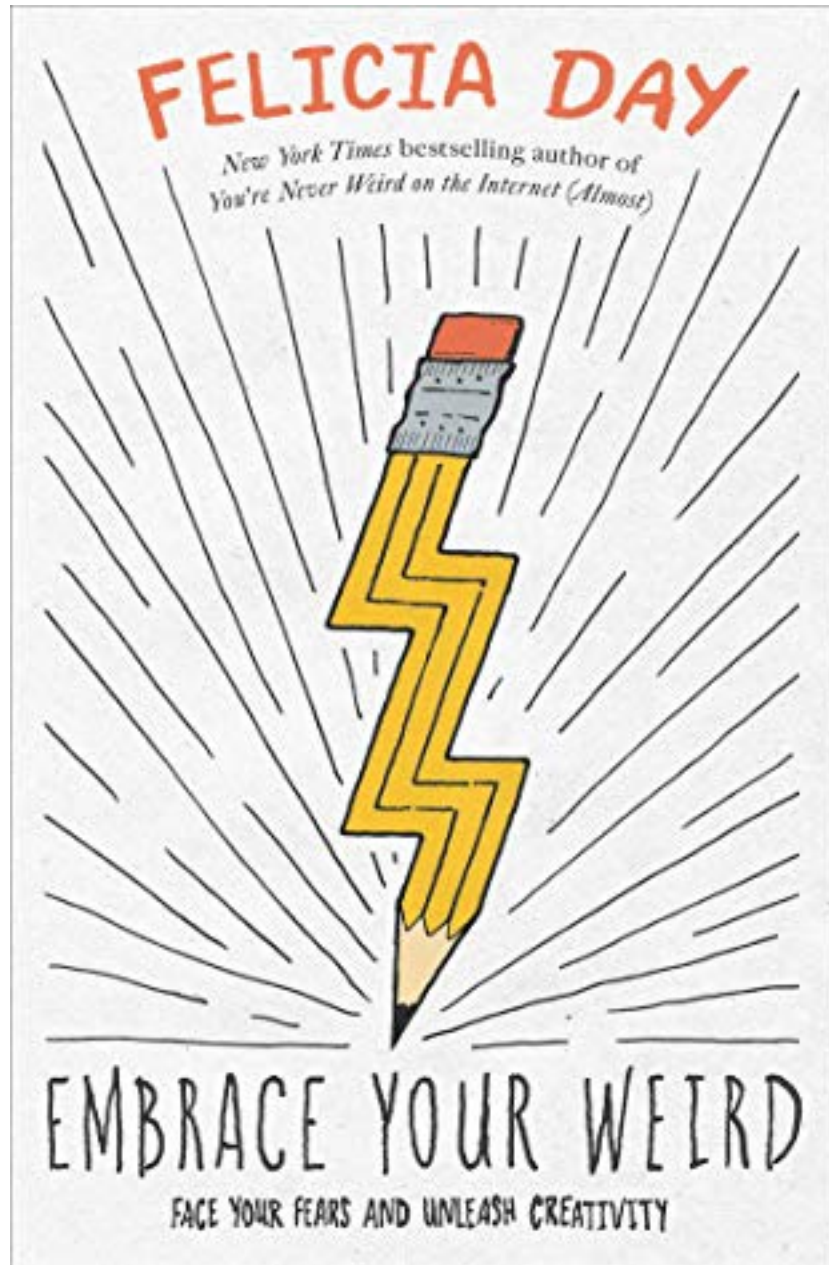


# Embrace Your Weird: Face Your Fears and Unleash Creativity Book PDF Download



**By:  
Felicia Day**

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## What people Say:

### Kevin Shepherd

If misfits had a monarchy, Felicia Day would be our queen!

"Life is so much easier when we conform and stay silent, right? Easier, but one of the greatest disservices we can do to ourselves. Aside from wearing high-wasted pants."

This is not your Mom's pop-psychology, self-help, mass-market motivational (see: "I'm OK - You're OK" circa 1967). This is a workable compendium of thought provoking tasks and projects designed to help you identify and quantify your creative self.

"Anxiety me

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"Anxiety means we care. We are sensitive people who are full of feeling... This is an amazing attribute! The opposite of this is "an uncaring, insensitive person who doesn't feel anything." A person like that would never delight in sketching lemurs or learning how to whittle their own spoons. Be GLAD not to be that douche nozzle."

Expect humor, expect wit, expect useful and insightful activities and assignments, expect obscure references (i.e. chibi?, She-Ra? Mindy Kaling?), expect inspirational impetus, and you will NOT be disappointed!

### Dee Arr

60-second video review here} --->

First of all, if you are considering ordering this for Kindle (or any other ebook reader), consider a paperback copy (you will thank me later). If you can't bear to not have an immediate electronic copy, make sure to have a notebook or copy paper handy. You'll need it.

Despite whatever you might gather from the above paragraph, don't worry. The quirky Felicia Day that showed up in "You're Never Weird On The Internet (Almost)" shows up and graces e

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Despite whatever you might gather from the above paragraph, don't worry. The quirky Felicia Day that showed up in "You're Never Weird On The Internet (Almost)" shows up and graces every page with the wit and humor she showered us with that first time. "Embrace Your Weird" is not another memoir book, as she cheerfully jumps from her life into ours. Ms. Day's goal? Convince each one of us that we have incredible talents to share with the world.

In order to accomplish this task, the author shares her own devices for victory over the mind-numbing monsters that threaten to crush our creativity and force us to hide under our personal bushel baskets. This book is loaded with power, and here's why. The person writing it is not some highly educated professor with a wall full of degrees and awards, nor is it someone who has identified a niche of psychological barriers and written a well-thought tome of rules and procedures to follow. Ms. Day shares how she worked to overcome her demons, sharing her knowledge and wisdom in an entertaining manner. She is encouraging and down-to-earth, urging us to break out of our shells but cautioning us to remember that our goals should be based on our own power and not the choices of others. Sage advice, indeed.

The combination of the author's thoughts and writing/drawing exercises for us to complete combine to form a fun/amusing/educational/awesome book that, by the end, should have morphed from something Ms. Day created to something that also contains our personal inventions, and thus a part of us. Growth CAN be fun! Five stars.

Ian

Felicia has long been a superhero of creativity. From her web series

, to the numerous shows she created at her media company Geek & Sundry, to her many writing and producing projects, she has always had several creative irons in the fire. So it's exciting to have her devote a book to creativity itself!

The book is full of engaging exercises and practical techniques for nurturing your own unique, creative voice. I found the chapter on enemies to creativity particularly useful.

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The book is full of engaging exercises and practical techniques for nurturing your own unique, creative voice. I found the chapter on enemies to creativity particularly useful. It helps work past those obstacles – internal and external – that prevent us from getting our ideas out. Whether your medium is writing, painting, dancing, playing an instrument, or anything else, this book gets at the basic force of wanting to express ourselves that underlies all creative efforts.

The writing is funny and full of energy, and the illustrations add to the book's fun spirit. The creativity put into every page of the book may inspire you all by itself!

If you want to get better at coming up with creative ideas and be able to bring them to life, you owe it to yourself to read this book!

## book bruin

Audiobook Review

Overall 4 stars

Performance 5 stars

Story/Content 3-3.5 stars

I have never really read or listened to a self help book before, but was intrigued by the blurb and premise. Who doesn't want to face their fears and unleash their creativity?! The book was structured a bit differently than I thought it would be and

is more of a workbook, with interactive components to help guide readers and listeners along. For the audiobook, there is a c

Audiobook Review

Overall 4 stars

Performance 5 stars

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## Elizabeth Amber Love

This review is a courtesy provided by NetGalley.

First of all, if you notice that I'm writing this review in a more casual/conversational style like I'm talking directly to you, that's what you'll get from this book. Felicia Day's text is mostly like a transcript of her cheering you on and giving you personal guidance for finding direction with your creative ambitions. If you get the audio book, I'm sure you'll be in for a treat. Yes, audio books are "reading." You can add it to your GoodReads Y

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Next, it's also a book you can breeze through at first to get that first layer of absorption; then go back and do the weird exercises at the end of each section that's pertinent to your creative output or desire. There are illustrations where you get to fill in things or blank pages to doodle. You are instructed to scribble and draw all over these pages which means the hard copy version might be the best version to have. Otherwise, have a notebook ready. I guess you can take screenshots of the illustrations and print those so you can fill them out.

While this is a self-help book, it's probably the most cheery, fun, and dare I say frivolous in a good way. It makes you embrace your childlike self to build up what Day calls the Hero-Self. She's had a lifetime of therapy, I guess, to know how this stuff works. There is also a list at the back of other books she references and uses herself including Marie Kondo. My shoulders shrug a little in a cringe as I type that. I hold on to precious things and as long as I'm not at a dangerous level and take time one to two times a year to purge crap, I'm okay with my choices.

I said frivolous because it's how our culture, in the US anyway, sees artists and sees the actions of playtime. When I take Gus out on his daily walk, it's mostly for him because he loves it; but it became for me too. I started to write about our walks. Then I embellished them with pure nonsense like monsters and mysteries to solve. Taking a cat for a walk is playtime, but it's also my own inspiration for writing three years worth of weekly posts. I have a friend who dances around as she does housework because it simultaneously makes her happy to move her body and she can feel accomplished that crap got done. Play is vital. It's an embarrassment that adults in working environments are quelled from doing it. Sure, Bryce in IT, you can have ten different toys on your desk from ThinkGeek, but you can't actually be silly. That would be a disgrace.

Day not only gives you permission to make mistakes, she encourages it. She also reminds the reader that being an artist is hard work. Hard work doesn't mean you don't love your output (whether this is your job or just for you or a hobby). Embrace Your Weird acts as a tool where you can have your own imaginary cheerleader, parental figure who is proud of you, role model, and friend at your disposal. Day tells us that being creative is our natural state. Isn't that wonderful to know?

The reason Marie Kondo and her purging into minimalism lifestyle comes up is because having too much clutter and chaos in your environment can stifle creativity. Doesn't it make you sad and depressed to see dirty dishes or a closet filled with clothes you can't fit into anymore? She says to get rid of it. I may say, "I worked too damn hard on that costume to part with it, but I'll put it in a neat and tidy bin on a shelf."

Day also gets into how the mind tends to work in a state of anxiety. She does say anxiety could be useful, but I think the dividing difference is that excitement for a project is not the same thing as anxiety disorder. I'm not a doctor, but I think I can speak from my own experience. I will die on the hill that "writer's block" (which includes all critical thinking and creative thought endeavors) is a real problem. The advice you get about taking a walk, clearing your head, walk away from it and come back, do something entirely different and maybe a solution will come -- that's all true. The pressure you put on yourself can lead to anxiety, but they aren't necessarily The Anxiety itself. Plenty of people thrive under pressure. They look forward to it. I also work better with a deadline like NaNoWriMo. There's something to hold me, the creator, responsible.