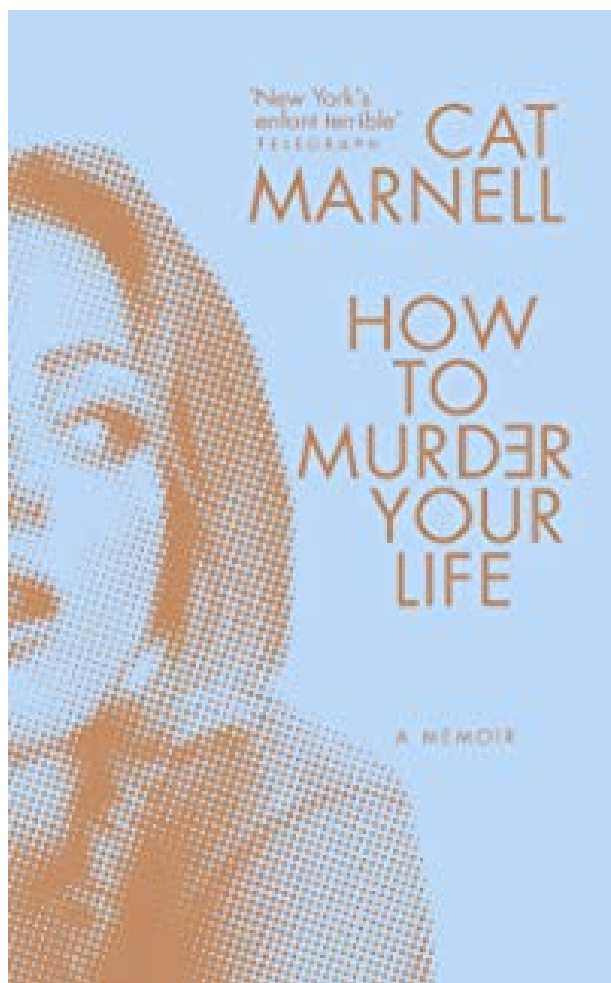


# How to Murder Your Life



<b>Author:</b>	Cat Marnell
<b>Genre:</b>	Autobiography
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At the age of 15, Cat Marnell unknowingly set out to murder her life. After a privileged yet emotionally-starved childhood in Washington, she became hooked on ADHD medication provided by her psychiatrist father. This led to a dependence on Xanax and other prescription drugs at boarding school, and she experimented with cocaine, ecstasy... whatever came her way. By 26 she was a talented 'doctor shopper' who manipulated Upper East Side psychiatrists into giving her never-ending prescriptions; her life had become a twisted merry-go-round of parties and pills at night, and trying to hold down a high profile job at Condé Naste during the day. With a complete lack of self-pity and an honesty that is almost painful, Cat describes the crazed euphoria, terrifying comedowns and the horrendous guilt she feels lying to those who try to help her. Writing in a voice that is utterly magnetic – prompting comparisons to Brett Easton Ellis and Charles Bukowski – she captures something essential both about her generation and our times. Profoundly divisive and controversial, *How to Murder Your Life* is a unforgettable, charged account of a young female addict, so close to throwing her entire life away.