Things That Help
Healing Our Lives Through Feminism, Anarchism, Punk, & Adventure

by Cindy Crabb

A guide to realizing and understanding the importance of one’s self worth

Living in the margins of a culture she never felt comfortable in, Cindy Crabb touches on her experiences with feminism, girl-gangs, abuse, and gender identity. With stories, essays, interviews, and more, Cindy writes with fierce honesty and compassion, exploring subjects like consent, abortion, death, self-image, shyness, identity, and anarchism—embracing the complexities of each, finding her anger, her voice, and the things that help in her struggles with addiction, mental health, and intense loss. Along the way she travels the world, helps start a women and transgender health center, and fights against the social norms that made her feel so trapped.

SUBJECT: Feminism / Self-Help (Abuse) / Women’s Health / Gender Studies
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ART: b/w illustrations throughout

Marketing Notes
1. According to RAINN (Rape, Abuse & Incest National Network), an American is sexually assaulted every 98 seconds.
2. This collection will appeal to women and survivors of abuse, as well as those who are interested in gender studies, women’s studies, class and race, sexuality, and subculture.
3. Cindy Crabb is the author of the highly influential feminist zine Doris.

Comparative Titles
• Full Frontal Feminism: A Young Woman’s Guide to Why Feminism Matters Jessica Valenti 9781580055611 (Seal Press) $17.00, 2014
• Here We Are: Feminism for the Real World Kelly Jensen 9781616205867 (Algonquin) $16.95, 2017

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