



George & Hilly: The Anatomy of a Relationship

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A funny and intimate portrait of a relationship gleaned from the author and his fiancée's couple's therapy sessions.

After roughly three-and-a-half years of dating his girlfriend Hilly, *New York Observer* nightlife and society reporter George Gurley decided that it was time to get married. Well, engaged. No rush. One day at a time. George had witnessed New York husbands —frail, meek, ashamed, and henpecked, pushing double wide strollers as their battle-ax wives babbled on about “dinner with friends”—and it wasn't for him.

Enter Dr. Selman: psychiatrist, obliging listener, and unwitting participant in George's own journalistic project—a no-holds-barred portrait of intimacy taken from transcripts of the couple's therapy sessions. George can be compared to a Carrie Bradshaw 2.0; that is, if Carrie were a hard drinking, ill-reputed man-about-town writing frankly about sex, love, marriage, and his own psychological baggage.

Hilarious, thought-provoking, and compelling, *George & Hilly* reveals the uncensored, unselfconscious psyche of a man on the brink of matrimony.

George & Hilly: The Anatomy of a Relationship Details

Date : Published January 3rd 2012 by Gallery Books

ISBN : 9781439165447

Author : George Gurley

Format : Paperback 256 pages

Genre : Autobiography, Memoir, Nonfiction, Humor, Business, Amazon, Literature, American

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From Reader Review George & Hilly: The Anatomy of a Relationship for online ebook

Jackie says

I was lucky enough to win a Pre-pub of this book through First-Reads! Thank you Goodreads. I really enjoyed it!

George and Hilly are a hysterical couple who have way too many problems individually to create a "healthy" couple. Their story is told through visits to their therapist, a last ditch effort to save their relationship.

Hilly wants marriage, George wants status-quo. I can relate to their situation ... not to the same degree ... but like George, I have full conversations with my cats and they each have various nick names ... last night I found myself singing to one of them "Emma cat, Emma cat, I love you ..." and I said to myself ... "I'm turning into George." (However, my boyfriend is the same way with his dogs ... so I don't care if this behavior is not normal.)

I can also relate in that my boyfriend won't shut up while watching movies and it drives me CRAZY. He'll suggest a movie and as soon as I hit play, he wants to have an in-depth conversation about life.

Like George and Hilly, we can both be incredibly moody. And he yells at me all the time that I can't sit still and relax. I have to be up and cleaning or running errands. I work all day and need my nights to get things done ... a constant complaint of George's towards Hilly's inability to sit still at night (unless drunk).

I enjoyed this book. I needed a book that would let me laugh. Thanks again Goodreads for my free pre-pub!

Maureen Flatley says

After reading this I couldn't imagine how they could possibly be together. Yet incredibly a few weeks ago there they were in the NY Times Sunday Styles section getting married. This can't be good.

Lindsey says

* I won this ARC as a giveaway on Goodreads. My thanks goes out to the publisher for getting the book to me so quickly! *

This book is about George, hard-partying nightlife reporter nearing forty, and his sweet girlfriend Hilly, who would really like to get married. They decide to attend couples therapy and we learn all about the pair through their sessions with Dr. Selman.

I thoroughly enjoyed this book! It made me laugh out loud - gotta love a book that can do that. It was a lot of fun to see George & Hilly grow through their therapy and time spent together. Great read if you need a few

laughs! I down-graded it to 4 stars because there were a few chapters that I thought lagged on and could have been shorter, but other than that, I really enjoyed it!

Leanne says

Some laugh out loud funny moments and a quick read.

Dee says

I won this book as a Goodreads First Read. I really enjoyed reading it. George and Hilly are a soon-to-be middle aged couple who, through the course of the book, grow up together. They tackle topics such as sex, money, drinking, and temper tantrums with the help of their therapist. At the beginning I thought it seemed as though it was going to turn into a romantic comedy and I settled in, ready for a formulaic story of unlikely love followed by a foreseeable breakup followed by an even more unlikely reunion, but I was pleasantly surprised. This book has plenty of humor, but lacks in romance as we have been led to see it by Hollywood with grand gestures and statements of undying devotion. It is, instead, full of details of everyday life. The little acts of forgiveness and compromises that make real relationships work.

Pauline West says

funny and very dark. I've long been a fan of his magazine writing, but not the kind of book I ordinarily read. I finally cracked it- George is my dear friend's older brother- but once I started, I couldn't stop. Compulsively readable. Hoping for more from him.

Carin says

I remember when this book first came out, I thought it was right up my alley! But something put me off. Still, when I found a free copy at a book swap last weekend, it seemed like a no-brainer.

George Gurley is a nightlife reporter in Manhattan. His longtime girlfriend, Hilly, works in fashion. After three years and a massive fight, they figure that couples therapy is in order, and they start to see Dr. Selman.

Basically, George is an overgrown adolescent. He goes out clubbing all night (often until morning) and Hilly oddly ping-pongs back and forth between being a capable professional business woman, and an infantilizing baby-talking enabler. At around 40, George doesn't bounce back from his binges like he once did, and with 2-day hangovers, he doesn't quite write like he used to either. Between the alcohol (and Hilly's no saint in that arena either), living like they're millionaires (Hilly owns more than a hundred pairs of Manolos and Jimmy Choos), and refusing to act like adults (Hilly thinks she is more mature, but I'm really not sure), they are both hot messes. In some ways I really was curious why they were together, and in other ways I thought they were perfect for each other - perfect train wrecks.

I also was very frustrated with them. They both indulge their every whim and the idea of actually not

drinking a \$20 bottle of wine every night and that going out to eat every night in places that cost well in excess of \$100 for two people, is simply something they can't even conceptualize. While they're getting evicted from apartments and can't get a new one because of their terrible credit scores, I'm supposed to feel sorry for them. Instead, I think grow up and stop acting like babies! You don't need instant gratification of every high-priced, fancy notion, and so no, when you're whining about eating macaroni and cheese, I not only don't feel sorry for you, I don't believe you, because you were just staying in a \$800/night room in Rome!

I found their psychiatrist eminently patient and understanding. They don't always find him so, but that's frequently because he calls them on their bullshit and doesn't buy their excuses.

In the end, I'm not quite sure what to think. I am glad they got help, I am glad they also eventually sought help for their financial issues (although they had to be forced into it) and have cut back on the drinking, but I find them pretty reprehensible human beings. Now I am not a person who has to like the protagonists of a book, but I had a very hard time finding any redeeming traits in either of them. I think if I were stuck on a subway car with them, after 15 minutes I'd get off and wait for the next subway, just to get away from them. It's not that I don't like them, I border on actively disliking them, which is bizarre for people I've never met.

That said, I found it a positive portrayal of therapy. The therapy really worked and they did both mature and learn and grow through the whole experience. I'm sure both George and Hilly's portrayals were colored by his negativity and his longing to always be the center of attention (Dr. Selman diagnosed him as an exhibitionist) but I could have done without the name dropping and excess. Although since George taped most everything (a detail oddly left out in the book and only noted on the back cover), I should assume more of this is actual quotations instead of remembered later.

And several editorial errors stood out at me. There were missing words in some sentences: "[You] need to learn how to read or take up the viola again." (8) And there was a conversation where untagged lines of dialogue didn't add up -- there was an odd line out. Either someone said two lines, which were in separate quotations lines and separate paragraphs, or a stranger popped into the room and said something in the middle but no one noticed. I can let one bit of sloppiness like that go, but not 4-5. Still few enough to be overlooked, but enough that I thought about getting my red pen.

Overall, a fast read, fairly entertaining, with a good message about therapy, but you either have to be really intrigued with the crazy people of Manhattan and be eager to watch a train wreck, or just have a very high tolerance for grown-ups behaving like children, or else it likely will turn you off. As it did me.

Victoria H. says

The first chapter was funny. I even thought of recommending this book to my boyfriend, because it's a hilarious point of view on a relationship from someone who isn't commit til he is "60 and requiring hourly assistance." In other words, any red-blooded urban man can relate. But once the author began confessing about tawking like a baby to his housecat, I had to put it down. Sorry, George. Hope it worked out!

Bruce Mason says

A hilarious, witty account of a modern day New York love story.

Trayes says

Great book. Good job George.

Jenny T. says

This is a free book from the Goodreads First Reads giveaways.

I found this to be an amusing read about a NYC couple's relationship. It seemed to cover lots of neuroses, alcoholism, and debt in its chapters and summaries of their couples therapy sessions. I'm not sure if I could survive all of the ups & downs with George & Hilly, so I hope it works out for both of them. I also think some of the humour would be hard to relate to if you aren't familiar with living in New York.
