



Publicity contacts:

Judy Twersky | Principal, Judy Twersky PR | Judy@judytwerskypr.com

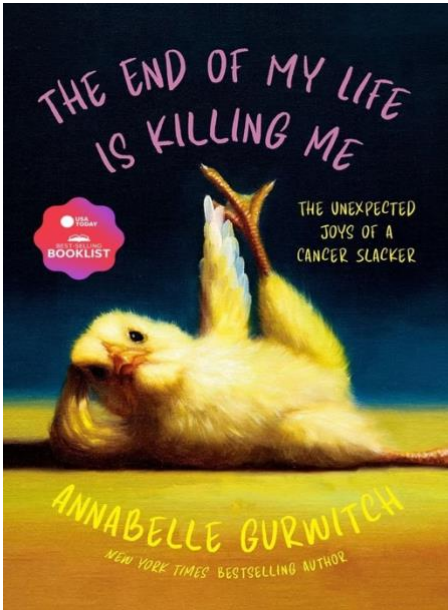
Jennifer Bristol | Vice President, Judy Twersky PR | Jennifer@judytwerskypr.com

Sherri Puzey | VP of Marketing, Zibby Media | sherri.puzey@zibbymedia.com

THE END OF MY LIFE IS KILLING ME

An instant National Bestseller (March 17, 2026)

by Annabelle Gurwitch - New York Times Bestselling Author



"Gurwitch is at her most fearless—witty, skeptical, and wide awake to the absurdities of being alive." —**Lori Gottlieb**, *New York Times* bestselling author of *Maybe You Should Talk to Someone*

"A welcome balm for despair, an endorsement of small victories, and a clarion call for the life-affirming and quality-of-life-saving powers of radical optimism and radical curiosity." —**Charleston Post and Courier**

"Resilient, hilarious, unfiltered and honest, just like the author herself."
—**Steven Rowley**, NYT bestselling author of *The Guncle*

"Life affirming and entertaining." - **Kirkus**

"Part memoir, part laugh-out-loud commentary... it's a reminder that even in our darkest hours, we can choose what to notice, what to celebrate, and how to live."
—**Gretchen Rubin**, NY Times Bestselling author *The Happiness Project*

Media, Press, and Appearance Highlights...

[Fresh Air with Terry Gross, NPR](#) – "I have been told by many doctors and nurses that attitude is everything. I just want to state for the record — I have a really bad attitude. One of the things that I feel like cancer has not taken from me is like my split second judgementalness. Cancer hasn't made me a nicer person, hasn't made me a more positive person"

[Real Time with Bill Maher](#) - "It's never too late to write your sex, drugs and rock n roll memoir... The catch is... we have to keep investing in science."

[The New York Times Well Column](#): "The Bearable Lightness of Falling in Deeply, Deeply Fond" - "Romantic love is a burden, weighted with calcified associations of past mistakes and misread cues. Deep fondness has freshness — a bearable lightness." ([PDF](#))

[The Hollywood Reporter](#): featured essay: Cancer, Cosmos and Courage: How a 'Sex and the City' Star Taught Me to Laugh at Death, "Unlike Carrie Bradshaw, I'd never addressed a pair of heels with 'Hello, lover,' though I whispered it once to a particularly fetching panna cotta."

[The Boston Globe, IDEAS](#): "Just Don't Tell Us You Could Get Hit by a Bus," on how to support your support system, the 3 H strategy, and what not to say to someone diagnosed with cancer. ([PDF](#))

[McSweeney's](#): "Blossoms," a chapter excerpted on countering despair with vintage wallpaper

[AARP](#): featured excerpt: "I Want to Believe!" on the seductive sells of magical cures. ([PDF](#))

[The Bulwark](#) - How to Fix It with John Avalon, on inequalities in healthcare policy, predatory insurance schemes, and the class action suit against PBMs.

[Joe's Pub](#) - House of Speakeasy "sunny side of the street"

Annabelle's Comedy and Cancer Center Unexpected Joys Books Tour includes appearances with Bob Odenkirk, *The New Yorker's* Roz Chast & Patty Marx, Andie MacDowell, Jean Hanff Korelitz, Al Roker, John Fugelsang and Laurie Anderson, live shows at Joe's Pub, The Moth Mainstage, Westside Comedy Club, and Symphony Space, as well as book festivals, hosting galas, talks at Yale's Smilow Cancer Center, The Arthritis Foundation, Imerman Angels, and culminates with talks in Seoul, South Korea and at Multi-Omics Spatial Biology Conference 2026 in Brisbane.



ANNABELLE GURWITCH is an actress, activist, and *New York Times* bestselling author of six books and a two-time finalist for the Thurber Prize. Her writing has appeared in *The New Yorker*, *The New York Times*, *The Washington Post*, *Boston Globe*, *Wall Street Journal*, and *Haaretz*, amongst other publications. The long-time co-host of *Dinner & a Movie* on TBS, the most popular cable show on Friday nights during her stint, a regular commentator on NPR, her acting credits include *Seinfeld*, *Dexter*, *Better Things*, *Boston Legal*, and movies *Daddy Day Care*, *The Shaggy Dog*, and *Michael Bay's Ambulance*. A long-time activist, she is a frequent contributor to the Economic Hardship Reporting Project, founded by her friend and mentor Barbara Ehrenreich.

Annabelle stepped into patient advocacy after her diagnosis of stage 4 NSCLC lung cancer in 2020 with the goal of encouraging a return to regular health screenings with an appearance on *GMA* and a widely read op-ed in *New York Times*. Since then, she has been chronicling strategies for resilience and inequities in care in essays published by *The York Times*, *Washington Post*, *AARP*, *The Hollywood Reporter*, *Boston Globe* amongst other publications.

In 2024, She published on predatory insurance practices for the *Washington Post* and became a national spokesperson for the All Co-Pays Count Coalition, a consortium of 80 NGOS including Susan B. Komen, HIV +HEP and the Arthritis Foundations, dedicated to easing the burden on patients of prescription medication costs. She is the lead plaintiff in a related class action suit: Gurwitch V. AccredoHealth, ExpressScripts, SaveOnSp. She does one-to-one mentoring, collaborates with oncologists and researchers on clinical trials, grant proposals, and has served on the faculties at scientific conferences and patient and caregivers' summits around the globe. In 2023, she was awarded the Patient Advocate Award by the International Association for the Study of Lung Cancer, and is currently serving a two-year term on the Communication Committee of the IASLC. She was awarded the Gilda Award, named for Gilda Radnor by the Cancer Support Community of Los Angeles in 2026.

She is a breast and lung cancer survivor. Along with her advocacy in the cancer world, she performs with The Moth Mainstage and House of Speakeasy and leads writing workshops for The Campfire Project, providing therapeutic arts programming for young migrants seeking asylum in the U.S. She is a Jewish mother, a terrible ukulele player, and an unrepentant cat lady who lives in Los Angeles.

For more information: www.annabellegurwitch.com

Book Description:

In this deftly comedic and deeply contemplative memoir, *New York Times* bestselling author Annabelle Gurwitch faces life's biggest curveball only to find resilience in the most unlikely places...

THE END OF MY LIFE IS KILLING ME is a mordantly funny and unsentimental memoir that lives at the intersection of personal experience, social zeitgeist, and health care policy. Granted a temporary reprieve from death, actress, activist, *New York Times* bestselling author Annabelle Gurwitch offers an invitation to curiosity, and ultimately an ode to joy.

Over the course of her career, Gurwitch has earned high praise for her wringing humor, from pathos and locating sublimity in absurdity on the fault lines of contemporary confusions. Readers have eagerly followed her dispatches on parenting, aging, the gig economy, downward mobility and her droll incisive takes on consumer culture. "Gurwitch manages to find humor in any setback" Tara Parker Pope wrote in the *New York Times* of her book *You're Leaving When?*, a *New York Times* Favorite Book for Healthy Living and *GMA* book pick. Now, she outdoes herself as she tackles nothing short of the eternal and the essential.

After being diagnosed with stage 4 metastatic lung cancer, Gurwitch embarks on what Matisse called "second life," a reinvigorated zest for life after a debilitating illness. Spared the nostrums of traditional treatments, she sets out on a one-pill-a-day miracle drug with the knowledge it will stop working, time unknown, and suffers a shipwreck of the soul. With inspiration from French author Georges Perec, she shifts her attention "to that

exquisite layer of beauty that lies just beneath the ordinary," waging daily resistance against existential dread. Dismantling the "seize the day" imperative, and having thrown down the gauntlet — "no runs, no ribbons, no religion" — she upends accepted tropes and experiments with frameworks for thinking, turning to small transformative gestures.

She discovers you can "carpe too much diem," embraces being "in it just for the sex," and when her fingerprints fade, a side-effect of her meds, "their absence seemed like a metaphor for the way cancer was threatening to erase me," she emails friends to ask if they needed someone murdered. "But, you know, only for a really good reason." She challenges us to stretch our definition of self-care from spa days and retail therapy to selfless service. She plots "stammtisches," German for regular scheduled meet-ups with friends; and she and her friends form the worst ukulele group in history.

Eschewing Instagram influencers and their "nail salon sutras," she turns to the It girls of Greek mythology, Persephone and Daphne. "I'd seen something of myself in Daphne's plight. The desire to harden as a means of survival felt familiar. The anguish of metamorphosis—hers and mine— seemed to unite us." "Anything cancer has to teach me I'd prefer to learn a different way," she writes, celebrating instead tiny victories — "Still got it! It being split-second judgmental bitchiness. Cancer wasn't going to strip that essential element from my character."

In a triumph of storytelling, the centerpiece of the book is her account of signing on as Merch Girl on a low rent European van tour with a fledging heavy metal band. "I sold \$1400 of merch and they gave me the gift of indifference."

Gurwitch models resilience, sharing strategies for coping with trauma, and crafting shared decision making with care teams. She illuminates challenges including the cognitive dissonance of appearing unchanged while chronic illness irrevocably alters every life decision, from adopting kittens to going on disability.

Having achieved five years of stable health on her first line of treatment: a biomarker targeted therapy, which she credits to advancements in science, luck, and access to treatment unavailable to millions, as she emphasizes "I'm alive because of pharmaceuticals, caffeine, luck, and investment in science." She's uniquely positioned to write and speak to the experience of life in the era of precision medications and personalized medicine.

PRAISE | **THE END OF MY LIFE IS KILLING ME** BY ANNABELLE GURWITCH

"In a memoir that overflows with humor and good cheer...*The End of My Life Is Killing Me*" is a heartwarming testament to our capacity to transcend the precariousness of our finite existence, to receive and offer kindness to ourselves and others with intentionality, to cultivate our own heretofore unknown resilience. Her memoir serves as a most welcome balm for despair, an endorsement of small victories, and a clarion call for the life-affirming and quality-of-life-saving powers of radical optimism and radical curiosity."

—**Charleston Post and Courier**

"Rejecting the idea that one should live each day as if it were one's last, Gurwitch relishes in joy in the ordinary... offering practical advice laced with levity rather than despair. A life-affirming, entertaining listen that finds comedy and meaning even in the darkest moments."

—**Kirkus Audio Reviews**

"A really powerful book from an inspiring human"
—**Drew Barrymore, on *The Drew Barrymore Show***

"Annabelle is laugh-out-loud hilarious about the things we're all terrified to say out loud. Every chapter is a reminder that life is a tragicomedy, and we can curl up in a ball and hide under the covers or better yet, we can "In this extraordinary account, Gurwitch trains her masterful blend of humor, insight, and pointed social and political critique on her own experience with cancer. The result is one of the most generous books I've ever read. Gurwitch lights the way for anyone who wants to know how to live, against any odds, filled with passion, a sense of adventure, and kindness."

—**Marisa Silver, *New York Times* bestselling author of *Mary Coin***

“The principal thing that great writing can do is remind us that we are not alone, that someone else has been there and understands. In that moment of connection, it feels like we have a friend. How lucky we are to have such a friend in Annabelle Gurwitch—adversity's greatest foe is her singular wit.”

—**Steven Rowley, *New York Times* bestselling author of *The Guncle***

"This book is hilarious and helpful... Gurwitch is a wise-cracking, unflinching, insightful heroine and like your best friend who you never want to get off the phone with. This book is a gift.”

—**Sarah Ruhl, Pulitzer Prize-winning playwright, author of *Smile: The Story of a Face***

“With this hilarious and poignant book, the great Annabelle Gurwitch proves that inspirational literature can be spiky and fun and prone to sentences like ‘Juicers are the Waterford crystal bowls of the newly diagnosed.’ What doesn't kill her makes her funnier. All hail!”

—**Henry Alford, author of *How to Live: A Search for Wisdom from Old People***

"Inspiring and hopeful . . . [Gurwitch] discovers the ability to be true to herself while fighting through the daily challenges she is faced with, taking them one at a time, and finding an optimistic perspective for the future."

—**Booklist**

PRAISE FOR *YOU'RE LEAVING WHEN?*

***A New York Times* Favorite Book for Healthy Living, Thurber Prize finalist**

“Everyone needs a friend to guide them through the American middle class in decline, and you couldn't do better than Annabelle Gurwitch. She is sharp-eyed, un-foolable, and hilarious.”

—**Barbara Ehrenreich, *New York Times* bestselling author of *Nickel and Dimed***

“In this surprisingly upbeat memoir, somehow, Ms. Gurwitch manages to find humor in these setbacks. Ultimately, this is a story about harnessing resilience and learning how life's disappointments can teach you about the things that matter most.”

—**Tara Parker-Pope, *The New York Times***

“Gurwitch's perspective on both the major and the mundane will be relatable to anyone who understands how the American Dream has devolved into a fever dream . . . Her stories are as personal as they are universal . . .

The latest from Gurwitch will have readers rolling with laughter one minute and picking up the phone to commiserate with friends or family the next.”

—***Library Journal***

“Gen X was promised the American Dream but instead found downward mobility, job insecurity, and non-stop caregiving. In her timely essays about boomerang kids, pandemic coworking, and post-divorce dating, Annabelle Gurwitch mines our generational ill luck for humor and insight as only a resilient latchkey kid can: with an arched brow and a gimlet eye.”

—**Ada Calhoun, author of the *New York Times* bestseller *Why We Can't Sleep***

“By turns, bittersweet and hilarious, Gurwitch can find humor practically anywhere.”

—***Publishers Weekly***

“Erma Bombeck meets Dorothy Parker in this topical and often laugh-out-loud funny take on our modern malaise.”

—***Kirkus Reviews***

PRAISE FOR *WHEREVER YOU GO, THERE THEY ARE*

"Reading Annabelle Gurwitch feels like staying up all night in a freewheeling conversation with my funniest, wisest, most magnetic friend. *Wherever You Go, There They Are* is a required remedy for everyone desperate for a good, hard laugh at the vexing, heart-swelling madness we call family.” —

—**Maria Semple**

“A vivacious confessional...
—Natalie Beach, *O Magazine*

“As a memoirist, Gurwitch succeeds by evoking emotions that cut to the core of our humanity, and giving us
laughs along the way.”
—Mort Zacher, *Los Angeles Review of Books* **PRAISE FOR *I SEE YOU MADE AN EFFORT***, New
York Times bestseller, Thurber Prize finalist

“Annabelle Gurwitch is a funny woman....At the center of the book is a serious question: How are we suppose
to age? She convincingly argues that there is no longer a template.”
—Judith Newman, *The New York Times*

“Annabelle Gurwitch takes us on a tour of the cruelest American punishment—female middle age—and along
the way manages to highlight the existential questions that haunt every woman turning 50. Read, if you dare, *I
See You Made an Effort*, and you will exit laughing at this rich display of Vintage Annabelle.”
—Caitlin Flanagan, author of *Girl Land*

“A seriously funny collection of essays about teetering over the edge of 50... Gurwitch is squarely in Nora
Ephron territory.”
—Heller McAlpin, NPR Books

THE END OF MY LIFE IS KILLING ME by Annabelle Gurwitch
On Sale: March 17, 2026 | Zibby Publishing | \$17.99
Trade Paperback ISBN: 979-8-9923770-7-1 | eBook ISBN: 979-8-9923770-8-8