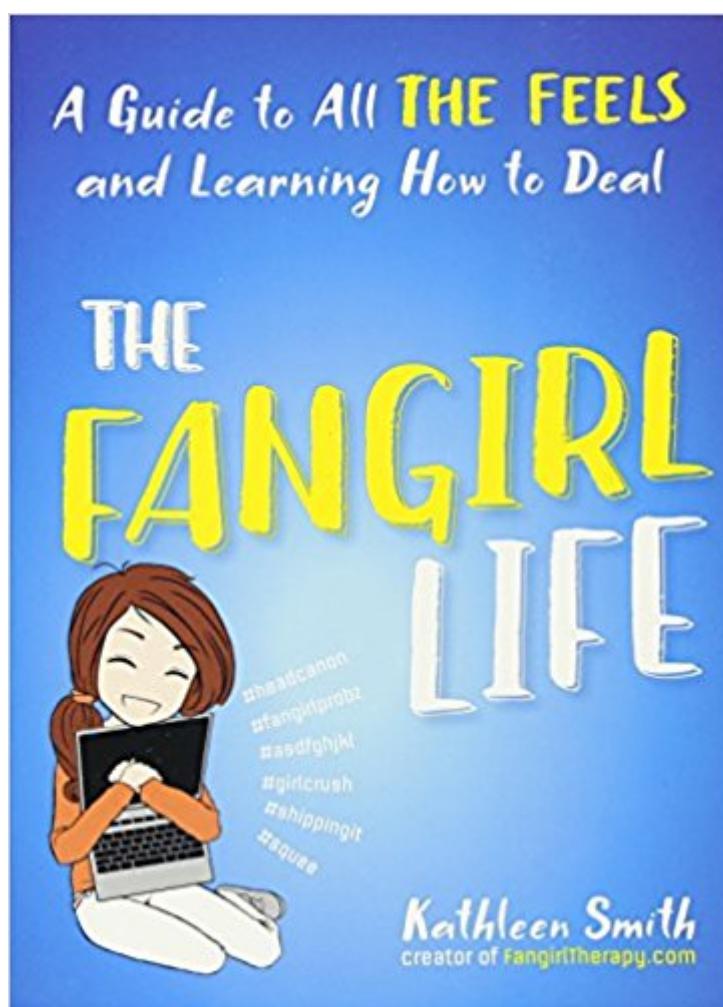


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# The Fangirl Life: A Guide To All The Feels And Learning How To Deal



## Synopsis

Are You a Fangirl? Do you survive boring classes or meetings by imagining your favorite TV couple making out? Have you posted a lengthy diatribe on the Internet defending a fictional character? Have you gotten carsick from reading fan fiction on your smartphone? Has Netflix presented you with the “Are you still watching?” button at least once? If you answered yes, you are a fangirl. (But you already knew that!) Fangirling is more than a hobby; it’s a way of life for an enormous community. As a fangirl, you are a passionate, intelligent, and creative creature. But sometimes focusing on the fictional can keep you from putting those qualities to use in your everyday life. Rather than using your pop culture obsessions to avoid your real-life problems, you can tackle issues like stress, anxiety, and low self-esteem by turning obsession into inspiration. If you enjoy flailing over badass fictional ladies or speculating endlessly over plot points, but would like to carve more space for the narrative of your own life, this is the book for you. Written by a proud fangirl who is also a licensed therapist, *The Fangirl Life* is a witty guide to putting your passions to use in your offline life, whether it’s learning how writing fan fiction can be a launching point for greater career endeavors, or how to avoid the myths that fictional romance perpetuates. If you’re ready to start translating those fictional obsessions into some bold personal moves, let *The Fangirl Life* help you become your own ultimate fangirl.

## Book Information

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## Customer Reviews

In this witty and sympathetic debut, therapist Smith—a self-proclaimed fangirl and proprietor

of the blog *Fangirl Therapy* offers wise advice on being a devout but well-rounded fan and even turning obsession into inspiration for one's own life. Using helpful exercises, Smith seeks to empower fellow fangirls to become women who will stand firmly behind their thoughts and actions, deal constructively with conflict, and use the books and people they admire to create their life stories. A particularly inspired tactic is reframing mistakes and missteps as "plot development." Smith points out that avid writers of fan fiction can channel that creativity into a full-time job writing original fiction. She also turns normally intimidating therapy-speak on its head in a chapter entitled "All the Feels," describing such made-up diagnoses as obsessive imagination disorder and preseason anxiety disorder. While the adolescent tone can occasionally be a bit cloying, the author pulls it off by weaving in snippets of her own most embarrassing and transforming fangirl moments.---Publishers Weekly

KATHLEEN SMITH is a licensed therapist and also runs the website FangirlTherapy.com, where she answers questions submitted by fangirls struggling with their obsessions. When she's not crying about her own OTPs, she writes for popular websites such as Slate, Huffington Post, Salon, Lifehacker, HelloGiggles, Bustle, and Forever Young Adult. She would never turn down a badge to Comic Con.

Being in my mid sixties I did not think Fangirl Life would apply to me (after all I needed to look up some vocab right away- thanks for the glossary). However, to my delight and surprise, I took away from this read much for me and much for the young women in my life to whom I suggested that they drop the book they are reading at the moment and pick up this one. Thank you Kathleen Smith for giving me permission to grieve the end of Downton Abbey and the passing of Dr. McDreamy even at my age, and allowing myself some glances at the internet after every 5 lab reports I need to correct. Thanks also for a personal and witty account of " Fangirldom " and my education as to why we admire and at times try to emulate characters in fiction world.

A fun, accessible, and honest book about embracing your fandom(s). in the course of doing so, she casually shows us all how to live an affirming feminist life by merely doing what we love. Taking pleasure seriously is perhaps the most fun and rewarding thing a person can do for themselves and others. I dunno if calling this a self-help book is fair to its quality but if it's self-help to believe we need to embrace our pleasures, then so be it. It could be argued that Smith's whole work revolves around addressing this: "Sometimes people have a hard time justifying work that has no reward

other than bringing joy to others and themselves."

A great read for the (any aged) fangirl who wants to take all the positives about being a fangirl and apply them to real life skills. Also - super funny, and written in a style that feels relatable.

Truly a delightful and empowering read for anyone who's a lady and a fangirl, and wants to channel their fan feels into something productive to make them reach peak Lady BAMF status. With witty pop culture references, insightful info about the human brain and how it works, and a compassionate understanding on why fans experience the emotions they do, The Fangirl Life is a MUST read. Highly recommend.

I just cant find the words to say how amazing this book is. If you are a fangirl and you are struggling with your life, you HAVE to read this book!

What a great read! This book is such a creative and fun way to take fangirling and use it to stand up for what I believe in and pursue my personal goals. Whether you can't stop thinking about your celebrity crush or just love to netflix binge when you get the chance, this book is for so many different kinds of people. Can't recommend highly enough.

ABSOLUTELY LOVE THIS BOOK!!!

Absolutely love it

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