



On the Couch

Lorraine Bracco

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Lorraine Bracco is known to millions as psychiatrist Dr. Melfi on HBO's *The Sopranos*. It's hard to imagine that this formidable woman spent years struggling to free herself from depression, serious money problems, and a disastrous relationship that led to a widely-publicized child-custody battle. Here, she openly reveals the details of her struggle-and the treatment that helped her triumph.

On the Couch Details

Date : Published May 1st 2007 by Berkley (first published June 6th 2006)

ISBN : 9780425215104

Author : Lorraine Bracco

Format : Paperback 320 pages

Genre : Nonfiction, Biography, Autobiography, Memoir

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From Reader Review On the Couch for online ebook

Carlo says

Lorraine provides us with an insightful look into her own experience with depression and therapy. You don't need to be a fan to enjoy this book, but it's her celebrity that helps makes her account more human, thus accessible and relatable to the everyday person.

Sun says

Autobiographical account that is strongest when recounting Bracco's relationship with crazed ex-partner Keitel. However, falls down when she tries to offer fluffy, optimistic advice. A solid, easy weekend read. Interesting that the presence men around her is so dramatic and pervasive whereas Bracco herself is a background character in her own biography.

Joseph says

Very frank & honest "baring-of-the-soul"-type autobiography. I like her even more, after having read it, and I already liked her quite a bit before. If this were more in keeping with my usual fare, I'd probably add a star—or at least 1/2. Recommended, for sure.

Evett DiBianco says

Didn't think I was going to love this book so much. Just thought Lorraine Bracco was going to talk her role on the Sopranos, but it was so much more about her life and her struggles as a mom and wife. The end is so powerful...she makes me want to be a better woman and to make my dreams come true. :)

Kate says

Lorraine Bracco, perhaps best known for portraying the psychotherapist on The Sopranos, gives her story of depression and how she came out of it. She has perhaps the best summary I've read simple facts of life and love at the end. "Jealousy is not love. It's control."

Cheryl Poole-Musgrove says

I just finished watching The Sopranos for the first time. For a Jersey person that is unacceptable however, I am grateful for the timing as I picked up this book near the last season.

Lorraine Bracco likes to think she was ordinary in high school and later in life but she is more than ordinary, she sparkles, she has charisma! She writes this book about her life, her years as a young person, young adulthood living in France and later marrying Harvey Keitel which turned into the worst custody battle I have read about in a long time. During her journey, I found that Bracco is amazingly honest., funny and able to pick herself up and brush off her pants and get back on the horse, no matter how hard it is. She has depression and uses Dr. Melfi's quotes and teachings from The Sopranos to apply to each chapter, it is an amazing self discovery of a very talented loving person, mom and actor. I highly recommend this not just to read about celebrity but what makes them real when they are confronted with the odds, as well as debilitation depression. The last part of the book shines, A+ for her efforts in educating people - young people about depression, as well as life coaching in her funny, warm, experienced way.

Joe Bartello says

Bracco lays her life bare in this really good biography from her childhood to her latest 'most famous' role in the Sopranos. Broken marriages and custody battles make up a good part of the story and if you are a fan of Harvey Keitel, you might want to give this book a pass. He doesn't come out as much of a star in this profile.

Joy says

I love this book; checked it out from the library and liked it so much I bought it. She's had a very interesting life and talks about her battle with depression, her marriages, child custody fight, getting nominated for an Oscar for Good Fellas and playing one of the best TV shrinks, Dr. Melfi, on The Sopranos.

Suzan Satterfield says

This is a light read and it's like listening to a friend tell you the story of her life. The author, Lorraine Bracco, played Dr. Melfi on the Sopranos, but much of the book is about her life before that point. It's a fascinating life, but she repeats her observations and life's lessons to the point that I began to skim over some parts (yeah, yeah...you said that already). The biggest revelation to me is that Harvey Keitel is really an imbalanced vindictive guy. Too bad, but I guess that shows I'm still fascinated by the crazy ones...

Cheryl Schibley says

I just finish the most wonderful book!!! It's "On the Couch" by Lorraine Bracco. I loved it!!! It's honest and enlightening. She was involved with actor Harvey Keitel and Edward James Olmos and has two daughters and she tells it all. She's a strong, wonderful woman we can all learn something from. Harvey Keitel sounds like a real dick though!!!

Lee says

Ran across this book at a WaldenBooks store closing and was a huge fan of The Sopranos so thought I'd check out this book by "Dr. Melfi". It was an enjoyable read. Of course, she's the author so I'd expect her story to be biased, yet if even a portion of the story she tells about her former husband, Harvey Keitel, is true, he's some piece of work!?

Quick read and her big push is for those suffering from depression (as she did for a time) to seek professional help through medication, therapy, or whatever means to improve their situation.

Roger Charles says

direct, forth coming and frank; Lorraine comes across as a valiant woman

Amanda says

Again, I think a matter of disappointed expectations. I was hoping for more of an exploration of Bracco's depression, and how she handled it, and a reinforcement of its validity as a clinical condition. Instead, it was more of a self-inspired biography, taking the reader through the entirety of Bracco's life to date. As a peep at the life of a b-list actor, intriguing, but it didn't had the substance I was expecting.

Nikki DiVirgilio says

I give it four stars for an easy read and engaging enough to keep me turning pages. But- it was a bit too superficial for my taste and the writing amateur. Isn't there are rule about cliches and exclamation points? If so this one broke them constantly.

Steph says

This was a book I had heard about somewhere and upon hearing a rave review, I knew I had to read it immediately.

I picked it up and tore through it within a few days.

The life story of Lorraine Bracco is very turbulent and the way that she manages to keep her life in check is amazing.

While living through many different decades, both with successful and failed relationships, raising children, and working as an actress, model, writer and business owner, she manages to keep it all together, on the outside.

Inside, Lorraine struggles with depression and anxiety. "On The Couch" allows you to take a glimpse inside how Lorraine kept it all together and managed to become a successful woman even when lovers and family members failed to support her.

She is a strong woman and would be a good role model for anyone who is willing to read her story.

I highly recommend this book if you think you are going through anything that makes you struggle. Her inspiration will help you see there is light at the end of the tunnel.
