



# Crazy: Notes On and Off the Couch

*Rob Dobrenski*

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## **Crazy: Notes On and Off the Couch** Rob Dobrenski

An average day in the life of a psychologist can be a frenetic one. A 9 a.m. appointment to help a woman manage a husband who won't take out the garbage quickly shifts to a session with a convicted rapist at 10 a.m. After talking with a child an hour later about his fears of school, the psychologist meets his therapist to deal with his own fears, followed by lunch with a socially-phobic colleague who's already had four martinis by 1 p.m. And it's only Monday.

At turns hilarious and heartbreaking, thoughtful and irreverent, *Crazy* is the incredibly honest and insightful story of how one mental health professional deals with his own personal problems and those of the people he treats. Part exposé, part memoir, it reveals what therapists *really* think about their profession, their colleagues, their patients, and their own lives.

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