

UConn Reads

2025-2026 Selection

A Pity Party is Still a Party

A PITY PARTY IS STILL A PARTY



A Feel-Good Guide to Feeling Bad

WRITTEN & ILLUSTRATED BY
CHELSEA HARVEY GARNER

"Laced with wry humor, Garner's approach to emotional health is permissive without being overly self-indulgent. . . . This is one for the feelers who need a hand." —PUBLISHERS WEEKLY

Most of us try to avoid feeling sad, but in this candid, comical, and deeply-felt book, therapist Chelsea Harvey Garner doesn't just argue that the future will be brighter if we learn to enjoy the unenjoyable and support each other when the vibes aren't so good, she also shows us how.

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Author Talk
March 31st
4:30 – 6:00 PM!