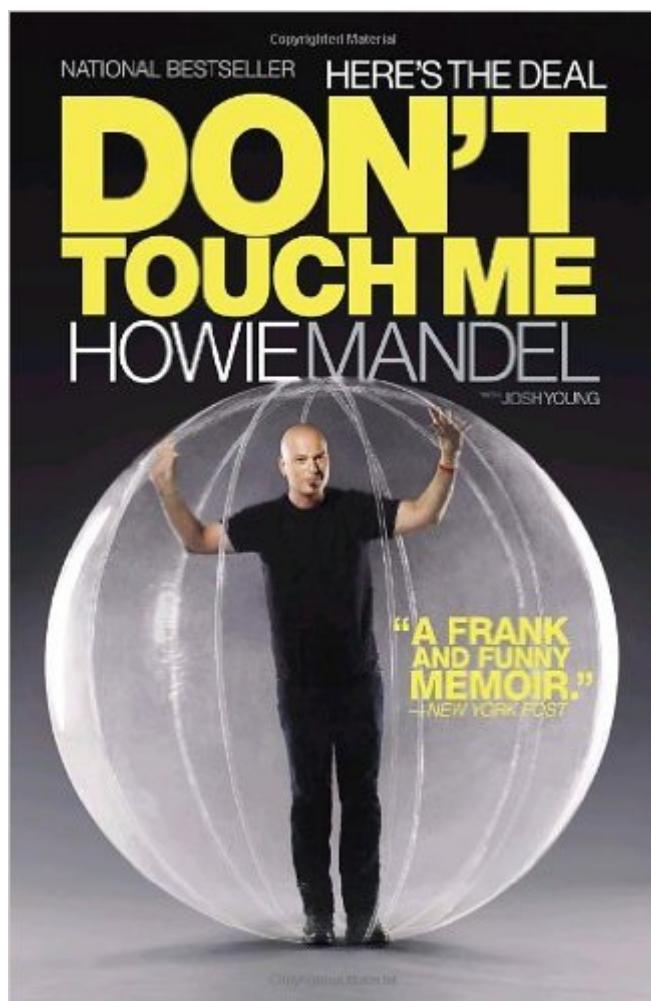


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# Here's The Deal: Don't Touch Me



## 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 agoraphobia. • 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

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

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## 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 clichÃ©s 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.

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