

"Heartfelt and brilliant." —PATTON OSWALT

# Tragedy

+

# Time

A  
TRAGI-COMIC  
MEMOIR

ADAM CAYTON-HOLLAND

Adam Cayton-Holland

## Tragedy Plus Time: A Tragi-comic Memoir



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“Inspiring, tragic, and sometimes heart-rendingly funny. When she requires her own lifestyle, the family is normally devastated, and Adam throws himself into his stand-up, drinking, and rage.s rough breaks and cruel realities with stand-up comedy;People Unsentimental, unexpectedly funny, and intensely honest, Tragedy Plus Period is definitely a love letter to every family which has ever felt messy, complicated, or (even momentarily) magnificent.Meet up with the Magnificent Cayton-Hollands, a trio of brilliant, acerbic teens from Denver, Colorado, who were likely to change the world. Anna, Adam, and Lydia were taught by their father, a civil rights attorney, and mother, an investigative journalist, to recognize injustice and have their hearts open to the universe— But years later as Adam’ Adam chose to meet life’ — his older sister, Anna, chose law; while their youngest sister, Lydia, struggled to get her place in the globe.s a difference between losing and losing it. He struggles with disturbing recollections of Lydia’ When Adam sunk into a deep major depression in college, it had been Lydia who was in a position to reach him and pull him out.the good, the bad, the heartbreaking (and, inadvertently, the anxiety-inducing and the obsessive-compulsive disorder-fueling).s profession will take off, Lydia’s own depression overtakes her, and, though he tries, Adam can’t return the favor.” She and Adam bonded over comedy from a age, running skits in their basement and obsessing over episodes of The Simpsons. Tragedy Plus Period can be a revelatory, darkly funny, and poignant tribute to a lost sibling that will perhaps you have reaching for the phone to call your brother or sister by the last web page. Beautiful and whip-sensible, Lydia was witty, incredibly sensitive, fiercely stubborn, and always somewhat haunted. Adam Cayton-Holland is definitely a tremendously talented writer and comedian, uniquely poised to consider readers to the edges of comedy and tragedy, brilliance and madness.s death and turns to EMDR therapy to treat his post-traumatic stress disorder when he realizes there’



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There is absolutely no way. You share in each one of the jokes he imparts.. Good read Funny, sad and inspiring Pay attention to very fast I paid attention to this book in a day! But it also made me laugh about a hundred times, and sometimes laugh-cry, often an extraordinary feat. Cayton-Holland is usually a gifted article writer and his provides an unflinching look at the toll that tragedy had taken on him and his family members. I highly recommend this book. I did the ugly cry. This book is beautiful and funny and heartbreaking and hit me right where I knew it would: in the deepest well of my grief over losing my own sister. This is definitely a tremendous book, sometimes difficult to read. This book is among the most beautiful love letters I've ever read. How can you get over this kind of grief? A beautiful book on the subject of love, laughter, and loss. Adam is among my favorite comedians and is now also one of my favorite writers. A like letter to the author's beloved dropped sister, of course, but also to the author's family: whether related to him by bloodstream, marriage, or the like of a perfectly-honed joke. It struck me too, though, that it is a love letter alive, in spite of all of the darkness and pain it brings with it. Cayton-Holland's prose is really as sharpened and shrewdly observant as his make of comedy, and the pacing and thematic organization of each chapter includes a breathless readability that will leave you surprised at the range of emotions it elicits over such a brief period of time. A harrowing view into grief, and how suicide affects your loved ones as well. I only finished scanning this book, but I could tell it is certainly one that will remain with me - as a mother or father, as a sibling, as a girl, and as a pal - for a long, long time. Sometimes, literature helps you to save lives. Essential read! Adam Cayton-Holland's TRAGEDY PLUS TIME: A TRAGI-COMIC MEMOIR is a poignant, yes, really funny, loving tribute to his sister, and family members. His youthful sister Lydia committed suicide and as you can imagine, losing her, still left such a gaping hole that he'll forever end up being grieving the life span she never surely got to live. I'm so pleased he wrote the main one comedian memoir that doesn't mostly suck. How do you cope with feelings of guilt? To having a family member who is an integral part of your being extracted from you? Let the healing begin I actually actually bought this book and immediately passed it on to a pal who lost a family member to suicide. One of the best memoirs I have read Several years ago I watched the documentary "Dear Zachary". But he tried to understand the best way he understood how. By using his writing to try to cope. This is his method. The memoir is a profoundly tender story about Adam's father, mom, older sister, himself, and Lydia, that you come from reading it and feel you know all of them intimately. The sense of humor that permeates a family group is solid. What I recall most about the film was how firmly it create in my brain for days after, and for a period I was unable to focus on other things with my complete interest. That comes up at all times. It's like seated around the dinner table. Being in on the family members joke. You understand the one. It really is beyond his stand-up routine, that is his profession. That's therefore funny you don't even have to use it in context. The one that makes you spit your drink out. That certain. Adam's ability to wrestle with this and talk about his deep insights are sure to help anyone coping with the same struggles that suicide compounds with loss of life. Hidden. I'm sure you will get many laughs. Before it's too late. This is not a family group that doesn't look after each other. They do so very much. Great read, essential Beautifully written and heartfelt. Beautiful story Good [gawlix] Provided an escape during a dark period in my own existence, my second child's birthday weekend in Great Wolf Lodge. While a young woman's life is gone, her brother provided her life in this publication and let's us understand that he will remember her. By sharing her story and her place in their family, a beautiful, whole portrayal is shaped by her presence and memorialized on the imprinted page. There are no answers. Although, I have read excerpts on NPR and other areas online and have seen Adam perform standup humor many times. Having

been witness to the effect of other suicides on friends and family, I have got a glimpse into this nightmare world. Beyond the laughter, there exists a darkness. Sometimes it hardly ever reaches the surface. This book has had the same impact on me..which is the very best medicine. Another handbook on dealing with grief. I'm deeply and terribly sorry that this loss will forever participate the story of the Magnificent Cayton-Hollands, but I am also so extremely grateful that the author was ready to tell it, also to show it with so much heart and humor. Great read whether your coping with grief, or having dark thoughts about your own demise. A loving, beautiful tribute with the ideal touch of humor. THEREFORE I bought this book because I love comics and I love memoir and a comic I follow on Twitter posted a web link. Wow! It grabbed me in the beginning and hardly ever let me go. An excellent read when you can deal with it; there's darkness but it's worth it. Incredible read by among the smartest comics out there This is such a life-changing book! Provides the best explanation I've ever go through of EMDR therapy, that I am now moving heaven and earth to acquire for a hurting family member. You need to read it. I have been therefore engrossed in the world of the Magnificent Cayton-Hollands, their triumphs and trauma, that each experience and interaction within the last couple of days appears to coming through somewhat different eyes. You can't stop listening! This book might have been haunting. Couldn't put this book down. Just what a talented writer! It was not whatsoever. Recommend to whoever has gone through loss, or those that need to build compassion through wit and gorgeous writing. Couldn't put this down.



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