



# Hello Life!

*Marcus Butler*

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## **Hello Life!** Marcus Butler

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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