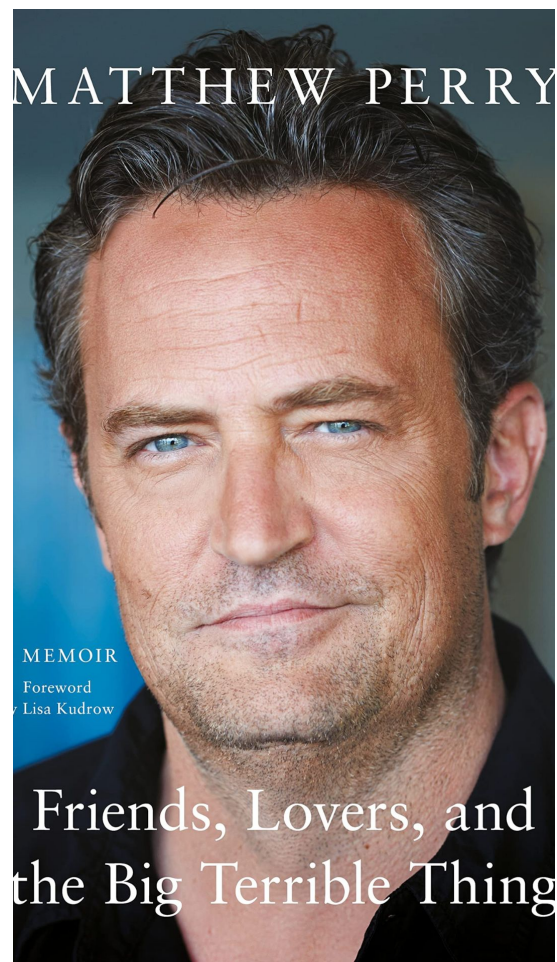




Friends, Lovers, and the Big Terrible Thing by Matthew Perry | Book Review | 1

In Matthew Perry's new memoir "Friends, Lovers, and the Big Terrible Thing", the actor writes about his struggles with addiction and the impact it has had on his life. He describes his colon exploding due to excessive alcohol and pill consumption, and the surgeries and rehab visits he has undergone as a result. The book also covers Perry's time as the star of "Friends" and the struggles he faced after the show ended, as well as his relationships with women. While Perry writes candidly about these experiences, some readers may find his lack of storytelling ability and mean-spirited outbursts off-putting. Additionally, the final chapters of the memoir feel disjointed and lacking in cohesiveness, seeming more like notes for a potential acceptance speech rather than a cohesive narrative. Overall, the memoir may disappoint readers due to its lack of focus and depth.





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Role as Chandler

Matthew Perry, known for his role as Chandler Bing on the hit sitcom Friends, discusses his struggles with addiction and the challenges of staying sober. He also touches on his fear of not achieving fame and the difficulties of maintaining a successful acting career. Perry, who has a history of addiction and has been in and out of rehab, writes candidly about his experiences and the importance of sobriety. Throughout the memoir, he reflects on the role that fame and the entertainment industry have played in his life and the ways in which they have affected his struggles with addiction.

Addiction

In his book he discusses his struggles with addiction and being uncomfortable in his own skin. Fans of the show were aware that something was amiss with Perry, as he writes about fluctuating between 128 and 225 pounds during the run of the show. In the memoir, he opens up about the pain he has carried due to his addiction, which he refers to as “the Big Terrible Thing.” Matthew Perry candidly discusses his struggle with addiction and the impact it had on his life and career.

He writes about the ups and downs of his weight, which he says was a reflection of his reliance on either alcohol or pills. Perry also touches on the difficulties he faced while filming the beloved sitcom “Friends”, including the pressure to make jokes constantly and the challenges of maintaining his addiction while in the public eye. Despite the heavy subject matter, Perry writes in a somewhat lighthearted tone, recalling his experience on the show and the impact it had on his life.

He talks about the pain and discomfort he felt due to his addictive behavior and how it impacted his relationships and career. Perry also writes about his experiences on the hit TV show “Friends,” and how he used humor as a coping mechanism. He discusses the difficulties he faced in his life, including the impact of his parents’ divorce and his fear of abandonment in romantic relationships. Perry’s memoir offers an honest and candid look at



his journey through addiction and the impact it had on his life.

Relationships



*Friends, Lovers, and the Big Terrible Thing by Matthew Perry | book review-
friends(1994-2004)*

Perry writes about his struggle with the fear of rejection and abandonment, which led him to end romantic relationships before he could be rejected by the other person. He compares this behavior to the character George Costanza in the TV show Seinfeld, who also ended relationships pre-emptively to avoid being rejected. Perry suggests that this fear of rejection is something that affects people from all walks of life, leading them to take risky measures to avoid potential rejection.

Matthew Perry discusses his struggle with addiction and the impact it has had on his life. He writes about his past relationships with women, including Julia Roberts, and his desire to



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settle down and have a family. Perry also reflects on his time as Chandler Bing on the hit show Friends, and how his addiction affected his weight and appearance on the show. He admits to using alcohol and pills to cope with his fear of rejection and feelings of insecurity, and expresses a desire to overcome these issues to move forward in his life.

touches on his struggles with addiction and his desire to find lasting love and start a family. He writes about his past relationships and the role that his addiction played in hindering his ability to form meaningful connections. In the final section of the book, Perry expresses a hope for the future and a desire to build a family of his own. However, he acknowledges that this will require effort and a willingness to both give and receive love.



Friends, Lovers, and the Big Terrible Thing by Matthew Perry | book review - **Bruce Wills**
“Realization often comes too late, as we often fail to appreciate what we have in the present moment. This was the case for Matthew Perry, who found fame and wealth as the star of the hit sitcom “Friends”, but still turned to drugs and alcohol to find happiness. Despite his



relationships, they were unable to help him change and he ultimately needed to look within himself to find the healing and fulfillment he sought. Men should not expect their partners to be therapists and fix their issues, as a relationship should not be used as a Band-Aid for deeper problems.”

He also discusses his time on the popular sitcom “Friends”, his relationships with women, and his difficulty in finding further success after the show ended. While Perry writes candidly about his experiences, some readers may find it difficult to relate to him due to his mean-spirited outbursts and lack of storytelling ability. The final sections of the memoir feel disjointed and more like notes for a potential acceptance speech than a cohesive narrative.

Conclusion

Despite his fame and success as an actor, Perry has faced numerous health scares and failed attempts at recovery from his addiction. He also writes about his relationships with women and his admiration for Bruce Willis, with whom he starred in the film *The Whole Nine Yard*. However, some readers may be turned off by Perry’s mean-spirited outbursts and lack of storytelling ability, and the concluding chapters of the memoir may feel disjointed and like notes for a potential acceptance speech rather than a cohesive narrative. He discusses his time on the hit TV show *Friends*, and the impact it had on his life. Perry also writes about his relationships with women and his desire to start a family, as well as his friendship with Bruce Willis.

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