



It's Okay to Laugh: (Crying Is Cool Too)

By Nora McInerney Purmort

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It's Okay to Laugh: (Crying Is Cool Too) By Nora McInerney Purmort

“This story will compel you to both laugh and cry, just as the title promises. May we all bring Nora’s honesty, passion and hope to our lives.” — Lena Dunham

comedy = tragedy + time/rosé

Twenty-seven-year-old Nora McInerney Purmort bounced from boyfriend to dopey “boyfriend” until she met Aaron—a charismatic art director and comic-book nerd who once made Nora laugh so hard she pulled a muscle. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron’s hospital bed and had a baby boy while he was on chemo. In the period that followed, Nora and Aaron packed fifty years of marriage into the three they got, spending their time on what really matters: Buffy the Vampire Slayer, each other, and Beyoncé. A few months later, Aaron died in Nora’s arms. The obituary they wrote during Aaron’s hospice care revealing his true identity as Spider-Man touched the nation. With *It’s Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your “one wild and precious life” to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk? In this deeply felt and deeply funny memoir, Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. *It’s Okay to Laugh* is a love letter to life, in all its messy glory; it reads like a conversation with a close friend, and leaves a trail of glitter in its wake.

This book is for people who have been through some shit.

This is for people who aren’t sure if they’re saying or doing the right thing (you’re not, but nobody is). This is for people who had their life turned upside down and just learned to live that way. For people who have laughed at a funeral or cried in a grocery store. This is for everyone who wondered what exactly they’re supposed to be doing with their one wild and precious life. I don’t actually have the answer, but if you find out, will you text me?

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Editorial Review

Review

“This story will compel you to both laugh and cry, just as the title promises. May we all bring Nora’s honesty, passion and hope to our lives.” (**Lena Dunham**)

“An emotional rollercoaster of the highest order...*It's Okay to Laugh* is that rare gem of a read, equal parts heartwarming and hysterical, that’ll make you laugh out loud, only to leave you tearing up a few pages later. I can’t recommend it highly enough.” (**Lincoln Thompson, BuzzFeed**)

“Deeply moving yet refreshingly funny” (**PopSugar**)

“This gorgeous and insightful memoir holds up the lens to mortality and leaves us with a reminder to make every moment count and value what is truly precious: time-and laughter.” (**Refinery29**)

“*It's Okay to Laugh* is...an unapologetic tale of heartbreak and loss that is devoid of platitudes. I found myself laughing through my tears, but that’s the real experience of profound mourning, and she nails it.” (**Rebecca Soffer, writer, Modern Loss co-founder**)

“Nora is Anne Lamott for the emoji generation...one of the best books you’ll read this year.” (**MSP Magazine**)

“A natural storyteller, Nora’s words will make you laugh and cry all in the same paragraph. She transforms what would be a heart-breaking memoir into a life-affirming anthem.” (**David Gallaher, author of *The Only Living Boy Series***)

“It is funny, and it is sad, and it is real, and if you’ve ever been through anything in your life...you are going to love this book.” (**Jennifer Weiner, New York Times Bestselling author of *Who Do You Love***)

From the Back Cover

comedy = tragedy + time/rosé

Twenty-seven-year-old Nora McInerny Purmort bounced from boyfriend to dopey “boyfriend” until she met Aaron—a charismatic art director and comic-book nerd who once made Nora laugh so hard she pulled a muscle. When Aaron was diagnosed with a rare form of brain cancer, they refused to let it limit their love. They got engaged on Aaron’s hospital bed and had a baby boy while he was on chemo. In the period that followed, Nora and Aaron packed fifty years of marriage into the three they got, spending their time on what really matters: Buffy the Vampire Slayer, each other, and Beyoncé. A few months later, Aaron died in Nora’s arms. The obituary they wrote during Aaron’s hospice care revealing his true identity as Spider-Man touched the nation. With *It's Okay to Laugh*, Nora puts a young, fresh twist on the subjects of mortality and resilience. What does it actually mean to live your “one wild and precious life” to the fullest? How can a joyful marriage contain more sickness than health? How do you keep going when life kicks you in the junk? In this deeply felt and deeply funny memoir, Nora gives her readers a true gift—permission to struggle, permission to laugh, permission to tell the truth and know that everything will be okay. *It's Okay to Laugh* is a love letter to life, in all its messy glory; it reads like a conversation with a close friend, and leaves a trail of

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About the Author

Nora McInerny Purnort is the creator of a blog called *My Husband's Tumor* (listed on Tumblr's "Big in 2014" list) and cocreator of her son Ralph, who she is currently raising to avenge his father's untimely death. Nora has been published in the *Washington Post*, *Glamour UK*, *USA Today*, and *Huffington Post*. She has also appeared on the *Today* show and *All Things Considered*. Find her on Twitter and Instagram @noraborealis, and visit MyHusbandsTumor.com.

Users Review

From reader reviews:

Robert Gibson:

Nowadays reading books be a little more than want or need but also be a life style. This reading practice give you lot of advantages. Advantages you got of course the knowledge even the information inside the book in which improve your knowledge and information. The info you get based on what kind of e-book you read, if you want get more knowledge just go with education and learning books but if you want truly feel happy read one along with theme for entertaining for instance comic or novel. The *It's Okay to Laugh: (Crying Is Cool Too)* is kind of book which is giving the reader unstable experience.

Colleen Harman:

Hey guys, do you would like to finds a new book you just read? May be the book with the concept *It's Okay to Laugh: (Crying Is Cool Too)* suitable to you? Typically the book was written by famous writer in this era. The book untitled *It's Okay to Laugh: (Crying Is Cool Too)* is the main of several books this everyone read now. This book was inspired many men and women in the world. When you read this reserve you will enter the new shape that you ever know ahead of. The author explained their thought in the simple way, consequently all of people can easily to recognise the core of this publication. This book will give you a great deal of information about this world now. So you can see the represented of the world within this book.

Michael Rodriguez:

Typically the book *It's Okay to Laugh: (Crying Is Cool Too)* will bring someone to the new experience of reading some sort of book. The author style to describe the idea is very unique. In case you try to find new book to see, this book very suited to you. The book *It's Okay to Laugh: (Crying Is Cool Too)* is much

recommended to you to see. You can also get the e-book from the official web site, so you can easier to read the book.

Deborah Young:

Reading a reserve tends to be new life style in this era globalization. With reading you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can certainly share their idea. Books can also inspire a lot of people. A great deal of author can inspire all their reader with their story as well as their experience. Not only the storyline that share in the ebooks. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors on earth always try to improve their expertise in writing, they also doing some research before they write with their book. One of them is this It's Okay to Laugh: (Crying Is Cool Too).

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