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How to Be a Person in the World: Ask Polly's Guide Through the Paradoxes of Modern Life

Heather Havrilesky

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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 beloved advice column Ask Polly, featured weekly on *New York Magazine's* The Cut

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 if's" 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.

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