



Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed

Written by Lori Gottlieb

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Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed

Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed

By Lori Gottlieb

Maybe You Should Talk To Someone

From a New York Times best-selling author, psychotherapist, and national advice columnist, a hilarious, thought-provoking, and surprising new book that takes us behind the scenes of a therapist's world—where her patients are looking for answers (and so is she).

Maybe You Should Talk To Someone Review

One day, Lori Gottlieb is a therapist who helps patients in her Los Angeles practice. The next, a crisis causes her world to come crashing down. Enter Wendell, the quirky but seasoned therapist in whose office she suddenly lands. As Gottlieb explores the inner chambers of her patients' lives—a self-absorbed Hollywood producer, a young newlywed diagnosed with a terminal illness, a senior citizen threatening to end her life on her birthday if nothing gets better, and a twenty-something who can't stop hooking up with the wrong guys—she finds that the questions they are struggling with are the very ones she is now bringing to Wendell: about desire and need, guilt and redemption, meaning and mortality, loneliness and love.

Maybe You Should Talk To Someone Book

Maybe You Should Talk to Someone is revolutionary in its candor, pulling back the curtain on the therapeutic process and offering the rarest of gifts: an entertaining, illuminating, and quite possibly life-changing account of our own mysterious lives and our power to transform them.

If you've followed me here on Goodreads for any length of time, you probably know that I am incredibly passionate about mental health advocacy. It's something that we need to talk about more, so we can break down the stigma surrounding it and more people can pursue help. So it should not be a surprise that I was excited to read a memoir about a therapist pursuing therapy to help her deal with her own issues—or that I absolutely loved the book.

These days, I'm pretty open about the fact that I see a therapist. If you've followed me here on Goodreads for any length of time, you probably know that I am incredibly passionate about mental health advocacy. It's something that we need to talk about more, so we can break down the stigma surrounding it and more people can pursue help. So it should not be a surprise that I was excited to read a memoir about a therapist pursuing therapy to help her deal with her own issues—or that I absolutely loved the book.

These days, I'm pretty open about the fact that I see a therapist and I love it. I have (only semi) jokingly said many times that I think everyone should give it a try at least twice—go to the initial intake appointment then go at least once more to get a feel for it. Even if you don't think you have a diagnosable condition such as anxiety or depression, just talking out your challenges and breaking down your less-than-great behavioral patterns with an unbiased third party can be an eye-opening experience. It's taken me a long while to get to the point where I feel comfortable talking about it with others, and I appreciate anything, like this book, that will help more people talk about the process.

Lori Gottlieb pursued a career as a therapist relatively late in life. She started out as a TV writer, but her time on ER spurred her to more seriously think about a medical career. She worked as a freelance writer while attending medical school and gradually began to feel pulled in too many different directions. It was the "helping people" part of medicine that most strongly interested her, so an advisor suggested that she switch from MD to a PhD in psychotherapy.

And yet, she hadn't really been in therapy herself, outside of the practice sessions she was required to do as part of her training. So when her fiancée ends their relationship out of the blue and she finds that she has trouble processing her emotions about the situation, Gottlieb decides to seek out some professional help. Using some clandestine methods, she asks a friend for a recommendation and begins seeing Wendell, a therapist to whom she has no professional or personal connections (a surprising challenge!)

Gottlieb starts out thinking that she just needs a couple of sessions to get over this hump, as it were, but her conversations with Wendell make her see that she could actually use more help than she

realized. It's a jarring realization, but it's also one that seems to make her a better therapist as it makes more clear the struggle some of her patients have in connecting the dots between their pasts and their presents, their problematic behaviors and the painful consequences, and being honest about things that don't put themselves in the best light.

The memoir is divided between recounting Gottlieb's sessions with Wendell, her sessions with her own patients (specific details of which I have to believe have been heavily obscured), and a little bit about her path toward becoming a therapist and single mother. The result is an incredibly open and honest look at the therapy process that lays it out better than any other depiction of therapy I've ever readâ€”Gottlieb makes it clear that your therapist is not there to tell you what to do but to help you recognize how your own patterns might be causing you unnecessary pain, but she's also honest in showing how hard it is to recognize not-so-flattering sides of ourselves and how deeply ingrained our those patterns can be. She's deeply empathetic, even when her patients frustrate her. She seems deeply committed to learning how to be better as a therapist and a patient.

I even spent a good chunk of a session talking about this book with my own therapist, partly because I knew it was something she'd enjoy reading and I can never not recommend a book to anyone when I think they'd enjoy it, but also because reflecting on Gottlieb's experiences genuinely helped me have a breakthrough about some of the work that I've been doing for the last couple of years. This is a great memoir and I highly recommend it to all readers. ...more

Maybe You Should Talk To Someone Book Review

Audiobook narrated by

Brittany Pressley... (Brittany was excellent). I can see reasons for owing a hard copy as well as the Audiobook.

Lori Gottlieb is a psychotherapist who writes a "Dear Therapist" advice column. She lives in Los Angeles. She attended Yale and Stanford University. She has an impressive life/ career resume.

We are taken into her therapy sessions with her clients. We also walk through the door with Lori for sessions with her therapist.

This book is the real deal.... not cheesy- Audiobook narrated by

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This book is the real deal.... not cheesy- cheap advice.

From both sides of the couch - Lori is easy to relate to. She has it terrific sense of humor. She brings out thoughts & feelings in us - that melt naturally into our skin as easy as smoothing coconut oil on.

She's not obnoxious- or too over the top. She's honest - reminding us how human we all are. It's fascinating watching the way a therapist cracks open the slippery little salamanders -that people (all of us), don't want exposed - especially when feeling too vulnerable or threatened.

Loss, grief, betrayal, failure, depression, change, ... it's all covered and more.

We become clear the way good therapy works - therapist can't change situations but they can help clients have a deeper understanding of themselves.

Lori shares about her life experience and daily conversations being as important to bring into a session when working with a client as much as her of academic training.

This book is seriously personal and primal!

Absolutely outstanding- excellent - compassionate - and informative.

Two thumbs UP!!!!

...more

I'm really not sure what to say about this book. The positives: I like that it is open and honest about mental health, therapy, self-love, and facing our fears (even if we're unaware what those fears are!) More books with a focus on these themes need to be written! I felt close to each character as I got to know them and truly cared about the outcome of each of their stories.

The not-so-positives: I'm not really sure what the "point" of this book is. It seemed like a journal that the author later decided to publish (which she kind of admits to at the end). It was clearly therapeutic to her to write it and make sense of what she had been through, but I'm not sure how helpful her breakup experience is to the rest of us. The structure was a bit disorganized (chronologically) and hard to follow at times; there did not seem to be a clear plot with problem and resolution. I kept finding myself thinking, "Wow, that's [emotion or reactionary adjective here], but...so what? Is this relevant to the rest of the 'story' somehow?" I would have liked there to be a bit more focus, and irrelevant details could have been left out to move the book along and help readers understand what the author wanted the message or theme to be.

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Overall, I'm glad I read this book; I connected with the characters in many ways and cared for their wellbeing. I just wish it had been more strategically written and organized so that I would be left understanding what the author was really trying to communicate. It could have been a lot more powerful. ...more

Maybe You Should Take It Slow

Ever have a book that just completely blows you away? This was THAT book for me!....

I listened to the audio which was perfection. The narrator was one of the best I've ever listened to but I had to have a print copy for highlighting & putting on my 5-star bookshelf. ⭐⭐⭐⭐⭐

The set up: LA therapist Lori Gottlieb finds herself in need of her own therapist, so we get alternating chapters with her and her wise therapist Wendell interspersed with chapters of Lori's sessions with her clients. I was SO invested. Ever have a book that just completely blows you away? This was THAT book for me!....

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The set up: LA therapist Lori Gottlieb finds herself in need of her own therapist, so we get alternating chapters with her and her wise therapist Wendell interspersed with chapters of Lori's sessions with her clients. I was SO invested in every single client. I felt like I was on a journey with them and by the end I wanted more. This book is somewhat long (14 hour audio) but I flew through it and would've gladly read 100 more pages. PSA for you....Do not listen to the last 1/3 while driving...all the tears will most definitely cloud your vision like it did mine! ...more

Absolutely wonderful. In terms of a therapeutic experience, it fell smack in the middle between Eat, Pray, Love and Quiet for me. When you close the book, you can't go back to who you were before. A check mark on every page.

Maybe You Should Wish It More

I rarely give a book one-star because I don't want to be mean, but this book was a complete waste of my time and it had such great reviews from so many people. I feel like I was cheated out of however long it took me to read (well, actually listen). If you want to read about psychotherapy, go to the real sources. If you want to read a memoir, go read a good one. I just don't even know what the point of this was.

I was blown away by this book. Lori Gottlieb is a therapist who shares her insights not only about her professional experience but her own journey through therapy. This book helps normalize therapy for everyone, and her ability to share the profound growth both she and her patients experienced was so honest and refreshing.

While Gottlieb includes many important psychological concepts, her writing is clear and conversational and easy for anyone to engage with. I found that there was a perfect balance with the personal stories that will also help her readers become more aware of their own obstacles and moments of growth as they move through this book. I was blown away by this book. Lori Gottlieb is a therapist who shares her insights not only about her professional experience but her own journey through therapy. This book helps normalize therapy for everyone, and her ability to share the profound growth both she and her patients experienced was so honest and refreshing.

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As someone who has had therapy as part of my life since I was a child, it was amazing to see the progress and relatability of Gottlieb and her clients. Sometimes it is hard to see small changes in your own life, but as I read this, I connected with so many of the stories and struggles that were shared in such an approachable and real way.

I found I connected the most with Julie and John's stories and their stories of loss resonated with me so so deeply even if I couldn't relate to their exact situations. I rooted for them and I felt for them I didn't connect as much with the other patient's stories, but everyone has a different reaction and that was just my personal experience.

I especially enjoyed the chapter about her own therapy with Wendell and their journey together was so heartwarming and also so very real. Being able to see so many of these stories through two different lenses(therapist & patient) just made this such a masterpiece and I know I will continue to think about it for a long time to come.

As soon as I finished this ebook I order a hard copy edition to add to my personal library and I know this is one I will come back to again and again.

Maybe You Should Talk to Someone: A Therapist, Her Therapist, and Our Lives Revealed

Thank you to NetGalley and Houghton, Mifflin Harcourt for a copy of this book in exchange for an honest review. ...more

Maybe You Should Fly A Jet

Are you in therapy?

If not, why not?

This was such a fulfilling, heartwarming (and breaking), devastating read. Not only did I get to see into the lives of Lori and her patients, but I got to look into myselfâ€”this book felt like I was seeing my own therapist (I really should get one). It was so therapeutic, and I would gladly recommend it to anyone looking for a charming, honest, and poignant read. (Just don't read/listen to it at work or in publicâ€”I learned that the hard way).

Maybe You Should Talk To Someone Goodreads

Author Lori Gottlieb puts a face on talk therapy and humanizes therapists. From where you sit in the therapist's office to awkward silence...what can they possibly mean? Writing about therapy crosses so many sacred boundaries, yet Lori is very careful to disguise her patients and protects their anonymity.

Lori also writes about her personal struggles and how she seeks a therapist to speak to. In addition to being a psychotherapist, Lori is also New York Times bestselling author, and writes the wildly popular "Dear Therapist" column for The Atlantic. She'll have a built-in audience for this book!

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Disclaimer: I read an advance copy and was not compensated. ...more

As a therapist and a writer myself, I have immense respect for what's involved in this type of book: how to reveal herself but not too much; how to reveal her patients but not too much; how to reveal the profession but not too much. Really, it's an incredible high-wire act and Lori Gottlieb performs it beautifully. Insightful and moving without pandering or being gratuitous...I loved it. Thank you, Lori, for not just an incredible reading experience but an incredible life experience.

Maybe You Should Go And Love Yourself

Everyone should take the time to read this. Gottlieb brilliantly describes how therapy works, why we all could use some, and what therapy DOESN'T do using her own therapy as a major example. I was fascinated with the personal stories, hers and those of her patients, but even better was how she tied these stories to general theories used in therapy and the importance of good mental health. It's a difficult topic, and I'm thrilled with a book that talks about how beneficial therapy can be for most of us at some point in our lives. Thanks for putting this into the world. ...more

I read this book in less than 24hrs. I probably should've read it slower to savor the stories and hydrate but it'll be there if after a pause I decide to read it again. I found it to be a really lovely mix of memoir, case studies and psychology theory (including my personal favorites of Bion and Carl Rogers). It's definitely a book to read with a box of tissues, which I wasn't expecting. She described poignant sessions of one composite patient with terminal cancer and another who tragically lost a young child to a car accident. ...more