



# **Navel Gazing: True Tales of Bodies, Mostly Mine (but Also My Mom's, Which I Know Sounds Weird)**

*Michael Ian Black*

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## **Navel Gazing: True Tales of Bodies, Mostly Mine (but Also My Mom's, Which I Know Sounds Weird)**

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*New York Times* best-selling author and stand-up comedian Michael Ian Black delivers a frank and funny memoir about confronting his genetic legacy as he hits his 40s.

Whether it's family history, religion, aging, or his parents, Michael Ian Black always has something to say in the dry, irreverent voice that has captured a fan base of millions. When a medical diagnosis forces him to realize he's not getting any younger, he reexamines his life as a middle-aged guy - of course, in the deadpan wit and self-deprecating vignettes that have become trademarks of his humor.

The alt-comedy take on getting older, *Navel Gazing* is a funny-because-it's-true memoir about looking around when you're 40 and realizing that life is about more than receding hairlines and proving one's manliness on Twitter - it's about laughing at yourself.

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