

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

Things That Help

Healing Our Lives Through Feminism, Anarchism, Punk, & Adventure

by Cindy Crabb

"The closest thing to the promise showed by Kerouac and Burroughs when they wrote their reportage in that comfortable yet confrontational style all those years ago. Crabb's stories will resonate with many young women—heck, people—regardless of their social status." —*Chimpanzee*

"The kind of zines you would keep forever and on particularly lonely or frustrating days you could take a stack of them outside and curl up and read them to totally change your mood...feels as intimate as a best friend and as empowering as marching with millions of other protesters at a rally." —*Pocketful of Change*

"About idealization and its correlation, disappointment. It's about disenchantment and the hope that unlies it...who and how to trust, how to love, where to find home, how to feel at home in your city, in your body. But to read straight through offers an observable manifestation of the passage of time" —*Maximum Rock and Roll*

"Has the ability to pull the reader in like a friend, telling secrets and tales that you feel special to be a part of knowing...a kind of simple magic, weaving the simplest details into huge life altering moments and vice versa." —*Profane Existence*

"A much-needed reminder that the personal is political." —*Punk Planet*

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.



Cindy Crabb is the author of the long running, autobiographical feminist zine *Doris* and she has written for numerous books and magazines, including *We Don't Need Another Wave: Dispatches from the Next Generation of Feminists*, *the Utne Reader*, *Experiencing Abortion: A Weaving of Women's Words*, *A Girl's Guide to Taking Over the World: Writing from the Girl Zine Revolution*, and is featured in *Girl Zines: Making Media, Doing Feminism*. She is the editor of *Support* and *Learning Good Consent* and is a sexual assault survivor advocate.

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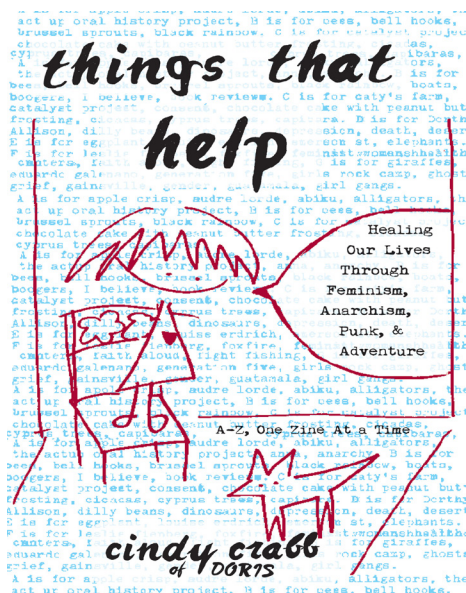
Marketing Notes

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 author of the highly influential feminist zine *Doris*.

Comparative Titles

- *Beautiful You: A Daily Guide to Radical Self-Acceptance* Rosie Molinary 9781580056557 (Seal Press) \$17.00, 2016
- *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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