

Stay Sexy & Don't Get Murdered: The Definitive How-To Guide

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The highly anticipated first book by Karen Kilgariff and Georgia Hardstark, the voices behind the #1 hit podcast My Favorite Murder!

Sharing never-before-heard stories ranging from their struggles with depression, eating disorders, and addiction, Karen and Georgia irreverently recount their biggest mistakes and deepest fears, reflecting on the formative life events that shaped them into two of the most followed voices in the nation.

In *Stay Sexy & Don't Get Murdered*, Karen and Georgia focus on the importance of self-advocating and valuing personal safety over being "nice" or "helpful." They delve into their own pasts, true crime stories, and beyond to discuss meaningful cultural and societal issues with fierce empathy and unapologetic frankness.

"My Favorite Murder started as a way for Karen Kilgariff and Georgia Hardstark to work through their fears. Now it's a worldwide community.... Even its darkest moments are lightened by Karen and Georgia's effortlessly funny banter and genuine empathy." - RollingStone.com
Age Range: Adult

Known for her biting wit and musical prowess, Karen Kilgariff has been a staple in the comedy world for decades. As a performer, she has appeared on *Mr. Show*, *The Book Group*, and *Conan*. She then transitioned to scripted television, writing for shows like *Other Space*, *Portlandia*, and *Baskets*. Her musical comedy album *Live at the Bootleg* was included in *Vulture's Best Standup Specials and Albums of 2014*.

Georgia Hardstark has enjoyed a successful career as a food writer and Cooking Channel on-camera personality, which began with the invention of the farcical cocktail, *The McNuggetini*. She went on to co-host a travel/adventure/party show called *Tripping Out* with Alie & Georgia, and a regular gig on Cooking Channel's #1 show, *Unique Sweets*. She capped that off as a repeat guest narrator on Comedy Central's hit show *Drunk History*.

Praise for *Stay Sexy & Don't Get Murdered*:

"Karen Kilgariff and Georgia Hardstark share practical wisdom in *Stay Sexy and Don't Get Murdered*," which is a No. 1 debut on our advice, how-to and miscellaneous best-seller list." - The New York Times

"Hardstark and Kilgariff's podcast takes on crime, death and other gory subjects, all filtered through the pair's subversive wit as they riff on life's craziness, often sharing details from their own mental health and substance abuse struggles. This openness translates onto the page. A kind of life guide...the book is just as funny as the podcast but often goes deeper into painful subjects." -Los Angeles Times

"All the best advice your mother never told you." -Jenny Lawson, #1 New York Times bestselling author of *Furiously Happy*

"Kilgariff and Hardstark bring a much needed dimension to our current, true crime fever dream-an empathetic, slangy dose of acidic humor, weary compassion, and nervous hope. Their podcast is a joy to listen to and this book captures its energy and hilarity perfectly." -Patton Oswalt, New York Times bestselling author of Silver Screen Fiend

"In addition to being laugh-out-loud funny, smart, and incisive, Stay Sexy & Don't Get Murdered is so interesting and insightful that it made me a) want to be best friends with the authors and b) for real ask them to take me on as a therapy patient. This book is hilarious, honest, insightful, and clever as hell. Do yourself a fun favor by buying it and consuming it. You'll emerge at the final word as a new-and-improved badass version of your former self." -Megan Mullally, New York Times bestselling co-author of The Greatest Love Story Ever Told

"It's like an afternoon coffee date with your best friend that spills late into the night-where you share your darkest secrets and hardest-earned advice, and then emerge back into the world fully recharged. And ready to destroy toxic masculinity. Karen and Georgia are the voice of a movement-badass and vulnerable as hell-and this is their manifesto." -Stephanie Perkins, New York Times bestselling author of There's Someone Inside Your House

Praise for My Favorite Murder:

"Wildly popular.... In many ways, the subversive charm of [My Favorite Murder] is today's answer to riot grrrl, the D.I.Y. feminist punk movement of the 1990s." -The New York Times

"[My Favorite Murder] empowers listeners by offering practical advice for survival and self-care and by using comedy to deflate the scariness of these topics." -TheAtlantic.com

"Morbid [and] mirthful." -Entertainment Weekly

"Truly next-level.... hilarious, brutally honest, and totally addicting." -Nylon.com

"Wildly entertaining." -Refinery29

"One of the most successful podcasts in history." -TheWashingtonPost.com

Other Books

Beyond Training, Presents a guide to achieving peak fitness capability by optimizing performance, fat loss, and brain function, covering such aspects of health as nutrition, training, recovery, stress and time management, sleep, and digestion.

Stay. Sexy.. and. Perform. Like. a. Beast. In this chapter, I'm going to give you three reasons calories don't really matter. I'll tell you how much carbohydrate, protein, and fat you need to stay lean, stay sexy, and perform like a ..."