

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



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