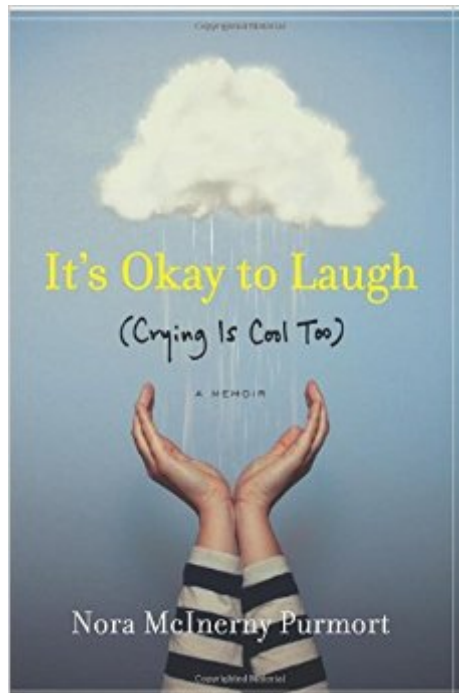


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# It's Okay To Laugh: (Crying Is Cool Too)



## Synopsis

â œThis story will compel you to both laugh and cry, just as the title promises. May we all bring Noraâ s honesty, passion and hope to our lives.â •Â â Â Lena Dunham comedy = tragedy + time/rosÃ©Twenty-seven-year-old Nora McInerny Purmort bounced from boyfriend to dopey â œboyfriendâ • until she met Aaronâ  a charismatic art director and comic-book nerd who once made Nora laugh so hard she pulled a muscle. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaronâ s hospital bed and had a baby boy while he was on chemo. In the period that followed, Nora and Aaron packed fifty years of marriage into the three they got, spending their time on what really matters: Buffy the Vampire Slayer, each other, and BeyoncÃ©. A few months later, Aaron died in Noraâ s arms. The obituary they wrote during Aaronâ s hospice care revealing his true identity as Spider-Man touched the nation. With Itâ s Okay to Laugh, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your â œone wild and precious lifeâ • to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk? In this deeply felt and deeply funny memoir, Nora gives her readers a true giftâ  permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. Itâ s Okay to Laugh is a love letter to life, in all its messy glory; it reads like a conversation with a close friend, and leaves a trail of glitter in its wake. This book is for people who have been through some shit. This is for people who arenâ t sure if theyâ re saying or doing the right thing (youâ re not, but nobody is). This is for people who had their life turned upside down and just learned to live that way. For people who have laughed at a funeral or cried in a grocery store. This is for everyone who wondered what exactly theyâ re supposed to be doing with their one wild and precious life. I donâ t actually have the answer, but if you find out, will you text me?

## Book Information

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## Customer Reviews

Until I selected this book to read and review, I had never heard of Nora McInerny Purmort, which is probably not all that unusual for a person in her 6th decade, even one who semi-follows social media. So, I was somewhat behind the curve when I started reading "It's Okay to Laugh:Crying is Cool Too" since it is not in chronological order and one learns early on that the author is a young widow and mother, but then several chapters are devoted to her early childhood, musings on friendship, and dating/relationship disasters. And that is okay, but my personal preference would have been more on the marriage, which is why I gave it a four star instead of a five star rating . It seems likely to me that the book comes from her blog, which I have accessed and to which I intend to return. The book is written in a casual, semi-breezy, as opposed to a literary style, which is actually perfect for a memoir written by a younger woman. But that is not to suggest that it is superficial, because the author is dealing with life and death, how the living and the dying deal with the most profound questions of our existence, especially when the people are young and assumed they were beginning a relationship with decades to go. Aaron, the beloved husband felled by a brain tumor, sounds like he was a remarkable individual who lives on in the little boy he fathered with Nora. There have been several books lately dealing with the death of a young talented person dying way too young, and I have read a few of them. I recommend this book to stay on the keeper shelf to be dipped into from time to time, and I also suggest searching out the author on the Internet to keep up with her life and musings.

This book is like coming up for air after drowning for days. Nora hit every emotion that I've felt since losing my brother. Her writing gives you permission to feel the whole spectrum of emotions that ride alongside Grief. I laughed and then cried then started laugh crying. This book is a must read for anyone that's gone through anything.

Nora writes with heart, with humor and with her real voice - when you read her book, it feels like she's in the room chatting with you and telling you about her life. That's a rare quality in a memoir/essay collection, but Nora's got it. Her book will make you laugh, cry and squirm along with

her. It's a beautiful testament to her past and a hopeful look at her future.

If you read one memoir, I highly recommend you read *It's Okay to Laugh* by Nora McInerny Purmont. Nora has a delightful and entertaining writing style. People have tragic events all through life. Nora and Aaron chose not to dwell on the frightening diagnosis of brain cancer. They made the decision to marry and have a child. Nora honors Aaron and their marriage. She shares parts of her life and Aaron's that brought them together. The strength of their relationship gave them many happy memories. Read and enjoy the book and remember "it Is Okay to Laugh And Crying is okay too."

Do you like to Feel Things? This book will make you feel All The Things, and then some. Pour yourself a glass of champagne, snuggle up in alone in hammock, and let Nora's story fill you with Feels. Or read it on an airplane and leave it in the seat back pocket for the next person to enjoy. I wish I could grow an extra thumb to give this book another thumbs up. Stop reading this review, and go read Nora's *Real, Raw & Excellent* memoir & give yourself a case of the Feels.

If you are a person who read Joan Didion's "The Year of Magical Thinking" and thought, 'Boy, this is brilliant, but I wish this thing had more death jokes and tasty burns,' then this book is for you. If you are a person who didn't read Didion's amazing book, but are just trying to make it through life walking around in a skinsuit stuffed with feelings, it's probably still for you. If, by chance, you don't read books at all because "ughhhh," well, surprise sucker. This bad mother (that also happens to be about good mothers and fathers and families) is a quick, easy and thoroughly entertaining read, so you should do yourself a kindness and go ahead and buy it anyway. Like many great memoirs, this one has interesting and relatable themes: love, loss and piercing your belly button because Britney Spears did it. Like many great books, it's about still trying to be a person while mucking through the horse manure that life can hand us even when we are totally a nice person who, like, really does not deserve even the tiniest turd, let alone a truckload. Nora masterfully sets the scene of her life before, during and after her three separate-but-equally-gut-wrenching deaths with honesty and humor. A reader can't help but ride the waves of grief and joy with her and be grateful for the chance to be invited along for the journey.

Nora's writing is some of the most personal & wonderful on the internet. So to have it available in BEAUTIFUL hard copy that I can hold in my own two hands is very special. (Honestly, I never say this -- this book is really pretty. It's worth owning just for that. The design is gorgeous.) Nora tackles

storytelling with candor & humor in a way that not many first-time authors can. The title comes correct: this book will make you laugh, make you cry, and then make you feel utterly grateful to be a human that is alive & full of feelings. If you have a book club, this is a 10/10 would recommend reading / talking about with a group.

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