

# SELF-INFLICTED WOUNDS: HEARTWARMING TALES OF EPIC HUMILIATION

In her book *Self-Inflicted Wounds*, comedian, actress, and cohost of CBS's daytime hit show *The Talk*, Aisha Tyler recounts a series of epic mistakes and hilarious stories of crushing personal humiliation, and the personal insights and...



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### Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation

Author	Aisha Tyler
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## Peek Inside the Book

How can you not tweet? How else will people know what you ate for breakfast or what you are listening to on Spotify or what your gamerscore is? Ridiculous. Not tweeting is not an option. I am a dolt for even suggesting it. Aisha Tyler, *Self-Inflicted Wounds*:...

I'll tell you what else fucks with a kid's optimism and sense of stability: when your parents fight all the time. That shit can really suck. Listening to your parents yell, or cry, or stomp off in anger, or worse, that deafening silence that falls over a home when the two biggest residents aren't speaking to each other, and only reply in jagged monotone when the kids ask for seconds or beg...

## Reader's Opinions

Some really funny and otherwise entertaining stories, but a bit hit or miss. The one about breaking her arm while trying to be badass and keep up with her friend snowboarding and the one about wearing around a gigantic maxipad for no reason other than she was really excited about getting her period were stand-outs. The packaging of...