

Maybe You Should Talk to Someone by Lori Gottlieb

Some times even the seemingly most put together people fall apart.

Ever thought of the life of a therapist? The kind of thoughts she could have, the problems she might have to face, their personal lives? Are they that calm and collected as they seem to be? If you are curious this book has answers for you.

Lori Gottlieb, an experienced, successful therapist is suddenly faced with challenges she can't think herself out of. Will she find what she is looking for in another younger therapist with a radically different style?

The story takes us through the lives and troubles of Gottlieb and her patients, all from different places in life - a self absorbed Hollywood producer, a young newly wed diagnosed with a terminal illness, a senior citizen who feels like she has nothing to live for and a twenty something who cant stop hooking up with the wrong guys.

Being written with wit and humour, some readers find the book interesting and deep whereas some criticizes the tone of Gottlieb to be obsessive, judgemental and even dragging.