



Super You: Release Your Inner Superhero

By Emily V. Gordon



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Superheroes don't start from glorious beginnings. Their origins are almost always marked by traumatic events that leave them helpless and scared. Batman witnessed his parents' murder. Superman was sent away from his dying planet with no one to guide him as he grew up. Orphaned Catwoman was forced to steal food to survive on the streets of Gotham.

What makes these superheroes super is their determination to not be defined by helplessness. They embrace their origins, their flaws, and their mistakes, and strive every day to become the best versions of themselves – for the benefit of themselves and others.

Super You is a fun, friendly, and unabashedly geeky guide to becoming the superhero of your own extraordinary life. Author Emily Gordon examines comic book tropes to find lessons that anyone can apply toward overcoming tragic events and adversity in their own lives. With activities in every chapter to help identify each person's superpowers, special tools, personal kryptonite – and weapons against it – *Super You* is the perfect sidekick for every growing hero, empowering everyday people to transform into the most kick-ass versions of themselves.

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Super You: Release Your Inner Superhero By Emily V. Gordon Bibliography

- Sales Rank: #192557 in eBooks
- Published on: 2015-09-29
- Released on: 2015-09-29
- Format: Kindle eBook

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Editorial Review

Review

"I have often imagined a life in which my only job is to do whatever Emily V. Gordon tells me. *Super You* answers all my prayers, making frustratingly abstract *being-a-person* problems totally manageable."

—**Tavi Gevinson**, founder and editor-in-chief of *Rookie* magazine

"*Super You* isn't a self-help book—it's a manual for badassery. You may never fly or travel through time (drat!), but this book will help you develop your very own special set of super powers. Get ready to get awesome."

—**Aisha Tyler**, actress, comedian, cohost of CBS's *The Talk*, host of *Whose Line is it Anyway?*, and author of *Self-Inflicted Wounds: Heartwarming Tales of Humiliation*

"Emily's drive and confident attitude make her a formidable foe for failure." —**ModCloth**

"*Super You* is a hilarious and inspiring guide about finding, owning and having the courage to be the best you that you can be. You'll start this book as Clark Kent, and Emily will help you find your cape."

—**Garfunkel and Oates**

About the Author

Emily V. Gordon is a former couples and family therapist and current writer and producer. She has written for *Rookie*, Hello Giggles, the Huffington Post, and The Daily Beast. In addition, she hosts a podcast about video games and produces a weekly standup show called *The Meltdown with Jonah and Kumail* that is also a Comedy Central series. Emily lives in Los Angeles, CA.

Users Review

From reader reviews:

Patricia Rodrigue:

In this 21st centuries, people become competitive in every way. By being competitive today, people have do something to make these survives, being in the middle of the crowded place and notice through surrounding. One thing that at times many people have underestimated the item for a while is reading. Yep, by reading a reserve your ability to survive improve then having chance to remain than other is high. To suit your needs who want to start reading a book, we give you this Super You: Release Your Inner Superhero book as beginning and daily reading publication. Why, because this book is usually more than just a book.

Jeffrey Smith:

Typically the book Super You: Release Your Inner Superhero has a lot details on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. This articles author makes some research ahead of write this book. That book very easy to read you can get the point easily after looking over this book.

Deborah Ryan:

This Super You: Release Your Inner Superhero is great book for you because the content which can be full of information for you who have always deal with world and also have to make decision every minute. This specific book reveal it information accurately using great organize word or we can point out no rambling sentences inside it. So if you are read the idea hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but hard core information with beautiful delivering sentences. Having Super You: Release Your Inner Superhero in your hand like having the world in your arm, information in it is not ridiculous a single. We can say that no guide that offer you world throughout ten or fifteen moment right but this book already do that. So , it is good reading book. Hi Mr. and Mrs. occupied do you still doubt which?

Elizabeth McNeal:

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