alone. This is known as the Self-Inflicted Wound, and every one of us bears a scar. Or several. Here, Aisha Tyler, comedian, actress, cohost of CBS's *The Talk*, star of *Archer*, and creator of the top-ranked podcast *Girl on Guy*, serves up a spectacular collection of her own self-inflicted wounds. From almost setting herself on fire, to vomiting on a boy she liked, to getting drunk and sleeping through the SATs, to going into crushing debt to pay for college and then throwing away her degree to become a comedian, Aisha's life has been a series of spectacularly epic fails. And she's got the scars to prove it. Literally. Through it all, Aisha's triumphs haven't come in spite of the failures, but because of them. Because with every failure comes a lesson learned, a strength revealed, a fear overcome, or an adventure braved. *Self-Inflicted Wounds* isn't just about surviving failure. It's about embracing failure—pursuing it, even—on the winding path to success. And after you've failed a time or three, hopefully you'll have learned something. Or at the very least have a really killer story. Because to err is human, but to fail epically is hilarious.

About the Author Aisha Tyler is a comedian, actress, author, television host, podcaster, and recovering nerd (see photo—note the devastatingly fashionable Casio watch). She is cohost of the Emmy-nominated daytime talk show *The Talk*, the voice of sexy superspy Lana Kane on FX's hit animated series *Archer*, and host of the all-new *Whose Line Is It, Anyway?* on the CW. She is also the creator, producer, and host of the award-winning podcast *Girl on Guy* with Aisha Tyler, consistently ranked one of the top ten comedy podcasts on iTunes. Tyler tours as a standup comedian nationwide, and has contributed to *Oprah*, *Wired*, *Glamour*, and *Entertainment Weekly* magazines. She lives in Los Angeles, where she reads postapocalyptic fiction and plays video games in her meager spare time.