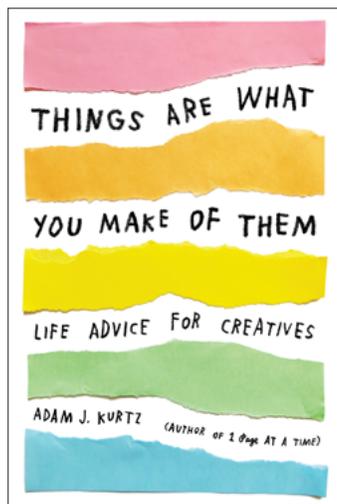


LIFE CAN BE F\*\*\*ING HARD, BUT THINGS ARE WHAT YOU MAKE OF THEM.

Adam J. Kurtz's encouraging and insightful new book offers advice, tough love, and inspiration for "tortured" creative types—including "Hey maybe stop torturing yourself?"



## Publication Date October 3rd, 2017

- Paperback
- 144 Full Color Pages
- Pocket-size (4"x6")
- Lightly perforated for sharing
- \$14.00 / \$19.00 CDN
- ISBN: 9780143131519
- #thingsare



Most of us are "creatives," even though we may not self-identify as such. From entrepreneurs and writers to stylists and chefs, it's quick thinking and creative solutions that help us tackle daily challenges and do our best work. **Bestselling artist and author Adam J. Kurtz is no stranger to right-brain thinking—and the procrastination, stress, and impostor syndrome that go along with it.** While many romanticize a coffee-fueled late night grind, Adam has another approach: "The hustle is exhausting. Take a nap."

### ***Things Are What You Make of Them: Life Advice for Creatives***

expands on a series of popular self-care posts to provide direction, companionship and support for anyone who makes art, or anything else. As Design\*Sponge founder Grace Bonney notes in the book's foreword, Adam has a "unique ability to talk about uncomfortable subjects in a way that [makes] readers feel supported and safe." Tackling difficult issues like depression, creative blocks, seeking help, and addressing our failures and fears, Adam is the cheerleader, coach, therapist, and beloved confidant we all need in our corner.

**"There's so much about ourselves that we're forced to acknowledge when we begin a new creative pursuit, and as someone who learns by making and feeling, the only way out is through. This book took shape over two years of hands-on learning and everything about it, from ripped out notebook pages to pencilled handwriting, reflects that organic creative journey."**

After several years with advertising jokesters Barton F. Graf and media giant BuzzFeed, Adam's solo journey has led to some big wins. His first book, *1 Page at a Time*, is an international hit that boasts 17 foreign editions and 2016's *Pick Me Up* is close behind with 12 editions within just eight months since publication. The books follow a line of other self-made successes including two 1600%-funded Kickstarter campaigns, product collections with Urban Outfitters and Fishs Eddy, and celebrity fans like Lena Dunham and Alanis Morissette.

Straddling the line between inspirational and brutally honest, ***Things Are What You Make of Them*** is *The Artist's Way* for a new generation, an empowering and provocative guide we all need to help light the fire and gently push our creative ventures along.

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### Praise for *Things Are What You Make of Them*

"This brilliant, life-affirming book is chock full of audacious advice to help creative people make sense of rejection, failure, false starts, fame, happiness and collaborations." **–Debbie Millman, host of Design Matters**

"Filled with wit, warmth, wonder and wisdom." **–Alanis Morissette**

"Another book of positive vibes: Cheeky and funny, but ultimately kind, generous and empowering." **–Cool Hunting**

"The reality is that creating something makes you vulnerable. Breaking all the feelings dredged up in that process into little pieces of sensitive yet blunt advice, Kurtz suggests little ways to move past things — one step at a time. **–Bustle**

### Praise for Adam J. Kurtz

"Master of the playful, lightweight mood booster" **–BuzzFeed**

"Blurring the line between artist and therapist" **–VICE**

"Bring a trash bag of Zolof" **–Fast Company**

"Adam J. Kurtz is my fave therapist!" **–Tavi Gevinson (Rookie)**

"Kurtz put a new spin on the self-help genre" **–NYLON**

"Known for his humorously honest empathy" **–Design\*Sponge**

"Internet Famous" **–Refinery29**

### About Adam J. Kurtz

Adam J. Kurtz (aka [@adamjk](#)) is a Brooklyn-based designer, artist and author of *1 Page at a Time* and *Pick Me Up*, which have been published in over a dozen languages each. His "very personal" work for clients like Strand Bookstore and Urban Outfitters has been featured in NYLON, PRINT, VICE, BuzzFeed and more. He's one of PRINT Magazine "15 Under 30" and a 2017 Webby Awards Honoree.

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### Help Fight for LGBTQ Girls & Women

*Things Are What You Make of Them* is all about embracing our truth, tapping into our power to make the best of things, and raising others up with us.

**TarcherPerigee will donate \$1 for every book ordered before 10/3/17 to the Tegan and Sara Foundation, working for economic justice, health, and representation for LGBTQ girls and women.**

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