

## CARRIE FISHER WRITER/ACTOR

**Your hit Broadway show and best-selling memoir, *Wishful Drinking*, is an HBO special airing in November. What's been toughest: Living it, writing it, performing it, or watching it?**

Living it. I haven't watched it yet. I don't like watching myself because I'm overweight. I'm an overweight over-sharer.

**You're hilariously frank about your misadventures: the pills, the men, plus growing up a celeb-u-spawn of the Brad and Jen of their day, Eddie Fisher and Debbie Reynolds. If you could change any of it, would you?**

It's implausible; it's not an option! Going through challenging things can teach you a lot; they also make you appreciate the times that aren't so challenging. The only regret [I have with] my difficulties is making my daughter go through them.

Note: Sadly, Eddie Fisher died two weeks after this interview was completed.

**You were born into celebrity royalty, then married and divorced music legend Paul Simon. And you're an icon, too, famed for your star turn as an intergalactic princess. Was it tough to get past the infinite space of *Star Wars*?**

Have I gotten past it? I wasn't aware that I had. I'm Princess Leia, no matter what. "Princess Leia" will be on my tombstone.

**Actor, writer, funny lady ... bipolar disorder. Is it unsettling, empowering, or both to be a poster child for this condition?**

Well, I am hoping to get the centerfold in *Psychology Today*. It's a combination of everything. But I define it, rather than it defining me.

**You were officially diagnosed with bipolar at age 29, after initially being told you were an alcoholic and drug addict. Did your addictions mask bipolar behaviors?**

The first time they said the word bipolar to me, I was 24. The diagnosis when I accepted it? I was 29. I was a year sober and I was pretty crazy. I thought once I got diagnosed [as] an alcoholic, that was the problem. Well, yeah, that was part of it. But it was the solution, not the problem.

**Without the leveling effect of medication, are you more manic or depressive?**

Mostly mania. When I got older, depression became more of an issue. It turned into what they call agitated depression. I'd get really impatient. I was going much faster than everything else around me, and it drove me crazy. You feel out of step with the world.

**You're a mom to Billie, now 18. Do you embarrass her, or does she embarrass you?**

I inspire a lot of eye-rolling. I have a manic personality. I'm not a master of the appropriate.

**What's your guilty-pleasure, forget-the-diet-I-just-don't-care-anymore food escape?**

I eat Peanut Butter Balance Bars to the point where they should have a support group for me.

**You recently appeared on HBO's *Entourage*, and you were nominated for an Emmy in 2008 for your portrayal of a TV writer on *30 Rock*. What's next for you?**

When I was little I didn't want to be an actress. I can do it, but my personality always comes along with me. I'm not an artist like Meryl [Streep, Fisher's close friend]. I'm a writer and, it turns out, a performer. I'm a persona more than a person. I'm designed more for public than private.

**Is humor essential to good health? How often do you belly laugh?**

Yes! I laugh a lot, actually. A lot. I've gotten to an age where I enjoy my life. I've spent enough time struggling with it, and at this point it's living on one side of the magnifying glass; I stay on the side of making big things appear small. I enjoy myself and I have a lot of good friends, good relationships. You learn to get there.—Lauren Paige Kennedy



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