Forgetting Sarah Marshall

Forgetting Sarah Marshall is a 111 minute comedy released in April, 2008 and stars Jason Segel (Peter Bretter), Kristen Bell (Sarah Marshall), Mila Kunis (Rachel Jensen) and Russell Brand(Aldous Snow).

After his break up with famed Sarah Marshall, Peter has a hard time coping with the emotional mess that it has left him in. He takes his step-brother's advice to take some time off and decides to go to Hawaii. Unfortunately, while signing into his resort hotel he finds out that his ex is staying there as well. To make matters worse she is there with her new boyfriend, Aldous Snow, a famous international pop artist. This situation results in a series of awkwardly hilarious interactions between the three of them during their stay in Hawaii. At the same time the front desk concierge and customer care employee Rachel helps Peter cope with his break-up and together they help each other aspire for their dreams once more.

Forgetting Sarah Marshall is one of my favourite comedies and it includes many scenes that I just love going back to from time to time. What actually brought me to see the movie was the beautiful Mila Kunis (Rachel Jensen), but what truly made the movie great was Jason Segal, who I did not know that well at the time, but has increasingly impressed me in his acting from the TV series "How I Met Your Mother" to movies such as "I Love You, Man". Here he plays a character that is trying to use every play in the book to get over his ex-girlfriend and get on with his life, but ends up in a situation where he bumps into her on a daily basis. This movie is also where we meet the hilarious character of Aldous Snow, who was later spun-off into the main character of "Get Him to the Greek". His eccentricities and obliviousness to his surroundings makes him a character that you cannot stop watching, but would never want to meet in real life. The script is very well written (also by Jason Segal) and although some jokes are quite edgy the comedy itself stays on the tasteful side. This movie is a definite must see and I would recommend it to any adult (as it is rated R for sexual content, language and some graphic nudity).

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October 23, 2011