

Confessions of a Meshuganah WASP

is a humorous and offbeat account of an inbred family, a kooky WASP upbringing, and a warped sex life that all culminated in a spectacular nervous breakdown.

The book begins with Paul Valentine being handcuffed by a state psychiatric policeman. He's psychotic after having had a complete nervous breakdown. When his parents try to take him to a private hospital in New York City, the staff of the state mental hospital send out the police to bring them back, then they accuse his parents of kidnapping him. Next, it's an inside look at being a patient in a private psychiatric hospital.

Maybe being raised as a WASP had more than just a little to do with Paul going crazy. After all, there was that family of his. While *Town & Country* chose them as America's Anonymous Dynasty, he wasn't fooled. Oh yes, there was that mental hospital his ancestors had founded in the 1800's. And isn't necessity the mother of invention?

Then again, growing up in a WASPy suburb on Long Island didn't make things any clearer. His bedroom was pink, his first-grade teacher wrote on his report card that he was "out of it," and it took him three years to earn his first merit badge in the Cub Scouts. His parents only make cameo appearances in this chapter. After all, they are WASPs who think child rearing is something you delegate. But his upbringing was turned on its head when his family moved to Manhattan and his father hired a Jewish housekeeper. She taught him to look British and think Yiddish.

The highlight of his education was a classy New England boarding school, if that isn't redundant. He spent most of his time getting into trouble - watching a master having sex, escaping detection getting drunk and stoned and being at the scene at a double murder. His WASP education continued in upstate New York at Hobart College. While he was exploiting his position as president of an honors society to throw cocktail parties, his slightly deranged roommate was getting arrested for not paying his parking tickets. Rounding out those years were vacations in Bermuda, which had the usual WASP charms of drunkenness, mental illness and unsupervised children.

One of the souvenirs his father brought back from Bermuda was his second wife. While life with his four children and her son and daughter in their rambling duplex on Manhattan's Upper East Side might sound like *Yours, Mine and Ours*, it was more like *The Brady Bunch* on acid. Living in the Big Apple wasn't dull. There are also riots, helicopter crashes and running out on hotel bar bills - a view of Manhattan you won't want to miss.

But back to that nervous breakdown. Suddenly he thinks he's being followed by the CIA and is Vice President of the United States as he's trying to escape being committed to a mental hospital. While nervous breakdowns are not uncommon, very few people have actually written about them - and no one as candidly as he has.

There's more. Namely, sex. Since he's a sexually repressed WASP there really isn't much of that. But no one has struck out on more dates than Paul has. They're all here in hilarious detail. Hey, he's open-minded too and decides to see what it's like going gay. The highlight of the chapter is a visit to a West Village gay bar from the perspective of a heterosexual.

ISBN 0-9656371-0-7



Confessions Of A Meshuganah Wasp

Florence King



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