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In the tradition of *A Heartbreaking Work of Staggering Genius* and *Truth & Beauty* - from one of *Variety's* "10 Comics to Watch", a poignant tragicomic memoir about the author's beautiful, funny, and heartbreaking relationship with his younger sister and the depression that took her life. Adam Cayton-Holland went from a painfully sensitive kid growing up in Denver, Colorado, to a writer and performer with a burgeoning career in comedy. His father, a civil rights lawyer, and his mother, an investigative journalist, taught Adam and his two sisters to feel the pain of the world deeply and to combat it through any means necessary. Adam chose to meet life's tough breaks and cruel realities with stand-up comedy; his older sister chose law; their youngest sister, Lydia, struggled with mental illness and ultimately took her own life. This devastating tragedy strikes the Cayton-Holland household at the same moment Adam's career is finally getting off the ground. Both a moving tribute to a lost sibling and an inspiring guide to navigating grief and pain, *Tragedy Plus Time* is a heartbreaking, honest, and darkly funny memoir about trying your hardest to choose life in the wake of a terrible loss.

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