



# You Don't Have to Like Me: Essays on Growing Up, Speaking Out, and Finding Feminism

By Alida Nugent

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**You Don't Have to Like Me: Essays on Growing Up, Speaking Out, and Finding Feminism** By Alida Nugent

**"Hilarious...[Nugent] documents her journey to feminism while skewering misogynist tropes and delivering some painful truths." –Publishers Weekly (starred review)**

“Feminist” is not a four-letter word, but Alida Nugent resisted it for a long time. She feared the “scarlet F” being thrust upon her for refusing to laugh at misogynistic jokes at parties; she withered under the judgmental gaze of store clerks when buying Plan B, and she swore that she was “not like other girls.” But eventually, like so many of us, she discovered that feminism is an empowering identity to take on. It’s okay to criticize beauty standards but still love dark lipstick, investing in female friendships is the most rewarding thing ever, and no one should feel pressured to eat an “unseasoned chicken breast the size of a deck of playing cards” as every sad dinner for the rest of eternity.

With sincerity, intelligence, and wit, Nugent invites readers in to her most private moments of personal growth. From struggling with an eating disorder for most of her teen years to embracing all aspects of her biracial identity, she tackles tough topics with honest vulnerability. Smartly-written, unapologetic, and laugh-out-loud funny, *You Don't Have to Like Me* is perfect for readers of Roxane Gay, Rebecca Skolnit, and Sloane Crosley.

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