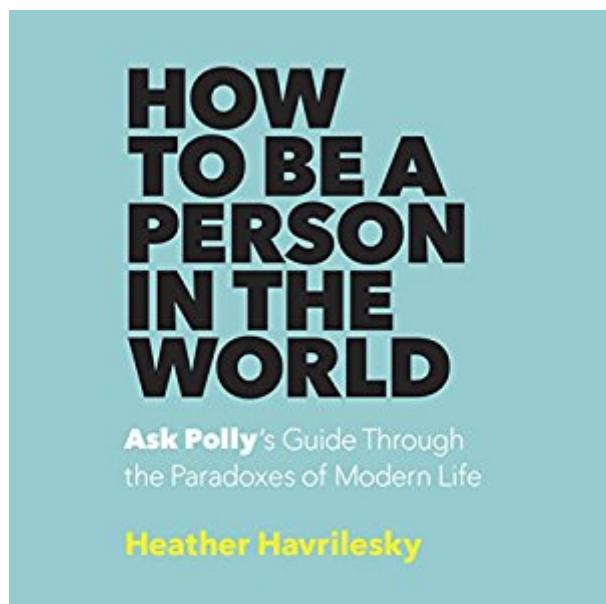


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# How To Be A Person In The World: Ask Polly's Guide Through The Paradoxes Of Modern Life



## Synopsis

A collection of original, impassioned, and inspiring letters by the author of the popular advice column Ask Polly. Should 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 ifs" and "I 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. And slowly, slowly, while reading a book like this, you will come to understand yourself, or your loved ones, or even your acquaintances a little better. Which is what we need in this increasingly terrifying world. We just need to understand that we're all swimming in the same dark, open ocean. Buy this book! It's got good things inside of it. And you have good things inside of you, too! And this book will help you perhaps realize that.

I've never read "ask Polly" before, but I bought his book after hearing about it on NPR. It's amazing! I love the straight-talk that's so far from the wishy-washy "but how do \*you\* feel??" response that is so common when asking for advice. Her internal voice, which she references often, is very relatable and gives the reader many "wait...so I'm not the only one who thinks that?" moments. She shares grown-up perspectives without being preachy, and stresses the importance of forgiving yourself for being human while also challenging yourself to be better. It's in Q/A format and though I couldn't relate to all of the questions I read them anyway because the responses are so good. Take the plunge and buy it - Your day will be better after reading this book.

The only 'self-help' book you'll ever need.

This is a wonderful book. I highlighted so many passages. Heather has some real wisdom to spread. She helps put problems into perspective and makes regular growing pains of adulthood seem manageable and normal.

If you love Dear Sugar, you'll love Ask Polly. Practical, compassionate, snarky, kind, and whip-smart. Order two and delight a friend.

Hilarious and insightful...

It didn't realize it was just entries taken from an advice column. Some are okay, but most entries weren't relevant (relatable) for me. "Ask Polly" is witty and seems to care genuinely about her advisees... but the style was just too verbose for my taste.

This is a great book! I have always loved reading the Ask Polly articles that come out weekly, and this book has me hooked!

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