

Jennette McCurdy's *I'm Glad My Mom Died*

From childhood Nickelodeon star, Jennette McCurdy, we get an emotional rollercoaster of a memoir as she takes us on a shocking ride covering everything from her acting auditions, to the issues she had to deal with at home.

This memoir is crafted beautifully: it is entertaining, it is easy to read and most importantly it is influential. Although reading about your favourite childhood TV star in such a daunting and negative light

may seem a difficult task, the fact that it is such a fascinating book made it a delight to read. McCurdy does a wonderful job at shedding light onto the real issues within the acting and producing industry, while also engaging the reader by using comic relief amongst all the serious and negative topics she takes us through.

The controversial title of her memoir, *I'm Glad My Mom Died*, has definitely sparked interest in many of her fans and the now young adults who grew up watching her in the famous Nickelodeon show *iCarly*, as well as her other productions. Personally, I think the title is a genius way to get a lot of readers to pick up this book in the first place.

As McCurdy retraces her childhood, she explores her unhealthy relationship with her mother in a way that is genuinely heart-breaking to read; especially, when



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she talks about her mother's behaviour towards her. Honestly, I don't think many people who grew up watching her portray such a fun and alive character as Sam Puckett would have expected the actress to have struggled so much in real life, mainly because of her unstable relationship with her mother.

I was shocked to find out while reading this that McCurdy actually hated being recognised as Sam Puckett (her character in *iCarly*), and that as time moved on, she moved on from the *iCarly* series and started to prioritise her mental health over her career instead.

Reading this memoir truly felt like I was reading a typical hero novel where we as readers root for the protagonist and we feel her relief when we read of her overcoming her struggles at the end of the novel. McCurdy writes like a true author and it was a pleasure to learn more about her life as well as to get exposed to all the secrets about the production at Nickelodeon, including mental health issues and eating disorders.

This book was not only an amazing read, but it was also an educational and an extremely influential one. I hope that for the younger audience picking this book up for the first time, this may serve as an excellent eye-opener to what a toxic parent/child relationship *truly* looks like.

“Underneath the tears I
beamed.”

Overall, it was an absolute pleasure to experience Jennette McCurdy's life

alongside her. It is clear that she is not only an amazing and strong person but also an incredible writer. This memoir is a double-edged sword, following hard and triggering topics yet, at the same time, it is written so unbelievably well that I know most people will appreciate it as much as I do.

You can purchase your copy of *I'm Glad My Mom Died* here:

<https://www.amazon.co.uk/Im-Glad-My-Mom-Died/dp/1982185821>