



Agorafabulous!: Dispatches from My Bedroom

By Sara Benincasa

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, Agorafabulous!: Dispatches from My Bedroom, Sara Benincasa, Comedian and radio host Sara Benincasa's life hasn't always been a funny joyride. Since childhood, she struggled with panic disorder, becoming by age twenty-one a full-on obsessive, cowering, trembling agoraphobe. Terrified to leave her own apartment, she stacked empty cans and jars against the wall of her tiny studio apartment. Her fear eventually extended to everything but her bed. And always there was the siren song of the knives in the kitchen drawer, luring her to give herself over to emptiness. As she neared the edge, friends and family, therapy and drugs intervened to help Sara build a new world from the ashes of her former life. Today, the acclaimed artist tours the world—a life inconceivable to the frightened, stick-thin young woman crouching in the dark whom she once was. "Agorafabulous" is her funny, unpretentious recollections of being a prisoner of fear and how she struggled to overcome her demons. Earthy and relatable, unabashedly incorrect and unsentimental, she will break your heart in one sentence and leave you hunched over with laughter in the next (Sam Apple, author of American Parent).

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