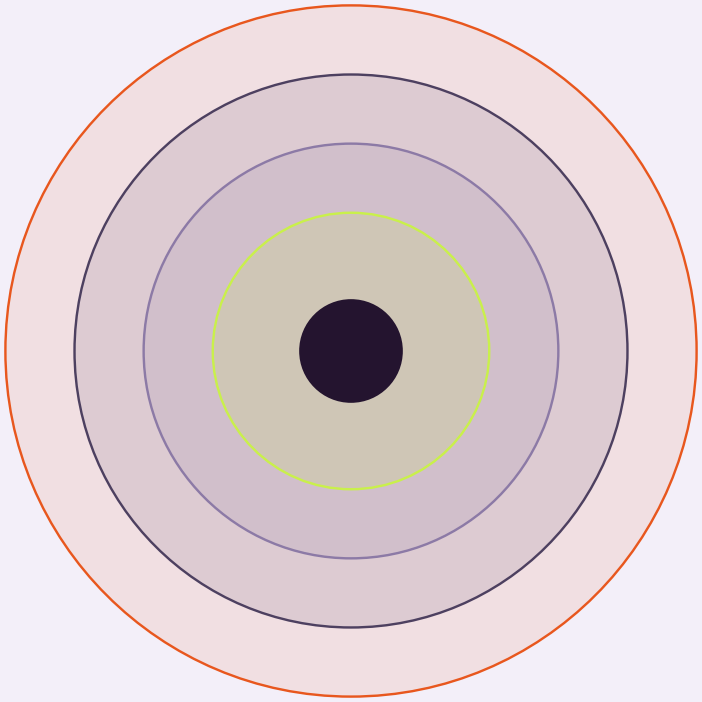


# You with the Sad Eyes: A Memoir

A reading of the book by Christina Applegate (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of You with the Sad Eyes: A Memoir, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

# The book in a minute

Christina Applegate is an American actor known for Married... with Children, Anchorman and Dead to Me. You with the Sad Eyes is her memoir, written after a 2021 multiple sclerosis diagnosis left her largely in bed. She builds it from the diaries she kept for most of her life, and moves between those old entries and her present days with MS. The stories cover a turbulent childhood in Laurel Canyon, a father who left, a mother's addiction, abuse, years of relationships with controlling men, and a long fight with her own body image while she grew up on sets. The book's argument is less a lesson than a reckoning: telling the whole story, with dark humour and without polish, as a way to take it back and to help other people feel less alone.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

# The takeaways

1

HOURLIFE TAKEAWAY

### A diary keeps the truth you had at the time, before you learned how to tidy it up.

Applegate builds the memoir from diaries she kept across decades, and she lets long, raw entries stand rather than smoothing them into a neat story. Reviewers note that this makes the book harder going in places. It also means the reader meets the frightened kid and the self-critical teenager in their own words, not only the adult looking back.

2

HOURLIFE TAKEAWAY

### Being still can force you to look at what staying busy let you avoid.

After the 2021 diagnosis left her largely in bed, Applegate had time she did not choose. The book moves back and forth between the old entries and those present days. Her sense is that the work and the motion that carried her for years had also kept the past at arm's length.

3

HOURLIFE TAKEAWAY

### A child who carries the family's money learns to carry everything else too.

Applegate started working very young, and by her account became the household's main earner while her father was gone and her mother struggled with addiction. Acting gave her structure and a way out of a frightening home. The same arrangement taught her that her worth depended on keeping things going.

4

HOURLIFE TAKEAWAY

### The voice that calls you ugly is often older than you think.

Teenage diary entries show her attacking her own body while she was becoming famous on television. The publisher and reviewers describe years of self-doubt and body dysmorphia. Reading the entries as an adult lets her see that cruelty as something learned, not something true.

5

HOURLIFE TAKEAWAY

### Jealousy explained as love is still a warning sign.

Much of the memoir follows relationships with controlling men. Her old diaries show her explaining away rage and jealousy as passion. Seeing that pattern on the page, years later, is one of the clearest lessons the book offers a reader in a similar spot.

6 HOURLIFE TAKEAWAY

## Humour can sit next to grief without cancelling it.

Critics describe the book as furious, profane and funny at once. Applegate jokes about her body and her situation in the same pages where she grieves the dancer she used to be. The jokes do not shrink the pain; they make it possible to keep talking about it.

7 HOURLIFE TAKEAWAY

## A body that keeps going for years can send the bill all at once.

She looks back on decades of pushing through, including dancing on Broadway in Sweet Charity with a broken foot and later finishing Dead to Me while MS symptoms grew. Her view is that her career took a toll on body and mind that eventually came due. This is her account of her life, not a medical explanation of MS.

8 HOURLIFE TAKEAWAY

## Forgiveness can arrive late and still count.

Reviewers note that the later chapters turn calmer, and that she comes to forgive her father for leaving. The book does not pretend the damage was small. It shows that making peace with someone can happen decades later, on your own terms.

9 HOURLIFE TAKEAWAY

## Telling your own story is a way of taking it back.

The final chapters read as an effort to reclaim her story from the people who shaped it without her consent. She also writes about her daughter and about speaking for others with MS through her podcast, MeSsy. Saying it plainly, in her own voice, is the point of the book.

PUT IT TO WORK

# Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Find your old words
- [ ] Read one entry back to yourself
- [ ] Name your safe person
- [ ] List the warning signs you explained away
- [ ] Write one letter you won't send

KEEP UP DAILY

- ◯ Keep a two-voice page each week
- ◯ Write down one true funny thing
- ◯ Catch the old voice

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

# Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

# The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

# The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

## Find your old words

Gather any diaries, old notebooks, letters or early social posts you still have.

Put them in one box or folder, even if you are not ready to read them yet.

MY VERSION

DONE ON

☐ SETUP 2

## Read one entry back to yourself

Pick a single page from at least ten years ago.

Read it once, then write two lines underneath on a separate sheet: what you notice now that you could not see then.

MY VERSION

DONE ON

☐ SETUP 3

## Name your safe person

Choose one friend, relative or therapist you could call if old memories get heavy.

Tell them you are doing this and ask if you may reach out.

MY VERSION

DONE ON

☐ SETUP 4

## List the warning signs you explained away

Write down three behaviours from past relationships that you once called love, stress or passion.

Keep the list somewhere you will see it if something feels familiar again.

MY VERSION

DONE ON

☐ SETUP 5

## Write one letter you won't send

Write to someone you are still angry with, or someone you may be ready to forgive.

You decide later whether to keep it, burn it or share it.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

# Keep a two-voice page each week

Once a week, write a few lines as you are today, then a few lines answering a younger you.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 ○ | 7 ○ | 8 ○ |
| 9 ○ | 10 ○ | 11 ○ | 12 ○ | 13 ○ | 14 ○ | 15 ○ |
| 16 ○ | 17 ○ | 18 ○ | 19 ○ | 20 ○ | 21 ○ | 22 ○ |
| 23 ○ | 24 ○ | 25 ○ | 26 ○ | 27 ○ | 28 ○ | 29 ○ |
| 30 ○ | | | | | | |

## December 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
|---|---|---|---|---|---|---|
| | 1 ○ | 2 ○ | 3 ○ | 4 ○ | 5 ○ | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

# Write down one true funny thing

At the end of a hard day, note one thing that made you laugh, however dark.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

# Catch the old voice

When you hear yourself say something cruel about your body or worth, write the exact words down and ask whose voice it first was.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

## November 2026

| MON | TUE | WED | THU | FRI | SAT | SUN |
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| 2 | 3 | 4 | 5 | 6 ○ | 7 ○ | 8 ○ |
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| 30 ○ | | | | | | |

## December 2026

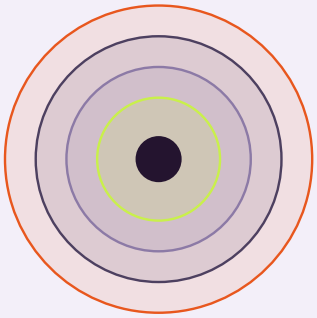
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



**Your old diaries are not evidence against you. They are the first draft of a person who made it this far.**

HOURLIFE NOTE AFTER CHRISTINA APPLEGATE