

Praise for SHRILL by Lindy West NEW YORK TIMES

BESTSELLER

ONE OF THE BEST BOOKS OF THE YEAR

NPR • Esquire • Newsweek • Los Angeles Times

"Read West's ferociously funny book and you'll be shouting her praises."

— People

"Stitch-inducing and searingly honest ... West takes readers through her journey from a self-effacing child working to keep her body and voice small

to an unapologetic, fat-positive feminist, skewering the status quo one keyboard stroke at a time."

— USA Today

"Lindy West is the troll-fighting feminist warrior you've been waiting for ...

Shrill treats feminism, fatness, and social change with rigorous attention without losing any of West's signature humor."

— Los Angeles Times

"[West is] one of the most distinctive voices advancing feminist politics through humor ... With patience, humor, and a wildly generous attitude toward her audience [West] meets readers at their point of prejudice so that she may, with little visible effort, shepherd them toward a more humane point of view."

— The New York Times Book Review

"[B]eautiful, joyful writing ... West defies clichés both by being persistently hilarious and deeply loving."

— Washington Post

"Hilarious, biting, and wise."

—Huffington Post

"Lindy West's memoir is a witty and cathartic take on toxic misogyny and fat shaming. She comes to accept her body just as Internet trolls congregate en masse to try to rip this new confidence from her, but she's rearing to fight back

... In Shrill, West is our fat, ferocious, and funny avenging angel."

—NPR, Best Books of 2016

"Reading West's book is like taking a master class in inclusivity and cultural criticism, as taught by one of the funniest feminists alive today."

—Refinery29

"An emotional roller coaster. One moment you're snorting from laughter, trying to avoid all the weird looks you're getting on the train. The next you're silently absorbing a larger truth neatly packaged into the perfect sentence you didn't expect to read."

—Mother Jones

"With her clear-eyed insights into modern culture and her confidence in her

"With her clear-eyed insights into modern culture and her confidence in her own intelligence and personal worth, West appeals to the humanity of even the most parents' basement-dwelling, misogynistic, and casually hateful of trolls."

— Esquire, Best Books of 2016

"[West's] writing is sharp, smart, hilarious, relatable, insightful, and memorable. She tackles serious and personal subjects—like being fat, getting an abortion, feeling lonely, or dealing with harassment online—and is just as capable of eliciting tears as laughter ... I dare you to pick up a copy."

— Newsweek, Best Books of 2016

"It's hard to discuss SHRILL without being effusive. It's hard to write about it without offering gratitude, and pullquotes such as 'this is the best and most important book I've read all year.' But it's certainly no exaggeration to say we're all very lucky to live in a world where Lindy West exists ... When she writes 'I hope I helped,' you want to enthusiastically respond, 'more than you can ever know."

— The Globe and Mail (Toronto) "Poignant, hilarious, and contemplative."

— Cosmopolitan

"One of the most impressive aspects of this book is the level of nuance, self-reflection, and humanity that West displays in her analysis of her own writing and her relationships with others ... It's the best kind of memoir, and it shows that Lindy West still has a lot more to say—and that we should all keep listening."

—Bitch Media

"West is utterly candid and totally hilarious ... as funny as she is incisive."

— Vogue

"With *Shrill*, West cements her reputation as a woman unafraid to comfort (and confound) her critics ... [*Shrill*] illustrates just how deeply sexism pervades our society while laughing at the absurdities that sexism somehow normalizes."

— Elle

"Lindy West can take almost any topic and write about it in a way that is smart, funny, warm, and unique."

—Bustle

"West is candid and funny, unafraid to criticize rape jokes or explain how airlines discriminate against fat people, and her fearlessness has made her one of the most notable voices on the Internet."

—Flavorwire

"Both sharp-toothed and fluid ... West is propulsively entertaining."

—Slate

"Lindy West did not set out to be a feminist warrior against the forces that wish to silence and hurt women for doing things that men take for granted

. . .

Someone has to fight the misogynists, after all, and West is well-situated for the front lines, lacing her blunt sense of humor with a surprising amount of nuanced empathy, even for those out there who are the ugliest to women."

—Salon

"Lindy West is one of the Great Ladies of the Feminist Internet ... 250 pages of pure hilariousness."

—Feministing

"Incredible and insightful ... What West ultimately strives for is to incrementally make those small changes that can lead to something so much bigger and better for us all."

—Amy Poehler's Smart Girls

"[West is] warm and cutting, vulnerable and funny in equal measures; her sense of self makes you yourself feel seen."

—BuzzFeed

"Hey reader! I thought I'd read enough in this lifetime about people's childhoods and feelings and such and I'd never want to do it again. But Lindy West is such a totally entertaining and original writer she kind of blew that thought out of my head halfway into the first chapter. I dare you to feel differently."

—Ira Glass, This American Life

"You have to be careful about what you read when you're writing, or you can end up in total despair, thinking, 'This is what I wanted to say, only she got there first and said it better."

—Jennifer Weiner, number one New York Times bestselling author of *Good in Bed* and *The Littlest Bigfoot* "The surge of love and joy I felt while crylaughing through this book almost made my cold dead heart explode. Lindy is so smart and so funny that it almost hurts my little jealous-ass feelings. She is my most favorite writer ever."

—Samantha Irby, author of *Meaty: Essays* "It made me hurt, both from laughing and crying. Required reading if you are a feminist.

Recommended reading if you aren't."

- —Jenny Lawson, number one bestselling author of *Let's Pretend This Never Happened (A Mostly True Memoir)* and *Furiously Happy: A Funny Book About Horrible Things* "It's literally the new *Bible*."
- —Caitlin Moran, bestselling author of *How to Be a Woman*

the heart of impossible issues with humor and grace. West will have you cringing, laughing, and crying, all within one page. *Shrill* is a must-read for all women."

—Jessica Valenti, author of *Why Have Kids?: A New Mom Explores the Truth About Parenting and Happiness* and *Full Frontal Feminism: A Young Woman's Guide to Why Feminism Matters*

Also by LINDY WEST

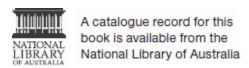
Shrill: Notes from A Loud Woman

[&]quot;There's a reason Lindy West is such a beloved writer: she gets to

The Witches Are Coming

Lindy West





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Allen & Unwin

83 Alexander Street

Crows Nest NSW 2065

Australia

Phone: (61 2) 8425 0100

Email: info@allenandunwin.com

Web: www.allenandunwin.com

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To the kids.

Trust your instincts. Believe your eyes.

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<u>Acknowledgments</u>

Introduction: They Let You Do It

Not long ago, my husband was at a bar in Chicago. A friend had told him to check out this particular bar because it's a cool dive run by queer people of color, with dancing and cheap drinks and a good vibe. So he was sitting there, having a beer, and after a while a guy came in and sat down next to him. White guy, late forties. Polo shirt. Mustache probably. Khaki shorts. Standard random white guy.

The guy—his name was Larry or Barry or something, so for the purposes of this story let's call him LarryBarry—struck up a conversation with my husband, asked him if he was having fun. My husband said, "Yeah, this is a fun bar!

People are dancing. It's cool." And the guy got a real sad look on his face and said, "Yeah, this is one of my favorite songs. I wish I was dancing right now."

So naturally my husband asked, "Well, why don't you go dance?"

And LarryBarry said, "I'M NOT ALLOWED TO DANCE."

My husband was confused. There did not seem to be any posted restrictions on who was or was not allowed to dance. Other people were dancing. So he inquired, "LarryBarry, why are you not allowed to dance?"

And then LarryBarry told his tale:

"Well, two nights ago, I came to this bar, because it's the closest bar to my house, and I come here all the time. And they were having a dance night, and I love to dance. So I went out on the dance floor, and there were some people out there dancing, so I just started dancing with this girl, and she said, 'I don't really want to dance with you,' and then her friend got all weird about it. So now I guess I'm *not allowed to dance*."

Can you believe that? He's not allowed to dance!

This is what it's come to, ladies and gentlemen. This is what the PC police have done to us. It's as though the PC police don't even care how much LarryBarry likes that song! Or how important it is that he continue his ongoing research into the worst ways to move the human body!

Well, sorry if I don't want to live in a world where straight white men in their forties with mustaches can't go to the queer POC dance night and nonconsensually grind on lesbians they don't know without people getting weird about it! Last time I checked, this was America!

My husband said kindly, "LarryBarry, I'm pretty sure if you just go out there and dance and don't touch anyone, you'll be fine."

And LarryBarry thought, "Hmm, don't touch anyone? What's that?" But he decided to go for it, and as he got up from the bar he looked my husband in the eyes and said, man to man, "If something goes wrong out there, will you back me up?"

me up?"

And my husband said, "If something goes wrong, you will look over here, and you will find that this chair is empty, and you will never see me again, because I don't know you."

This modern fable—the Ballad of LarryBarry—tells us quite a bit about our current moment in history.

It seems that a lot of men are confusing being asked not to violate other people's sexual boundaries with being forbidden to participate in basic human activities such as dancing, dating, chatting, walking around, going to work, and telling jokes.

One thing we've been hearing a lot recently when a man—particularly a man a lot of people really like—is accused of something awful is that the accusations aren't real but in fact are part of a baseless, bloodthirsty, politically motivated mass hysteria known as a "witch hunt."

This is a relatively new usage of the term. Traditionally, "witch hunt" has been used in reference to the witch trials of early modern Europe and colonial America, during which an estimated 40,000 to 60,000 people were brutally tortured by being briefly ostracized at work and having a lot of people yell at them.

Wait. That's wrong. They were actually hanged, beheaded, or burned at the stake. Still, though. Very, very similar to the modern-day witch hunts against rapists!

Imagine, if you will, a fine woodcut print of a colonial witch burning. A town square, a black sky, perhaps a fat bristly pig. A massive bonfire crackles hungrily, and at its heart, three screaming women are bound to a post, burning to death in agony. Nearby, a group of angry men in pantaloons and buckled hats stoke the flames with long poles. A bat-winged demon harries the dying women from above, while all around the townspeople froth at the mouth and howl in a frenzy of bloodlust. Here and there, corpses litter the ground, but the townspeople seem not to notice or care. Some fricking knave beheads the pig with a sword.

Now, in case you're not familiar with classic seventeenth-century iconography, I, an art historian, <u>1</u> have compiled a handy reference guide to what each of these elements represents:

Women burning to death = Men who did nothing wrong

Men stoking the fire = Feminists (third-wave, boooooooo!) Demon = How Sharon's butt looked in those pants

The fire = Call-out culture

Townspeople = The court of public opinion

The pig = Due process

The pig = Due process

The knave = Salma Hayek

Corpses = Free speech, comedy, human reproduction, the legacy of Matt Lauer

I think we can all agree that this fully checks out and that, indeed, it is men who are the true victims of witch hunts. Which they invented. To kill women.

But the "witch hunt" deflection isn't only for rapes! It has the power to transform pretty much any credible accusation against a man into an unfair

nay, unconstitutional—and unfounded smear campaign. Accused of racism?

Witch hunt! Accused of undermining the integrety of democracy itself? Witch hunt! Accused of willfully letting children die in concentration camps on the southern border of the United States? A pure, unadulterated, hysterical, bitchy witch hunt!!!

Perhaps no one is as fond of this rhetorical maneuver as the United States'

forty-fifth president, Donald J. Trump. Based on a simple Twitter search, he has tweeted the phrase at least two hundred times since taking office, betraying a ceaseless, all-consuming paranoid panic that is definitely safe and good to have in a world leader. A minuscule sampling of the fucking hundreds of them I found:

May 15, 2016: "The media is really on a witch-hunt against me. False reporting, and plenty of it - but we will prevail!"

January 10, 2017: "FAKE NEWS - A TOTAL POLITICAL WITCH

HUNT!"

February 27, 2018: "WITCH HUNT!"

March 19, 2018: "A total WITCH HUNT with massive conflicts of interest!"

April 10, 2018: "A TOTAL WITCH HUNT!!!"

April 22, 2018: "A complete Witch Hunt!"

May 23, 2018: "WITCH HUNT!"

June 5, 2018: "... The greatest Witch Hunt in political history!"

August 22, 2018: "NO COLLUSION - RIGGED WITCH HUNT!"

December 13, 2018: "WITCH HUNT!"

January 26, 2019: "WITCH HUNT!"

Very normal, very cool!

So, just to clarify, you guys get to be the witch-hunters *and* the witches *and* the witch-hunter-hunters who hunt down any witches who are witch-hunting too hard. And the rest of us get burned.

To be fair, Donald Trump framing himself as a witch actually makes a bit more sense than it does for most of the guilty little wormies who try to do it.

Every iota of Trump's success is a con, a dark magic trick, built on illusion and hypnosis and the impenetrable magical thinking of his followers. Even the repetition in those tweets—WITCH HUNT, WITCH HUNT, WITCH HUNT—

is a kind of incantation, calling itself into being. *Of course* a man whose only skill is putting his name on shit understands the power of branding.

Trump is not a witch, but he is adept at one spell. He knows that, at least in this country at the moment, all you have to do is say something is true. If you say you're a self-made billionaire, you're a billionaire. If you say you'll make something great, sure, it will be. It's a witch hunt? If you say so.

Let's go back to before the fullest expression of the power of that brand. It was October 2016, and we were doing so well. It felt like we were doing so well, anyway. Thanks to decades of bloody, incremental, hard-won victories by generations of activists and organizers, the traditional presumption of white male authority had grown translucent, vulnerable. The term *feminist*

was no longer so stigmatized that teenage girls were afraid to assert their innate equality and celebrities were afraid to utter it in interviews. Marriage equality passed, and the pits of Hell did not open beneath us. Black Lives Matter forced the facts of racialized police violence through the generally impenetrable psyches of Middle Americans, whether they liked it or not. Sure, the environment was fucked and we'd been at war for nearly twenty years (since I was a teenager and since my teenagers were babies), but there was a palpable momentum, an undeniable feeling that progress had the upper hand. We were just a hairsbreadth from electing the United States' first female president to succeed the United States'

first black president. Justice Antonin Scalia passed away unexpectedly and, despite Mitch McConnell's best efforts at subverting democracy, *she* was going to choose his replacement. We weren't done, but we were doing it.

And then, true to form—like the Balrog's whip catching Gandalf by his little gray bootie, like the husband in a Lifetime movie hissing "If I can't have you, no one can"—white American voters and the electoral college and a few Russian troll farms shoved an incompetent, racist con man into the White House.

Trump wasn't a former reality TV star, a failed businessman who became an actor who played a successful businessman on a bad TV show—he was a *current* reality TV star. He came straight from the set. And to regurgitate the first and most basic President Trump media take, he brought not just his showbiz sensibilities but his *reality TV instincts* into the Oval Office: a savant's understanding of Americans' hunger for "reality" over reality, for the outrageous, for the cruelty of Simon Cowell and the brazen individualism of

"I'm not here to make friends."

Reality TV, as we all know by now, is scripted. This is the most frightening

vestige of President Trump's TV career: in his world, reality doesn't dictate the script; the script dictates reality. When reality doesn't favor or flatter him, he simply says what he *wants* to be true. And in the minds of his fanatics—

absolutely blitzed on a decade or three of antimedia, antiacademia, paranoiac propaganda—it *becomes true*. It's a kind of magic.

A vast and verdant journalistic subgenre has sprung up around the president's passion for lying: websites devoted solely to fact checking, everlengthening lists of falsehoods at major media outlets. The *Washington Post*'s Fact Checker page reported (at the time of this writing) that Trump had made 10,796 false or misleading statements during the first 869 days of his presidency.

After special counsel Robert Mueller released his report on Russian interference in the 2016 election in April 2019, Trump tweeted, "No collusion. No obstruction. For the haters and the radical left Democrats—GAME OVER,"

never mind the fact that the report said no such thing. Thanks to the baby-soft Left's willingness to hear all "sides" of an "argument," no matter how blatantly disingenuous, even Trump's most obvious rewritings of reality, from the relatively benign (the size of his inauguration crowd) to the truly dangerous (the

"very fine people" marching for white supremacy in Charlottesville), have been entered into the public record with some degree of legitimacy. Even people who didn't overtly hate Hillary Clinton took "Lock her up!" to the polls with them, and maybe just enough of them had just enough doubt that they skipped over that bubble or didn't bother to go at all. Who knows what kind of an impact that tiny margin could have had, cumulatively, when replicated over a population of 245 million eligible voters?

The infamous *Access Hollywood* tape was the first time we really saw Donald Trump's plot armor in action. On the tape, which was recorded in 2005

and resurfaced just before the 2016 election, you can hear Billy Bush—a first cousin of the man we were *so sure* would be history's worst president

wheezing ecstatically as Trump brags, inadvertently into a hot mic, about sexually harassing and groping women. The pair, along with a passel of unidentified men, were on a bus en route to film an *Access Hollywood* segment with the actress Arianne Zucker.

Through the window of the bus, Bush seems to spot Zucker first, as she waits to greet them. "Sheesh," he blurts out, breathless, telling Trump how hot "your girl" is. You can feel Bush's giddiness, a contact high, at getting to join a more powerful man in the oldest and most sacred of male bonding exercises: objectifying women.

Trump spies Zucker too. "Whoa!"

"Yes!" Bush grunts, Beavis-esque. "Yes, the Donald has scored!"

Of course, "the Donald" has not "scored." The Donald is on the NBC lot to shoot a guest appearance on *Days of Our Lives* at the behest of his employer to promote his reality show, *The Apprentice*, while *Access Hollywood* produces an accompanying puff piece. This is work within work within work. Bush is at work. Trump is at work. Zucker is at work, and not only is she not Trump's

"girl," she is a complete stranger who is also on camera and being paid to smile.

"Heh heh heh," Bush snickers. "My man!"

Such has it always been: powerful men sorting women's bodies into property and trash and "good" guys, average guys, guys you know, guys you love, guys on the *Today* show, going along with it. Snickering. Licking a boot here and there, joining in if they're feeling especially bitter or transgressive or insecure or far from the cameras that day. Perhaps, at their most noble, staying silent. Never speaking up, because the social cost is too high. It's easier to leave that for the victims to bear. After all, they're used to it.

"I gotta use some Tic Tacs," Trump says, still inside the bus, "just in case I start kissing her. You know, I'm automatically attracted to beautiful—I just

start kissing them, it's like a magnet. Just kiss. I don't even wait. And when you're a star, they let you do it. You can do anything. Grab them by the pussy. You can do anything." Bush and the bus toadies laugh.

Every woman knows a version of Donald Trump. Most of us have known more of them than we can (or care to) recall. He's the boss who thinks you owe him something; the date who thinks that silence means "yes" and "no" means

"try harder"; the stranger who thinks your body's mere existence constitutes an invitation to touch, take, own, and destroy. He's every deadbeat hookup, every narcissistic loser, every man who's ever tried to leverage power, money, fame, credibility, or physical strength to snap your boundaries like matchsticks. He is hot fear and cold dread and a pit in your stomach. He's the man who held you back, who never took you seriously, who treated you like nothing until you started to believe it, who raped you and told you it was your fault and whose daddy was a cop, so who would believe you anyway?

Donald Trump is rape culture's blathering id, and just a few days after the *Access Hollywood* tape dropped, then Democratic nominee Hillary Clinton (who, no doubt, has just as many man-made scars as the rest of us) was required to stand next to him on a stage for a presidential debate and remain unflappable while being held to an astronomically higher standard and pretend that he was her equal while his followers persisted in howling that sexism is a feminist myth.

While Trump bragged about sexual assault and vowed to suppress disobedient media, cable news pundits spent their time taking a protractor to Clinton's smile

—a constant, churning microanalysis of nothing, a subtle subversion of

democracy that they are poised to repeat in 2020. And then she lost. (Actually, in a particularly painful living metaphor, she won, but because of institutional peculiarities put in place by long-dead white men, they took it from her and gave it to the man with fewer votes.)

In the intervening years, I have returned again and again to what Donald told Billy on the bus. "When you're a star they let you do it," he said. They let you do it. "It" being assault. "They" being a soap star unlucky enough to be standing near him or a businesswoman seated next to him on a flight or a reporter for *People* magazine on a tour of Mar-a-Lago or an aspiring model at a nightclub or a contestant on *The Apprentice* or Miss Finland 2006 or any of the other twenty-two (and counting) women who have accused the forty-fifth president of the United States of sexual assault, sexual harassment, and rape. Setting aside the fact that a touch or a sex act cannot be both consensual and nonconsensual, how much can any population with little institutional power really be said to "let"

themselves be victimized by the powerful? Systemic inequality makes choice an illusion.

"They let you do it" was in 2005. In 2017, Harvey Weinstein, the Hollywood mogul behind half of your favorite shit, everything from *Pulp Fiction* to *Project Runway*, was exposed as a serial sexual predator. Dozens of women accused Weinstein of rape and sexual abuse, a pattern of coercive behavior that had lasted for at least three decades despite being an open secret in Hollywood and the press. Through some combination of time, rage, incremental political victories, and feminist sweat, we did not let him do it anymore.

(Weinstein also once, in 2016, told my husband to "keep it down" in a hotel bar, and my husband, not recognizing Weinstein, said, "Excuse me?" and Weinstein wilted like a tiny baby buttercup and was like "Oh, I guess, uh, we did sit a little bit close to you, sorry," and my husband said, "Yeah, you did," and Harvey Weinstein skulked away licking his own ass like a beaten dog, and this is my porno.)

As I'm sure you're aware if you're reading this book, the allegations against Weinstein—or, more accurately, the fact that an undeniable number of high-profile victims came forward and the allegations actually stuck—formed the keystone of a collective grassroots awakening known as the "Me Too"

movement, started by the activist Tarana Burke in 2006. Since then, #MeToo has exploded into a large-scale cultural reckoning that so far has

not remotely faded, victims striding bravely and angrily out of the shadows to tell their stories of exploitation, predation, terror, abuse, derailed careers, and sabotaged potential for the first time, as well as building bridges of solidarity across industries and socioeconomic strata to demand meaningful, widespread, systemic change.

Or, you might know it as the thing where men get into trouble.

Men have been very concerned about the thing where men get into trouble.

Almost as soon as powerful men began falling to the truth (and by "falling" I mean "having to say sorry for bad things they chose to do and retreat to their mansions for a few months before booking sold-out comeback tours"), other men began *just asking questions* about redemption, about forgiveness, about when reckoning goes too far and turns into a witch hunt.

And look. I am sympathetic to people who feel they're being left behind in this new world. In a lot of ways, we all are. I understand that it's scary to suddenly face consequences for things that used to be socially acceptable—I grew up on Pepé Le Pew too—and I hear a lot of agita from men about how they're going to adapt. Won't it affect women's upward mobility if men are afraid to work with them? How are people supposed to date and procreate in this minefield? What if I get fired over a simple misunderstanding? If we believe victims unconditionally, won't the mob eventually come for us all?

I'm sorry to say it, but you just might have to tiptoe through the minefield for a while. We're tearing down old systems, but we haven't built new systems yet.

(*Feeling uncomfortable at work? What's that like?*) Let's return for a moment to LarryBarry, who wasn't allowed to dance. For the purposes of a cleaner narrative flow, I considered fudging the truth and telling you that it was me who had the encounter with LarryBarry at the bar, instead of relaying the story secondhand through my husband. It would have made for smoother storytelling.