## This Will All Be Over Soon: A Memoir of Loss and Redemption

#### **By Cecily Strong**

This Will All Be Over Soon is a memoir by Cecily Strong, a comedian and actress best known for her work on Saturday Night Live. The book recounts her experiences with grief and loss after the death of her brother, as well as her struggle with addiction and mental illness.



#### This Will All Be Over Soon: A Memoir by Cecily Strong

★ ★ ★ ★ 4.2 out of 5 Language : English File size : 3094 KB Text-to-Speech : Enabled Screen Reader : Supported Enhanced typesetting: Enabled X-Ray : Enabled Word Wise : Enabled Print length : 271 pages



Strong's brother, Johnny, died by suicide when she was 13 years old. In the years that followed, Strong struggled to cope with her grief. She turned to alcohol and drugs to numb the pain, and she developed an eating disorder. She also began to experience anxiety and depression.

In her memoir, Strong writes about her journey to recovery. She describes the therapy she attended, the support she received from her friends and family, and the coping mechanisms she developed. She also writes about the guilt and shame she felt about her brother's death and her addiction.

This Will All Be Over Soon is a powerful and moving read. Strong writes with honesty, humor, and heart. Her memoir is a testament to the human spirit and the power of hope.

#### **An Interview with Cecily Strong**

In an interview with *The New York Times*, Strong talked about the process of writing her memoir. She said, "I wanted to write a book that was honest and raw, but also funny and hopeful. I wanted people to laugh and cry, and to feel like they weren't alone."

Strong also talked about the importance of talking about grief and loss. She said, "Grief is a universal experience, but it's something that we often don't talk about. I hope that my book can help to break down the stigma around grief and loss, and to let people know that they're not alone."

#### Reviews of This Will All Be Over Soon

"This Will All Be Over Soon is a powerful and moving memoir that will stay with you long after you finish reading it. Strong writes with honesty, humor, and heart about her experiences with grief, loss, and addiction. Her memoir is a testament to the human spirit and the power of hope."

#### -The New York Times

"This Will All Be Over Soon is a must-read for anyone who has ever experienced grief or loss. Strong's memoir is honest, raw, and hopeful. It's a book that will make you laugh, cry, and feel like you're not alone."

#### -The Washington Post

"This Will All Be Over Soon is a beautiful and heartbreaking memoir. Strong writes with such honesty and vulnerability about her experiences with grief, loss, and addiction. Her memoir is a reminder that we are all human, and that we all have the capacity to heal."

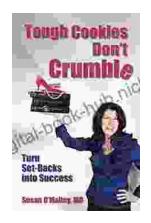
#### -Entertainment Weekly



#### This Will All Be Over Soon: A Memoir by Cecily Strong

★ ★ ★ ★ 4.2 out of 5 Language : English File size : 3094 KB Text-to-Speech : Enabled Screen Reader : Supported Enhanced typesetting: Enabled X-Ray : Enabled Word Wise : Enabled Print length : 271 pages





# Tough Cookies Don't Crumble: The Unbreakable Spirit of Those Who Overcome Adversity

Life is full of challenges. We all face them, in one form or another. But for some people, the challenges are so great that they seem insurmountable. They may come in...



### The California-Born Diners, Burger Joints, and Fast Food Restaurants That Changed the World

California is known for many things, but its fast food scene is one of its most iconic. From In-N-Out to McDonald's, some of the most well-known fast food...