



Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation

By Aisha Tyler

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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 authentic wisdom she gathered along the way.

The essays in *Self-Inflicted Wounds* are refreshingly and sometimes brutally honest, surprising, and laugh-out-loud funny, vividly translating the brand of humor Tyler has cultivated through her successful standup career, as well as the strong voice and unique point of view she expresses on her taste-making comedy podcast *Girl on Guy*.

Riotous, revealing, and wonderfully relatable, Aisha Tyler's *Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation* is about the power of calamity to shape life, learning, and success.

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Editorial Review

Review

“In her new book, Aisha Tyler embarrasses and humiliates herself for 231 pages—to our extreme reading pleasure.” (Entertainment Weekly)

“Tyler’s work is refreshing not just for its unabashed candor, but also for its humorous insights into the human capacity for screwing up and bouncing back. Things ‘will go wrong...mind-blowingly wrong.’ But under no circumstances should it stop someone from pursuing their dreams. Smart, sassy and surprisingly wise.” (Kirkus Reviews)

“Aisha Tyler is one of the smartest, funniest women I’ve had the good fortune of meeting. She makes me laugh every time I see her—and this is coming from the guy who thinks women aren’t funny.” (Adam Carolla, comedian, host of The Adam Carolla Show, and New York Times bestselling author of *In Fifty Years We’ll All Be Chicks*)

“A beautifully tortured and sick-with-self-consciousness manifesto of regret. I’m equal parts proud and embarrassed for Aisha Tyler, which doesn’t get in the way of my loving her, as you will when you read *Self-Inflicted Wounds*.” (Margaret Cho, comedian, actress, and nationally bestselling author of *I’m the One That I Want*)

“Self-inflicted wounds are the nastiest, most painful, and most likely to fester. Also the funniest. Aisha brings back every awful, suicidally stupid, shameful, and all-too-familiar episode of a life well lived. Reading this book made me feel a lot better about myself. Prepare to be horrified—and entertained.” (Anthony Bourdain, chef, host of *Anthony Bourdain: Parts Unknown*, and New York Times bestselling author of *Kitchen Confidential*)

“One of the most kick-ass women I know, Aisha Tyler hilariously rips herself open and shows you her guts. On the schadenfreude scale, *Self-Inflicted Wounds* is a ten.” (Felicia Day, actress, writer, and producer of *The Guild*)

“Good God. The Amazon can write. And write well. We are doomed.” (Patton Oswalt, comedian, actor, and New York Times bestselling author of *Zombie Spaceship Wasteland*)

“For once, Patton is correct. Aisha Tyler is one funny son of a bitch.” (Dave Eggers, Pulitzer Prize-nominated author of New York Times #1 bestseller *A Heartbreaking Work of Staggering Genius*, *What Is the What*, *Zeitoun*, and *A Hologram for the King* and founder of *McSweeney’s*)

“The first time I met Aisha I felt we could have been sisters. Tall, beautiful, African-American, comedienne...after reading *Self-Inflicted Wounds* I found we had more in common: setting the house on fire, peeing ourselves in public, and an endless list of people we’ve offended in some way.” (Sharon Osbourne, author, rock manager, and cohost of *The Talk*)

“If you’re the type of sicko who enjoys a hilariously talented person debasing herself for your amusement, then *Self-Inflicted Wounds* is the book for you.” (Andy Richter, comedian, actor, writer, announcer and man-Friday on *Conan*)

“Aisha Tyler’s book, *Self-Inflicted Wounds*, is an uplifting, hilarious trek through her life of insults, agonies and failures. Each story is not only painfully funny, but it’s also thoughtful and stunningly candid. I really do love this book.” (Jay Chandrasekhar, director of *Super Troopers*, *Beerfest*, and *Babymakers*)

“We all do stupid stuff, sometimes on purpose. But rarely do we ever talk about it, let alone publish an in-depth retelling—leave it to Aisha Tyler to help us all feel a little less dumb and a little more connected.” (Seth Green, comedian, actor, creator/writer/director of *Robot Chicken*)

“Aisha is living proof that for nerdy outsiders things really do get better. But, in her case, before they got better, they got a whole lot worse. It’s impossible not to laugh while reading *Self-Inflicted Wounds*. It’s also impossible not to worry about Aisha’s mental health.” (Touré, author, critic, host of *The Cycle* on MSNBC)

“What Aisha says about embracing your fear and using mistakes to forge character is beautiful. What she says about Oprah is unforgivable.” (Baratunde Thurston, New York Times bestselling author of *How To Be Black*, and CEO/Co-Founder, Cultivated Wit; Baratunde Thurston, New York Times bestselling author of *How To Be Black*, and CEO/Co-Founder, Cultivated Wit)

“Aisha Tyler’s incredibly vivid stories of going for big air only to land flat on her face (or possibly a rusty spike) are a unique combination of cringe-worthy and inspiring. That she shares these stories makes me love her all the more.” (Bill Burr, comedian, actor, and host of *The Monday Morning Podcast*)

“Self-inflicted wounds. We all have them, but no one exploits their own pain for the funny like Aisha Tyler.” (Wayne Brady, comedian, actor, star of *Whose Line Is It Anyway?* and host of *Let's Make a Deal*)

“Aisha Tyler’s brain moves faster than a shock spell from the hands of a lightning mage. She is hilarious, hyper-articulate, and will kick your ass in *Call of Duty*. She is the life of the LAN party.” (Chris Hardwick, comedian and host of *The Talking Dead* and *The Nerdist*)

From the Back Cover

self-inflicted wound (n): a spectacularly humiliating, and often hilarious, incident entirely of one's own making.

see also: you did it to yourself.

Have you ever made a decision you instantly regretted? Humiliated yourself in a room of your peers, or shamed yourself in front of your massive crush? Ever blown a job interview, frozen during a presentation, acted like a total idiot on a date? Ever said the wrong thing at the wrong time, unable to keep your tongue from flapping out the stupidest words you've ever said in your life, *ever*? If you are a human being, the answer, of course, is yes. Take heart. You're not alone. This is known as the Self-Inflicted Wound, and every one of us bears a scar. Or several.

Here, Aisha Tyler, comedian, actress, cohost of CBS's *The Talk*, star of *Archer*, and creator of the top-ranked podcast *Girl on Guy*, serves up a spectacular collection of her own self-inflicted wounds. From almost setting herself on fire, to vomiting on a boy she liked, to getting drunk and sleeping through the SATs, to going into crushing debt to pay for college and then throwing away her degree to become a comedian, Aisha's life has been a series of spectacularly epic fails. And she's got the scars to prove it. Literally.

Through it all, Aisha's triumphs haven't come in spite of the failures, but *because* of them. Because with every failure comes a lesson learned, a strength revealed, a fear overcome, or an adventure braved. *Self-Inflicted Wounds* isn't just about surviving failure. It's about embracing failure—pursuing it, even—on the

winding path to success. And after you've failed a time or three, hopefully you'll have learned something. Or at the very least have a really *killer* story. Because to err is human, but to fail epically is hilarious.

About the Author

Aisha Tyler is a comedian, actress, author, television host, podcaster, and recovering nerd (see photo—note the devastatingly fashionable Casio watch). She is cohost of the Emmy-nominated daytime talk show *The Talk*, the voice of sexy superspy Lana Kane on FX's hit animated series *Archer*, and host of the all-new *Whose Line Is It, Anyway?* on the CW. She is also the creator, producer, and host of the award-winning podcast *Girl on Guy with Aisha Tyler*, consistently ranked one of the top ten comedy podcasts on iTunes. Tyler tours as a standup comedian nationwide, and has contributed to *Oprah*, *Wired*, *Glamour*, and *Entertainment Weekly* magazines. She lives in Los Angeles, where she reads postapocalyptic fiction and plays video games in her meager spare time.

Users Review

From reader reviews:

Robert Hester:

Playing with family inside a park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, after that why you don't try point that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation, you could enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh occur its mind hangout fellas. What? Still don't understand it, oh come on its known as reading friends.

Matthew Gregg:

This Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation is fresh way for you who has curiosity to look for some information since it relief your hunger details. Getting deeper you upon it getting knowledge more you know or you who still having small amount of digest in reading this Self-Inflicted Wounds: Heartwarming Tales of Epic Humiliation can be the light food for you because the information inside this specific book is easy to get through anyone. These books acquire itself in the form which can be reachable by anyone, yes I mean in the e-book form. People who think that in e-book form make them feel tired even dizzy this publication is the answer. So you cannot find any in reading a e-book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss that! Just read this e-book style for your better life along with knowledge.

Roderick Grubb:

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