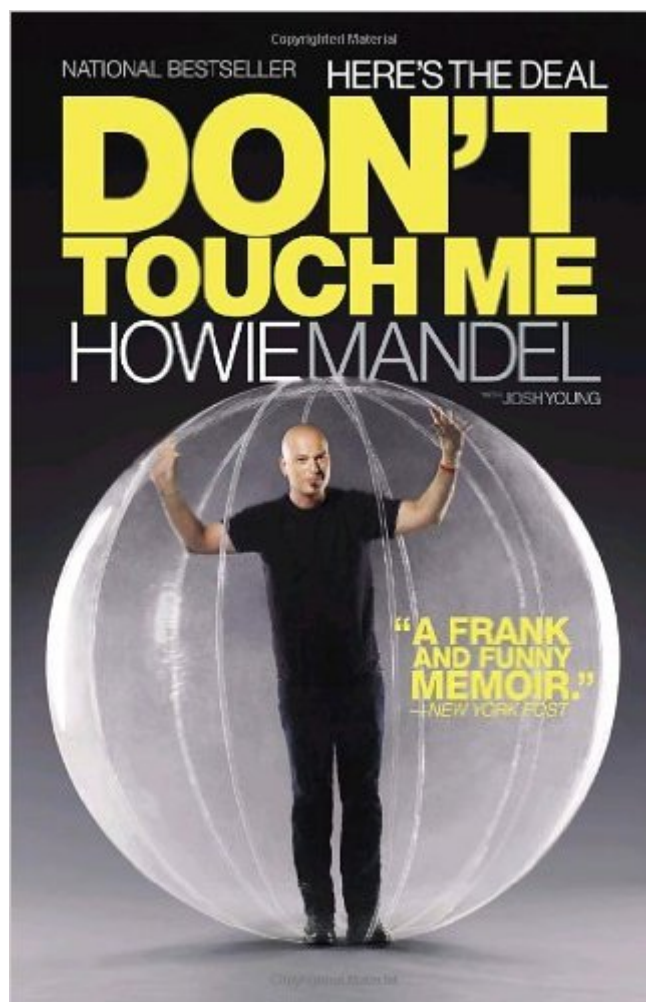


The book was found

Here's The Deal: Don't Touch Me



Synopsis

NATIONAL BESTSELLER An engaging no-holds-barred memoir that reveals Howie Mandel's ongoing struggle with OCD and ADHD and how it has shaped his life. Howie Mandel is one of the most recognizable names in entertainment. But there are aspects of his personal and professional life he's never talked about publicly until now. Twelve years ago, Mandel first told the world about his claustrophobia. He's recently started discussing his adult ADHD as well. Now, for the first time, he reveals the details of his struggle with these challenging disorders. He speaks candidly about the ways his condition has affected his personal life as a son, husband, and father of three. Along the way, the versatile performer reveals the deal behind his remarkable rise through the show-business ranks, sharing never-before-told anecdotes about his career. As heartfelt as it is hilarious, *Here's the Deal: Don't Touch Me* is the story of one man's effort to draw comic inspiration out of his darkest, most vulnerable places.

Book Information

Paperback: 256 pages

Publisher: Bantam; Reprint edition (September 28, 2010)

Language: English

ISBN-10: 0553386654

ISBN-13: 978-0553386653

Product Dimensions: 5.2 x 0.6 x 7.9 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars. See all reviews (162 customer reviews)

Best Sellers Rank: #474,184 in Books (See Top 100 in Books) #435 in Books > Humor & Entertainment > Television > Shows #1414 in Books > Biographies & Memoirs > Arts & Literature > Television Performers #4463 in Books > Biographies & Memoirs > Arts & Literature > Actors & Entertainers

Customer Reviews

Let me begin by saying that biographies, memoirs and autobiographies are among my least favorite reads. However, some of the best books I've read fall into these categories. So what's the deal? I guess I've just been fortunate, and my luck continues with Howie Mandel's offering. His story, *HERE'S THE DEAL*, is not only an attempt to educate readers about Obsessive-Compulsive Disorder and adult Attention Deficit Hyperactive Disorder, but it also serves as a catharsis for the author. He admits in the beginning that he was writing about himself, for himself. While we've

probably all heard the cliché about laughter being the best medicine, Mandel has actually survived due to his ability to laugh and to make others laugh despite his pain. Having suffered with these two potentially debilitating disorders since he was a child, putting his struggles out in the open allowed some light to shine into his surprisingly dark world. To anyone who has not experienced some form of uncontrollable emotional or mental issue, the fear of shaking hands or the inability to stay focused may seem ridiculous. But the OCD fears are very real --- even terrifying. And the nonstop thoughts can keep the ADHD sufferer from ever completing a task. Obviously, it is a wonder that Mandel was able to complete the task of writing this book. As he said in an interview, "I could maybe see myself writing a pamphlet but never a book!" Perhaps that was why he was assisted by Josh Young --- no doubt part of Young's job was to keep Mandel focused. In any case, the result is a fast-paced book with as many anecdotes as you would expect from a primal stand-up comic. What you might not expect, however, is the candor with which he reveals character traits that could be very offensive to some.

[Download to continue reading...](#)

Here's the Deal: Don't Touch Me Healthy Super Shakes and Smoothies: 25 Sugar Free Dairy Free Shakes and Smoothies Recipes (Here's the DEAL - Healthy Weight Loss and Fat Burning Book 3) Baby Touch and Feel: Happy Birthday (Baby Touch & Feel) Don't Touch That!: The Book of Gross, Poisonous, and Downright Icky Plants and Critters You Don't Touch John's Cousin (Frank Kurns Stories of the Unknown World Book 1) Don't Miss Out: The Ambitious Student's Guide to Financial Aid (Don't Miss Out, 25th ed) Don't Let Your Headache Ruin Your Sex Life: "Honey, I Don't Have a Headache Tonight" Don't Give Up...Don't Ever Give Up: The Inspiration of Jimmy V--One Coach, 11 Minutes, and an Uncommon Look at the Game of Life Winners Don't Whine and Whiners Don't Win A Kids Book About Bullying: Teach Kids How to Deal With a Bully The Raw Deal Cookbook: Over 100 Truly Simple Plant-Based Recipes for the Real World Head Lice Removal: Learn how to deal with a head lice infestation and what precautions you can take to prevent re-infestation Coping with the loss of a dog: How to deal with the death of your friend (Dealing with the grief of pet death Book 1) The Real-Deal Bridal Bible: The Ultimate Wedding Planner to Help You Blush Like a Bride and Plan Like a Bitch How to Deal With Back Pain and Rheumatoid Joint Pain PCOS Diet Book: How you can use the nutritional approach to deal with polycystic ovary syndrome How to Control PCOS in 12 Weeks: What You MUST Do to Deal with Infertility, Hair Growth, Acne, and Weight Just a Summer Deal From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively Bard of the Deal: The Poetry of Donald Trump

