



# The Fangirl Life: A Guide to All the Feels and Learning How to Deal

*Kathleen Smith*

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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.

*From the Trade Paperback edition.*

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