



Hello Life!

By Marcus Butler

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Learn how to be an almost adult in this indispensable guide from British YouTube star Marcus Butler.

For a twenty-three-year-old, Marcus Butler knows a lot about life—and not just from his own experiences but from the millions of followers on YouTube who chat with him on his irreverent channel, known for its mix of hilarious sketches, light-hearted banter, and deeply empathetic take on serious issues. In this funny, colorful handbook, the warm and totally down-to-earth star shares his trademark big-brotherly advice for navigating the trickier aspects of modern living.

Inside you'll find Marcus's thoughts on:

-Being healthy—including his nutritious eating tips, favorite gym-free exercises, and butt-kicking hacks for getting in shape

-Dating—from finding the courage to be yourself, to banishing first-date nerves, to rebooting a broken heart

-Surviving life crises—such as his parents' difficult divorce, the pain of watching a close friend spiral into anorexia and self-harm, and his regrets over giving in to bullies and giving up on a sport he loved

-Getting the life you want—lessons for staying organized, handling pressure, thinking positively, *and* breaking world records!

Part autobiography, part self-help guide, *HELLO LIFE!* is a candid and playful look inside Marcus Butler's life—the failures, the successes, and the lessons he's learned along the way.

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Editorial Review

Review

"Butler speaks with both honesty and sincerity, often using his personal stories as a means to impart advice...many teens will be drawn to the conversational tone and the memorable pieces of advice. Butler's fans are a natural draw, but newcomers might be pleasantly surprised as well." (Booklist)

"The best part about this book is every part. I literally cannot discriminate between all the four main issues in this book: each and every issue is as important as the other...motivating and inspiring." (The Guardian Teen Review)

About the Author

Marcus Butler is one of YouTube's most popular stars, with millions of subscribers. He lives in London.

Users Review

From reader reviews:

Meredith Daugherty:

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