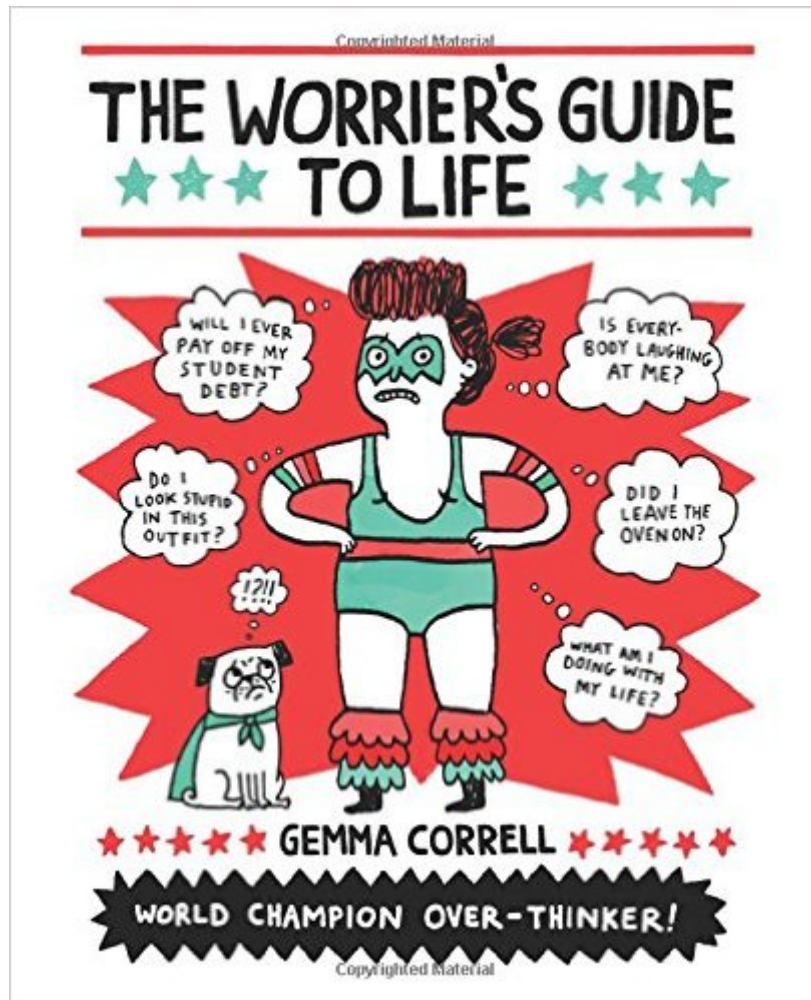


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# The Worrier's Guide To Life



## Synopsis

If you're floundering in life, striking out in love, struggling to pay the rent, and worried about it all -- you're in luck! World Champion Worrier and Expert Insomniac Gemma Correll is here to assure you that it could be much, much worse. In her hugely popular comic drawings, Gemma Correll dispenses dubious advice and unreliable information on life as she sees it, including The Dystopian Zodiac, Reward Stickers for Grown-Ups, Palm Reading for Millennials, and a Map of the Introvert's Heart. For all you fellow agonizers, fretters, and nervous wrecks, this book is for you. Read it and weep...with laughter

## Book Information

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Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (34 customer reviews)

Best Sellers Rank: #174,046 in Books (See Top 100 in Books) #37 in [Books > Comics & Graphic Novels > Graphic Novels > Contemporary Women](#) #243 in [Books > Humor & Entertainment > Humor > Self-Help & Psychology](#) #546 in [Books > Health, Fitness & Dieting > Mental Health > Emotions](#)

## Customer Reviews

Gemma Correll is a very funny woman who draws very funny pictures. How's that for a profound, insightful start to a review? Ms. Correll's new book, *The Worrier's Guide to Life*, reveals her anxious side. If you're the anxious type, you will find a kindred spirit here. Worried about rare diseases? Awkward social situations? Pet peeves? Body image? So is she. Plus there's a lot of other random stuff thrown in here. Here humor is rather absurd and silly, like the "Less Appealing Seasonal Drinks," like "Yellow Snow Iced Tea" and "Turkey and Gravy Macchiato." Her "Ye Olde Video Games" include sure hits like "Dance Dance Industrial Revolution" and "Harpichord Hero." I particularly enjoyed her more realistic women's magazines: "Vague: For the Fashion Backward and Just Plain Lazy," including a feature article on "What to Wear from the Pile of Clothes on Your Floor." "Out of Touch," which has pictures of people with the caption, "We have no idea who any of

these people are!" "Mediocre Housekeeping: How to Get Away With Doing the Bare Minimum." Her content is definitely female oriented. I think she'd acknowledge that we deal with anxieties and issues, too, but she's writing primarily "girl to girl." (Not to say a sensitive male like myself won't get the humor. . . .) Correll is funny and real and goofy and fun. *The Worrier's Guide to Life* will make you forget your worries . . . for a bit. Thanks to NetGalley and the publisher for the complimentary electronic review copy!

I was not expecting this book, but a friend of mine had sent it to me with the note that it was for one of her favorite worriers. I laughed because the front cover of the book were thought bubbles of things I had thought that day. The inside was full of different chapters such as "Health & Hypochondria" (which hits the low hanging fruit of people who Google their symptoms and end up believing they're dying), "Fashion Frenzies", and other topics which cause the worrier to panic on an every day basis. The best chapter, by far, to me, was "Love and Other Anxieties". Overall, this book of cartoons is one that speaks more to females, most likely, but even more to people who dislike socializing and find that most situations cause them anxiety. I will say that some of the cartoons I did not find funny or relevant or they were oddly sorted, which took the review from a five star to four star, but I still got a laugh out of this. I think this would be a great gift for an anxious person with a sense of humor!

I love this book. I've looked back and laughed at some of the images several times. Some of the comics address heavy topics such as depression and anxiety (which I have experienced) in a light hearted way.

I encountered Gemma Correll's work a few months ago and promptly pre-ordered *The Worrier's Guide to Life*, which I received today and read through in about 30 minutes. Her quirky view on life is similar to Roz Chast's, though not as polished. The illustrations that feature the gentle self-deprecating humor of an introvert are my favorites; if you are looking for a gift for that quiet, bookish pal, this book is a good option. "The Introvert's Heart" is sweet and funny. Another strength of the author, in my view, is in her unique take on women. "Archeology of a Purse," rips on women's magazine covers, "Body Shapes: a Handy Guide," and "Problem Areas" -- that one's going on my fridge! -- were laugh-out-loud gems for me. Other parts of Correll's work seems a bit overdone, drawing on familiar themes and carrying the joke further for comic appeal in a tired way. Page 96 features "the bluebird of happiness, the chickadee of nonchalance, the titmouse of apathy, the

chicken of despair." This may raise eyebrows for those familiar with Gary Larson's cartoon, "The bluebird of happiness long absent from his life, Ned is visited by the chicken of depression." Overall, this is a fun book, and I look forward to more of Correll's work.

Gemma Correll's art is amazing but for me this isn't a must-own addition to my growing collection of graphic novels. It does not focus very much on worriers and it doesn't have a story, it's just a collection of many clever (and some not-as-exciting) one and two-page comics from Correll. I can't rate it any higher than three stars. While this bears no reflection on my rating, I also found that many of the comics within were overfamiliar to me since they've become popular memes.

The book constructs the world from a worrier's perspective and tells you how simple things can topple the delicate balance. The author mixes this extreme, but realistic view of an anxious person with some amazing illustrations and text to make the reader laugh. ~ [bookreviews.infoversant.com](http://bookreviews.infoversant.com)

Gemma Correll draws witty, sometimes snarky, cartoons about the things that go on in a woman's head, especially a woman that is a worrier (like me). She pokes fun at the emotional - and sometimes just plain silly - things that we do. Some of them I found cute, some of them made me smirk, but others made me laugh out loud, guffaw even. Quite a few are definitely things that I do. She definitely has some talent and I look forward to checking out more of her work. Note: I received a copy of this book in exchange for an honest and unbiased review. Please remember that this review is my opinion based on my personal impressions of the book.

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