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What is *So Sad Today* about? The short answer is that it's a collection of personal essays about living with anxiety and depression. But it is so much more than that. With these essays Melissa Broder explores everything from addiction to eating disorders to ethical non-monogamy and caring for her ill husband.

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So Sad Today: Personal Essays by Melissa Broder (Goodreads Author) 3.85 · Rating details · 8,711 ratings · 1,008 reviews 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 ...

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5.0 out of 5 stars *So Sad Today: Personal Essays*. Reviewed in the United States on February 24, 2017. Verified Purchase. Melissa Broder's book of personal essays is a deeply thought provoking read. "So Sad Today" is for curious readers with a capacity for self examination, an appreciation for existential absurdity, willingness to experience things from a deeply personal perspective other than their own and any reader who loves poetic prose and good writing.

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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.

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