



NECESSARY DEATH

What Horror Movies Teach Us About Navigating the Human Experience

Chris Grosso & Preston Fassel

What can horror—a genre concerned with death—teach us about being alive, and how can we apply those lessons in our day-to-day existence?

Horror aficionados Preston Fassel and Chris Grosso know that the genre is about more than men in hockey masks chasing good-looking coeds through old dark houses. In this unique book, they look at the ways some of the most quintessential horror movies force their characters to find some semblance of inner strength in order to stand up to whatever monster is trying to take their lives. In doing so, they show us that these films are ripe for wellness and personal growth when looked at through a lens of self-improvement. With incisive film commentary that connects to readers who struggle with any type of mental health issue, self-destructive behavior, or who are simply interested in what it means to be human, this book offers new ways to look at some horror classics.

BOOK DETAILS:

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Whether it's examining psychoanalyst Carl Jung's concept of the shadow self as exemplified by Michael Myers in *Halloween*, using *Texas Chainsaw Massacre* to look at the masks we wear, seeing the effects of living without gratitude in *Hellraiser*, or understanding *Carrie* as an exploration of toxic shame and guilt, *Necessary Death* asks: How do we find authentic inner strength and bravery, particularly when it comes to confronting our own inner demons? How can we unapologetically be our imperfectly perfect selves? Why is change good, and how can we thrive with it? How do we cultivate a deeper sense of gratitude for life and the "little things" we often take for granted?

A perfect marriage of horror and healing, *Necessary Death* is for any reader who wants to look at the way stories—even the gruesome ones—mirror the human condition and what we can learn about ourselves by studying them.

ABOUT THE AUTHORS

CHRIS GROSSO is an artist, counselor, writer, and film producer with Fourth Media. He is the author of *Indie Spiritualist*, *Everything Mind*, *Dead Set On Living*, and the children's book, *I Love Drums* (co-written with Mark O'Connell of Taking Back Sunday). You can usually find Chris in San Diego getting into some kind of spirited mischief.

PRESTON FASSEL is an award-winning novelist and journalist whose work has appeared in *Fangoria*, *Rue Morgue*, and *Scream Magazine*. The author of *Our Lady of the Inferno*, winner of the 2019 Independent Publishers' Award for Horror, and *Landis: The Story of a Real Man on 42nd Street*, nominated for the 2022 Rondo Hatton Award for Book of the Year, he has a BS in psychology from Sam Houston State University.



“*Necessary Death* is a handbook for dealing with our most primal and ultimate fear. Grosso and Fassel pull off the amazing feat of using horror films as a way of making peace with the reality of impermanence. This is a special book.”

—Michael Imperoli, actor, writer and musician (*The Sopranos*, *The White Lotus*, *The Perfume Burned His Eyes*, *ZOPA*)

“This is an absolutely unique look at not just horror movies, but mental health and wellness and how those seemingly disparate things connect. It’s a must read not just for horror movie fans, but lovers of cinema in general and anyone who has ever felt alone and in need of some friendly advice. I highly recommend [it.]”

—P.C. Cast, author of *The House of Night* series

“*Necessary Death* doubles as a dual exploration of horror films and human psychology. Never thought you’d relate to the desperation of the mask-wearing Leatherface or get a life lesson from the troublesome shark from *Jaws*? Think again. It’s a delightful (and thoughtful) read!”

—Daniel Dockery, author of *Monster Kids: How Pokémon Taught a Generation to Catch Them All*

“If you’ve ever wondered how Leatherface’s collection of human skin masks relates to Jungian ego death, your own sense of self, and the genuine benefits of loving-kindness meditation, *Necessary Death* is 100 % the book for you. Never before has a book about such abject horrors been filled with such warmth and care—reading it is like sitting down with a couple of old horror-obsessed friends who are equally happy to discuss brain-eating zombies and the kind of trauma-informed self-care practices one would need to employ after, well, surviving something like brain-eating zombies. Entertaining, erudite, and all-around lovely, Grosso and Fassel’s ode to the beauties of both horror film and humanity is full of hard-fought wisdom, cool trivia, and damned good advice.”

—Jeremy Robert Johnson, author of *The Loop*

“If you thought horror was just about beasts, blood and violence, think again. Grosso and Fassel take us into the depths of the genre and show us how we can use it to help grow and shape our own lives. Could it be that these monsters actually make us more . . . human?”

—Ben Scrivens, owner and founder of Fright Rags



TALKING POINTS:

- Why we love horror and what it tells us about ourselves
- How horror movies can help us with issues we face in our everyday lives
- The intersection of pop culture and self help
- Facing the monsters within and learning to fight external dark forces
- What fear of dying can teach us about living



TIMELY TIE-INS:

September

National Alcohol & Drug Addiction Recovery Month

Self-Improvement Month

21 World Gratitude Day

25 Psychotherapy Day

October

10 Face Your Fears Day

10 World Mental Health Day

13 Friday the 13th

19 Evaluate Your Life Day

31 Halloween (publication date)

November

6 Stress Awareness Day

6 National Nonfiction day

18 Occult Day

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