



# 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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