



The History of My Insanity

Trisha Paytas

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When circumstances become insane, sometimes feeling or acting crazy is the only way to keep reality from crushing the spirit. In *The History of My Insanity*, YouTube and reality TV sensation Trisha Paytas explores her own history of increasingly insane situations, taking an in-depth look at the real world of stripping, escorting, and what the sex and entertainment industries can do to a person's mental and emotional well-being. This is the revealing, raw, and true story of a life that is full of regrets, written to inspire others to do more than they think they can.

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