

So Sad Today: Personal Essays Melissa Broder always struggled with anxiety. In the fall of 2012, she went through a harrowing cycle of panic attacks and dread that wouldn't abate for months. So she began @sosadtoday, an anonymous Twitter feed that allowed her to express her darkest feelings, and which quickly gained a dedicated following. In *So Sad Today*, Broder delves deeper into the existential themes she explores on Twitter, grappling with sex, death, love, low self-esteem, addiction, and the drama of waiting for the universe to text you back. With insights as sharp as her humor, Broder explores--in prose that is both ballsy and beautiful, aggressively colloquial and achingly poetic--questions most of us are afraid to even acknowledge, let alone answer, in order to discover what it really means to be a person in this modern world. ...more [So Sad Today: Personal Essays PDF ebook](#)

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