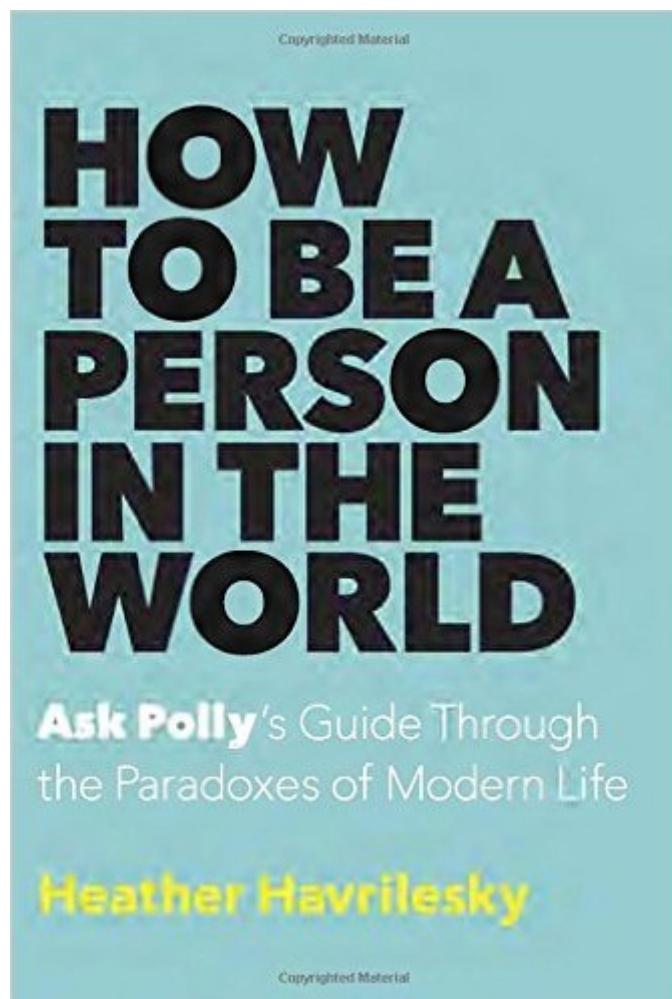


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# How To Be A Person In The World: Ask Polly's Guide Through The Paradoxes Of Modern Life



## Synopsis

\*Now a New York Times Love and Relationships bestseller\* For readers of Cheryl Strayed and Anne Lamott, a collection of brand new, impassioned, and inspiring letters by the author of the popular advice column Ask Polly, featured weekly on New York Magazine's The CutShould you quit your day job to follow your dreams? How do you rein in an overbearing mother? Will you ever stop dating wishy-washy, noncommittal guys? Should you put off having a baby for your career? Heather Havrilesky, the author of the weekly advice column Ask Polly, featured in New York magazine's The Cut, is here to guide you through the what if's and the don't knows of modern life with the signature wisdom and tough love her readers have come to expect. How to Be a Person in the World is a collection of never-before-published material along with a few fan favorites. Whether she's responding to cheaters or loners, lovers or haters, the depressed or the down-and-out, Havrilesky writes with equal parts grace, humor, and compassion to remind you that even in your darkest moments you're not alone.

## Book Information

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## Customer Reviews

Being a person these days is pretty tough. I think that we live in a world where we are under a lot of pressure to Work Very Hard, All The Time, so that we can Be Amazing in a way that seems Almost Effortless. This pressure builds, over time, similar to how our closets and the spaces under our beds, and bottom desk drawers just get full. We don't want to be judged, and we are always worried we are being judged. And we feel alone in this, we feel like we are the only person who could possibly be secretly broken. Everyone else has these wonderful instagram photographs of

themselves, see, where they're standing outside of an ice cream shop smiling, perfectly filtered and perfectly happy. And here is where Heather Havrilesky comes in. For years she has been someone you could write to to ask about why you are increasingly falling apart in different ways, and she would take these letters and pick some that seemed somehow more universal, and then she would write columns giving out advice that tends to boil down to: "hey, it's ok, it's ok to be you, the real you." And she's written this book here, which is full of important things that people should know. And it's one of those books where you will read a chapter, or even a few paragraphs, and then you'll have to stop and put the book down on your chest (this book is very good for reading while lying down, late at night) and stare up at the ceiling and you will think "oh gosh, gosh gosh, that is an important thing for me to have read, that is a good way of putting that complicated emotion that I have inside me." And you might be one of those people who has a pencil on their nightstand and you will underline a sentence or two.

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