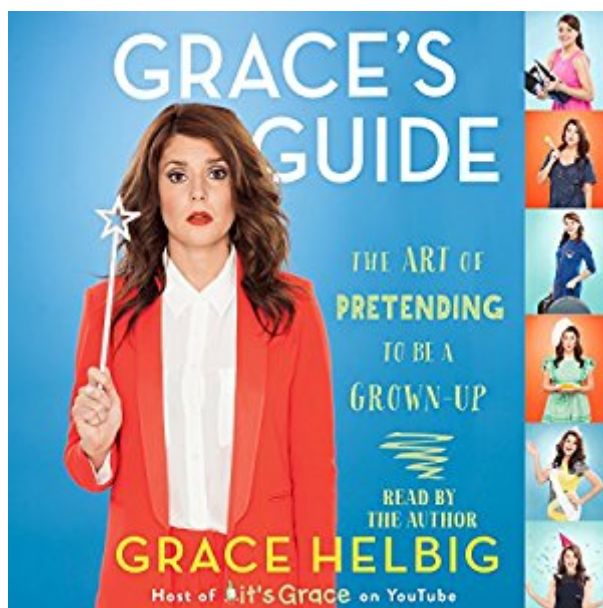


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# Grace's Guide: The Art Of Pretending To Be A Grown-up



## Synopsis

Face it - being a young adult in the digital era is one of the hardest things to be. Well, maybe there are harder things in life...but being an adult is difficult! So Grace Helbig has written a guide that's perfect for anyone who is faced with the daunting task of becoming an adult. Infused with her trademark saucy, sweet, and funny voice, Grace's Guide is a tongue-in-cheek handbook for millennials, encompassing everything a young or new (or regular or old) adult needs to know, from surviving a breakup to recovering from a hangover. Read by the author in her inimitable style, Grace's Guide features interactive elements and exclusive stories from Grace's own misadventures - like losing her virginity solely because her date took her to a Macaroni Grill - and many other hilarious lessons she learned the hard way. Amusing and unexpectedly educational, this refreshing and colorful guide proves that becoming an adult doesn't necessarily mean you have to grow up.

## Book Information

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## Customer Reviews

Probably one of the best things the Internet has puked into the real world

Can't put this book down. It is amazing. Grace not only knocked this book out of the park; but she tied it down, dripped hot wax on it and made it her bitch. Loved every word.

This book is great and I'm not just being biased because I'm a huge Grace Helbig fan. This is actually an extremely helpful guide. I was afraid that this book was going to be geared mostly towards 16-20 years olds and it's not. I'm 25 and found that this guide still applied to me and

probably many of those who are in their mid to late 20s. Now, Grace is hilarious so I figured her book would be as well, which it is, but what I didn't expect was that there would be some depth to it. Grace combined her personal experiences with her advice very "grace"fully (pun intended) so that I didn't feel like I was being given advice from someone who just says "science shows this is how you should do this". She has a way of taking advice a friend or family member could suggest that people tend to ignore and make it funny and relatable so that you think why haven't I been doing this all along. I actually laughed out loud a few times while reading this and by total surprise even teared up at a few parts in the chapter about anxiety because as someone who has anxiety I related completely to some of her experiences. Highly recommend to anybody who is trying to find their footing in this "arbitrary piss den called life."

Twenty years ago I was a manager. On several occasions I hired people right out of college. Many times I would remind myself by saying, "I wish schools offered a course entitled Life 101" because many of these young people had no clue. Grace Helbig's new book entitled, *Grace's Guide: The Art of Pretending to be a Grownup* should be the textbook. She is a successful millennial who gets what it means to be successful without alienating people. The reason I say this is because the book comes across as so honest as she talks about the pain in her life like panic attacks. How can you not like someone like her? Her book gives you permission to love yourself despite your flaws. Here is a sample of her sage advice on the subject of making friends. "Surround yourself with people who are the ketchup to your french fries—they make you a better version of yourself. Yes french fries are amazing on their own, but combined with ketchup they are a force. Spend time with people who bring out your true flavors but don't overpower you." The book is a quick and easy read as it is organized around chapters. Each chapter has a personal antidote followed by a list with short blurbs that are arranged in an acrostic. This is followed up with "Mom's Words of Wisdom." An example is "Remember everyone is try to make their way in the world. So don't be like the speedboat that splashes everyone when you go by. Be the elegant sailboat that leaves everyone with their mouths open saying "Wow!" While the intended audience is older teens and young adults there is sage advice in the last chapter for senior adults like me entitled *Tips for Living Online*.

Grace Helbig is awkwardly engaging and funny in her YouTube videos and film. It is no surprise that she writes in an engaging and amusing manner. This is a quick and light read. The cost is currently a

bit high for such a short book (\$12.99 for the Kindle version). I had to take a moment to rationalize my purchase as being part of my commitment to support people who work hard to become well-known enough to get such a book deal. There are some very clever and hilarious parts of this book - some bits were so funny that that I felt compelled to share excerpts with a friend who was near me while I was reading. If you liked Tina Fey's "Bossypants", I think you will enjoy this book due to similarities in the style of humor. Although, I think that the target audience may be younger than Fey's.

I'll preface this review with the fact that I'm not the target audience - young adult females - as I am a married late twenties male. I still found this book highly enjoyable and relate-able. Grace, and this book, feels like an older sister who has that wisdom that's a lack of wisdom.. it's hard to describe. It's like taking an episode of Clarissa Explains it All but with an Eric Matthews twist. While I and presumably most others were expecting dry punny humor disguised as self help book, which it has and is, the core of it is very personal advice. You know when the main character messes up something really bad - a decision, an action, anything - and falls down? They always have that older sibling, friend, relative, who comes in and says "Hey, we've all been there and your emotions are okay. Here's the plan to get back on your feet". That's this book. Everyone has problems, your feelings are understandable, and here are some tips on getting things back on track. Towards the e-book edition: I read most of this on a Kindle Paperwhite v1, the content of the book was perfectly formatted except for the endings of the chapter and the worksheets. The worksheets you can find as a pdf on the books website and the endings err, uh, summary? is just a minor thing that takes up a little more room than it should with alignment being a little wonky. After finishing the book, I did go back and flip through the pictures using the web based reader -- almost made me wish to get the paperback for those alone as they are hilarious and fit in perfectly with each antidote and section.

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