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

Arden Rose

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For fans of Grace Helbig and Alexa Chung comes a fresh, hilarious guide to growing up your way from social media influencer and lifestyle vlogger Arden Rose.

In *Almost Adulting* — perfect for budding adults, failing adults, and eaters of microwave mug brownies — Arden tells you how to survive your future adulthood. Topics include:

- Making internet friends who are cool and not murderers
- Flirting with someone in a way to make them think you are cool and not a murderer
- Being in an actual relationship where you talk about your feelings in a healthy manner??? To the other person??????
- Eating enough protein
- Assembling a somewhat acceptable adult wardrobe when you have zero dollars
- Going on adventures without starting to smell
- How sex is supposed to feel, but, like, actually though

By the end of the book — a mash-up of essays, lists, and artwork — you'll have learned not only how to dress yourself, how to travel alone, how to talk to strangers online, and how to date strangers (in PERSON!), but also how to pass as a real, functioning, appropriately socialized adult.

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

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Author : Arden Rose

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From Reader Review **Almost Adulting: All You Need to Know to Get It Together (Sort Of)** for online ebook

Nelson Jarvis says

Every month I am given advanced readers copies or unproofed copies of books and this happened to be one of them along with a Charleston Heston biography. I had never heard of Arden until I got my hands on this book from my boss.

The book reminded me of like an adult version of the Diary of a Wimpy Kid series. I can't say I could relate to it as a lot of the advice seemed unrealistically movie themed or rather fantasy, but overall it was okay.

I wouldn't necessarily recommend it for practical advice, but it's alright for people who want a grown up version of kids classics.

Steve Buka says

A poorly written ghost-written book from yet another YouTuber. This review is not because she is a rude person either.

nushu says

BEYOND EXCITED and no seriously I need this

Nat says

"We're tough as shit and we're going to make it."

In **Almost Adulting** — perfect for budding adults, failing adults, and eaters of microwave mug brownies — Arden Rose tells you how to survive your future adulthood. Topics include:

- The importance of being your own best friend in life. And treating yourself with kindness.
- Dealing with trichotillomania and discussing mental health issues.
- Modern romance and her two-year relationship with Will Darbyshire, who's book, *This Modern Love*, I coincidentally reviewed a few months back. Including discussions of their first encounter, their budding romance leading to something more, and all things in between.
- The perks and cons of online friendships and online dating, along with talks of long-distance platonic/romantic relationships.

"With the right level of judgment and discernment, you can find a best friend, or a boyfriend, without ever leaving your bedroom."

- Adulthood and not fitting into said category just yet.
- Body image and body positivity.
- What Rose learned through all her crying jags, which lead us to the topic of emotions and mental-health well-being.
- Frankly discussing topics related to sex, from education, masturbation, birth-control, and practicing safe sex. I personally think this was one of the best pieces because of how open and heart-to-heart it felt.
- The author's struggle with OCD and disordered eating, which she put in to remind us to take care of our physical and mental well-being.

But above all I cherished this book when Arden Rose talked candidly about her thoughts and feelings. Her honesty is inspiring. However, this lead me to having a bit of trouble with **Almost Adulthood** in certain pieces when the writing leaned towards giving generic and nonspecific advice. That is to say, I appreciated this book more when it focused on being memoir-y and not advice-y.

On that positive note, I also loved the notable humor thrown in here, which I wasn't expecting at all. Since I'm not that familiar with the author's work on Youtube, I had no idea what to anticipate going into this book. Needless to say, I was pleasantly surprised when I got out more than a handful of laughs.

Like this moment where she had to decide the future of her relationship:

“I wanted to do more than text him occasionally about the new Game of Thrones episode. So we made a real date. I was going to be in London. He was picking me up at my rented apartment in West Hempstead. He had my address. This was the point of no return. Either I went on this date, or I would have to fake my own death.”

Or this comical paragraph on connecting with people online:

“I find it hard to make deep connections with people. I like meeting people casually at parties; I love a good party friend. But the moment someone gets out their Oprah face and tries to dig into my soul, I immediately scuttle into the corner of my brain far away from all in-depth conversations. The opposite is true when I'm chatting with someone online. I know that sounds crazy, but I find it easier to be honest and forthright with my opinions when I have a computer to hide behind. I'm like an emotional troll”

With all that I adored, however, I quickly came to notice how in certain essays Arden Rose's thoughts are quite contradictory, which consequently made for an impassive read. The more rambling and jumbling pieces came across like the author couldn't gather her opinion on a specific topic.

But to end this review on a positive note, I did appreciate the dandy illustrations scattered throughout:

3.5/5 stars

*Note: I'm an Amazon Affiliate. If you're interested in buying **Almost Adulting**, just click on the image below to go through my link. I'll make a small commission!*

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NOVI says

First of all where can I get myself a relationship like Arden and Will's ?

This was a quick and fun read, the way Arden has written this was very witty and enjoyable to read.

But this book did disappoint me a bit, the stories were fun and some very relatable but it's not that much of an advice book at all and I did hope for that !

Jess says

I honestly don't understand what the point of this book actually is.

None of the 'advice' was constructive and it just seemed really messy and repetitive to me. It might have been more interesting for those who watch the author's videos as it was more of a very short and light autobiography rather than advice on becoming an adult.

I didn't buy this with the hope of learning anything from it really, but I can't say I found it at all entertaining either. Sorry, this one wasn't for me.

Alison says

3.5 STARS

Nothing mind blowingly new as someone who is also almost adulting, but very relatable and kind of funny. Great quick read.

Alice-Elizabeth (marriedtobooks) says

I actually finished listening to the audiobook of this a few days ago, but needed a way before I could sit down and type my full thoughts on it. I recently took out a subscription to the Scribd app and this was my first audiobook I chose off of the app! Needless to say, I have zero regrets about picking this one. Arden is the narrator for her own book and that for me was the right choice. *Almost Adulting* talks about Arden's life experiences and lots of relatable topics such as school, relationships, sex, mental health. It was a light-hearted listen, I've forgotten how many times I ended up giggling throughout the audiobook. Arden did go into details about some topics I mentioned from the list above, but there is also representation for trichotillomania which I admire Arden for being so honest and open about it.

Perfect length and a great first pick for anyone new to the Scribd app or just listening to audiobooks in general.

Michelle says

The book reads somewhat like a memoir but with some very valid insight and guidance to adulthood. I like the writer's quirky personality that really shined through in the writing style.

I really liked how she addressed society and body image and the concept of what is "beautiful".

"By setting a physical standard based on one particular form, you disqualify entire gene pools, races, and cultures from feeling celebrated. It's not fair that for centuries the 1 percent got to determine what defines beauty."

The section about her dad was endearing and relatable. And the part about emotions was also relatable and enlightening in a way.

Most, if not all, of the book is empowering and uplifting which is a strong point in my opinion. I am admittedly envious of Arden's romantic relationship and seemingly happy life but she's worked to get there and she has had her fair share of struggles along the way. I am glad she is in a good place now. And I'm inspired by her words and story that I can overcome my own obstacles and create a life for myself that I am happy in too.

This book, although a bit different to what I was expecting was not disappointing. It's a very thoughtful and personal outlook on "almost adulting" which proved to be a fitting title!

alice (arctic books) says

2.5 stars.

As I'm turning 18 in a less than a month, I thought this book would be perfect for my transition into an Official Adult. To be honest, I didn't know who Arden Rose was before I picked up this book but I liked the cover and the synopsis. Upon reading it, I can sum up my feelings towards this book with "ehhhhh."

What I liked:

- The little pictures! I liked the cute graphics, and I felt like it really added a bit of character to the book, you know? They're actually really adorable.
- The sex-positivity chapter was pretty awesome. It made me feel pretty empowered, and I think a lot of people would like this chapter.

What I didn't like:

- I didn't mind the personal anecdotes, as it was expected, since it's *her* book, but honestly, it was mostly about VidCon and her boyfriend, and since I'm not a huge Youtube watcher and I didn't know who these people were, I didn't really care.
- A lot of the advice were kind of silly, like "Choose positivity/optimism" or something along those lines. Like that's nice, but it's not that easy lol

Overall, ALMOST ADULTING was a pretty quick read, and I appreciated some the life lessons that Rose included. I'm sure a lot of people will like this, such as her fans, but I felt like it lacked something that could make me really enjoy it.

Kristina says

Easy, fun and enjoyable :)

I was surprised that I liked so much a book written by a YouTuber, who I haven't even watched. So you can freely read and enjoy it despite not following Arden on any social medias.

Kim Jungshe says

Received it this morning as a gift and finished during a long train ride. Staring out the window would have been more entertaining. Is it a good read? No. Did I learn anything substantial? Absolutely not. I'm not sure if this book was supposed to be informative or entertaining, maybe an attempt at both.. Either way, I don't know what I was expecting out of a book written by a Youtuber in her early twenties sans real job. There are plenty of real self-help type books out there written by professionals if that's what you're looking for. Please don't take life advice from a kid with no college education who believes she can regurgitate shit she read on tumblr and "educate" you. It makes me a little uneasy that people will take sex advice from someone who has simply had sex. Please find legitimate and credible sources if you're looking for an informative read, not several diary entries written by an established youtuber trying to make money off of her young fan base. Think rationally about the information you are fed. If you simply purchased this book because you support Arden, cool/right on. If you are looking for legitimate life advice, look elsewhere. This book doesn't contain anything you shouldn't already know, and the fact that a naive beauty guru believes she can provide you with "All You Need to Know to Get It Together" is absurd. Don't waste your time. The best part is the cute misleading cover.

kayla ? says

3.5/4.0 STARS

I'm too tired to write a review but this book was adorable. I know a lot of people had problems with it because the "advice" was generic and there were a lot of personal stories but...isn't that the point? I listened to it on audiobook which I think helped. Made the whole thing more relatable and funny.

Nikita Mittu says

~~I REFUSE TO RATE THIS BOOK. Will review it soon.~~

Originally posted on The Common Shelf

"No one in the history of mankind has ever been exactly identical to me. That is an incredible and humble idea. I am the only me that will ever exist, and regardless of how insecure I can feel at times, I'm going to do a damn good job at me-ing."

Almost Adulting is a book for all those 20 something year olds who are still figuring out their way in the adult life. It is no guide to entering adulthood, nor is it an educational book for adults. It's a book written by a 21 year old, sharing her experiences and telling you it's okay to feel what you are feeling, it's okay to be going through things, they are all part of growing up. The book, in around 200 pages, deals with a lot of topics like:

- Self importance
- Modern day relationships
- Body image
- Mental issues
- OCD
- Family
- Sex
- Emotions

Rose has done a great job in writing this book, the writing was no formal way of expression by the author, it felt like a friend telling you things which are important, to guide you through this age, to tell you it's going to be okay! A lot of the things said in the book were something we all have learned, from parents, from experiences, but reading those things written by a person around your age will give you a certain sense of belongingness. Reading it made me feel good about myself (and may be a little about people too ;))

"With the right level of judgment and discernment, you can find a best friend, or a boyfriend, without ever leaving your bedroom."

I liked the book, it was a light read and I would recommend everyone going through their 20s (Hey, it honestly doesn't matter, read it no matter how old you are!) to read this book. It's funny, easy to read and totally relatable. It has cute little sketches everywhere and it's totally adorable.

I will not be rating this book because I feel it's unfair and my rating scale will not do justice to this one. :)
Happy Reading!

Whitney Atkinson says

This reads less like “Here’s how to adult” than “Here’s how *I* adult!” That doesn’t surprise me, because most books i’ve read that come from YouTubers always have this air of self-importance (a harsh word, but I don’t know an alternative). I really wish this book would have been sold as a memoir or something other than a how-to guide, because although I love Arden’s message about sex and body positivity, as well as other things mentioned in this book, it was all very standard and not impressing as an advice book?

Literally some of the advice was “Stop worrying so much!” which..... idk if i’m just bitter because I have anxiety and that’s basically the most useless advice EVER to someone like me, it was all very basic and really wasn’t motivating at all. That’s why I say this would work better as a memoir or something adjacent to what other YouTubers have written books about—I enjoyed her backstories about her life more than I enjoyed her trying to be a cheerleader about it. It would read more genuine as a book about her life than her trying to tell you what to do with yours. Because in the end, she gives all this advice about sex and decorating your house and long-distance relationships, when in reality, she’s kind of just telling you about her life, and how she goes about those things?

Regardless, I liked her voice. I agree with her about pretty much everything in this book. She's funny, she's classy, and she's gorgeous and I like her videos. I think for the first time, this is a YouTuber book that you could probably read without having watched the person's videos and still enjoy.
