



# **Feel This Book: An Essential Guide to Self-Empowerment, Spiritual Supremacy, and Sexual Satisfaction**

*Ben Stiller , Janeane Garofalo*

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## **Feel This Book: An Essential Guide to Self-Empowerment, Spiritual Supremacy, and Sexual Satisfaction** Ben Stiller , Janeane Garofalo

Shares observations on topics ranging from ways to make money off a spouse, to fidelity, neuroses, sex, and death.

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Author : Ben Stiller , Janeane Garofalo

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# **From Reader Review Feel This Book: An Essential Guide to Self-Empowerment, Spiritual Supremacy, and Sexual Satisfaction for online ebook**

## **Charlotte says**

I'm a big fan of Janeane Garofalo and a pretty big fan of Ben Stiller too, but I found this collection of satirical self-help essays to be inconsistent, at times phoned in, and overall less than I expected from these comedic heavy hitters. The most redeeming chapter was a neurotic confession from her about the conflict between a healthy bowel and a healthy love life. But the extent to which I enjoyed it says more about me than the quality of the book. Maybe not a total "skip" but certainly not a "must read."

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## **Karlita says**

I don't remember much about this book, but I do remember laughing out loud a lot. I remember liking it and recommending it to people. so, i say, give it a try. What's not to love about Ben Stiller and/or Janeane Garofalo?

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## **Brenna Flood says**

I love their comedy (i.e. Ben Stiller Show, Mystery Men, etc.), but...

Firstly, I felt like some of the narration read like they were exercising an inside joke between the two of them through their writing. An inside joke where they were discussing how we, the reader, are suckers for buying their book.

Secondly, while I'm one for dark humor and abundant sarcasm, their use of it left the filmy residue of depression. I just felt \*sad\* for them.

And finally, if you are going spin a comedy yarn using the stereotype of the Irish (using drinking, leprechauns, the color green, fiddles) could you please do it with an approach that isn't so overwhelmingly dull?

Shelving this, with doubts that I'll ever finish. If I'm in a particularly self-flagellating mood, I know where to turn.

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## **Trashy Dreams says**

Life lessons, spiritual guidance, and relationship advice from Ben Stiller and Janeane Garofalo. Pretty much trading off every other chapter Stiller and Garofalo throw in their two cents on what to make of this stupid life. Like any good "humor" book it's a quick read, but also crucial to a "humor" book, is that it was funny. I

laughed more at Stiller's stuff, but that might just be because Janenane Garofalo uses much bigger vocabulary words that I didn't understand.

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### **Stacey says**

Another book that I read a long time ago. Some parts of it were funny, some were not. Janeane Garafalo is one of my favorite funny people. I even had the chance to meet her about ten years ago. :)

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### **Jason Koivu says**

I'm afraid I did not feel this.

Almost entirely expendable, *Feel This Audiobook* by Ben Stiller and Janeane Garofalo, does manage to draw out a laugh or two. Set up to mimic the self-help genre, replete with mood music, the book is successful at mockery.

Even though I own a hardback version, I intentionally chose to listen to Stiller and Garofalo in order to fully appreciate their other forms of witticism, most commonly sarcasm and irony, which don't always translate as well to the written page (well, mostly just the sarcasm). They turn their comedic rapiers, somewhat dulled and dated by time, towards their own relationship with one another, dating in general, money, attractiveness, masturbation and more.

It is a short, light read and if you are a fan of their humor, you will enjoy this. If you are not, *Feel This Audiobook* will do nothing to alleviate your affliction.

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### **Donald says**

I think I first read this when it came out, almost 20 years ago. I remember thinking that it was hilarious! Well, some parts were, some weren't. As much as I love her, Garofalo's chapters were more like complaints than humor. Ben's seemed much more humorous. His chapter "History" about their (Ben and Janeane's) relationship was pretty dang funny! As was his brilliantly titled chapter "Tupac vs. Deepak"! "Selfhood" also made me smile, so I put on my CHEERFULHOOD! I'm glad I reread it, and I'm thankful for the smiles!

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### **Taryn says**

i thought this would be better on tape ("Feel This Audiobook") since they read it so you can get a sense of the delivery... but it was really pretty uninteresting.

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## **Bardin says**

This was a pretty good book, but frankly, I think Ben Stiller deserves more of the writing credit. I think he wrote roughly 80% of the thing. Plus, his stuff was just, frankly, funnier, and that is no big slight to Jeanine Garafalo, who I am a big fan of. Jeanine had her moments, and some of the quotes (which you can see in Goodreads itself) are hilarious, but Ben Stiller came up with some great ideas including a phony self-help term (that I can't remember) that describes some sort of prayer/poetry that you say while performing bodily functions. His "road-trip" section is quite humorous as well. The sections about the Stiller/Garafalo toxic relationship are quite enjoyable as well (as is watching a train wreck, I suppose). I wouldn't necessarily read this over and over again, but it is a fine, entertaining tome nevertheless.

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## **Chandra says**

Two people I think I like but I am never quite sure, as I keep entertaining the idea but am rarely entertained by either. Quick read, finished in a couple hours. A few bits were mildly amusing or even poignant on some level of ironic truth, but I failed to see any of it as humorous.

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## **Erin says**

This was a quick, funny book that reads very much like Stiller and Garofalo's respective comedic routines. So much so, in fact, that while reading Ben's chapters, I couldn't help but hear Derek Zoolander's voice. He's sharp, witty, and appears to have a \*huge\* grudge against Paul Reiser and his "-hood" books (*Couplehood*, *Babyhood*, which I've read and enjoyed).

While reading Janeane's chapters, I envisioned Daria from MTV's show of the same name. I know Janeane didn't do the voice of Daria, but the woman who did sounds exactly like her. Janeane's comedic writings are just as academically inflated as her standup, and for that, she will always be one of my favorite female comics.

After reading this, you will be no more enlightened about self-empowerment, spiritual supremacy, or sexual satisfaction, but you will have a smile on your face and a few good jokes to share with friends.

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## **Sean Kennedy says**

Talk about a major disappointment. I love Janeane Garofalo, but the humour in this book fell entirely flat. I get that it's meant to be a satire of self help books, but it just isn't that funny. Maybe if I heard the audiobook by them performing it, it would be better.

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## **Jules Poet says**

It's a screwy self help book but it still gives insights into the worst traits we can put forth in a relationship

and the ways to break yourself out of your ordinary life and find new ways to do old things. Though these two are comedians they don't use slapstick comedy or even regular comedy or even romantic comedy which they are both well known for.... this is more like a stroll down a dark, deep hole of neurotic anxieties and greedy tendencies while being overly narcissistic. But it is advice and it's good advice for those willing to really listen.

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### **Patrick says**

A fake self-help book by the dynamic duo. If Ben Stiller shit in a bucket, I'd be like, "Hey, do you guys want to go check out the new pail of Ben Stiller's poop?"

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### **Heather says**

I read this book when it first came out and it was HILARIOUS. So fitting for that time period when Oprah was "queen" of self help book reviews and show topics, stars were talking about their own b.s. enlightenment stories, etc. My favorite part of the book is when Ben talks about his "P.H.A.N.T.O.M."s . The book would most likely not be as funny if someone were to pick it up and read it today unless maybe they are in their late 30's or older. Janine G. has become a crabby old nincompoop since this book and I probably won't ever revisit the book because she is zero fun now.

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