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Almost Adulting: All You Need to Know to Get it Together (Sort Of)

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Book Review
Almost Adulting: All You Need to Know to Get it Together (Sort Of)

Viral YouTuber Arden Rose chronicles her personal experiences with accompanying advice for the young and bewildered adult. Raised with highly religious parents, Arden finds herself departing from their views for a markedly more modern, internet-fueled, liberal perspective on life, sex, and personal expression. She allows the reader to share some of the more intimate details of her self-image, compulsive disorder, sexual explorations, home decor and even bill paying with detailed accounts accompanied by personal life mantras.

In true YouTuber fashion, this book expresses Arden’s personal experiences and opinions unfiltered. She offers advice with no expertise or authority other than her own struggles with adulting, and she doesn’t disguise her guidance as anything more than unsolicited opinion. The book is raw and personal but lacks maturity. However, this is a lively text that appeals well to the target audience, providing a space for imperfection in adulting, if only through anecdotes.

*Contains severe language and moderate sexual content.