



Glop: Non-Toxic, Expensive Ideas that Will Make You Look Ridiculous and Feel Pretentious

Gabrielle Moss

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A wickedly funny, full-color, illustrated sendup of the trendy lifestyle publication GOOP.

What is *Glop*?

Glop is a business and a website. But *Glop* is also a feeling. It's about picking the right expensive organic eye cream that will make you fit seamlessly into the top tiers of high society and sits next to Bono at a 42-course seitan tasting dinner held in a sex dungeon deep beneath the North Pole. *Glop* is about being conscious to the tiny details of our lives—what to eat, where to buy your cashmere yoga pants, which juice cleanse will remove the most mercury toxins from both your body and your cashmere yoga pants. *Glop* is about you.

In this scathingly humorous parody, Gabrielle Moss skewers the vanity, elitism, and silliness of the lifestyle website everyone loves to hate. Here are favorite recipes, detoxes, activities, cleanses, beauty tips, juice cleanses, vacation destinations, and a selection of hand creams that will open your third eye—plus lots of celebrity namedropping and more.

Glop includes everything from the silly to sublime—make-at-home stem cell moisturizing repair masques, weekend colonics, restorative yoga poses (for when Sting is mad at you about that thing you did), and even the freshest bones for your bone broth. Here, too, are G's essential tips on parenthood, relationships, work and finances, entertaining, food (well, maybe not food), spirituality, beauty, fashion, home, gifts, kids, and more. Nothing in *Glop* is sacred—except for a few Indian cows you can't afford.

Glop: Non-Toxic, Expensive Ideas that Will Make You Look Ridiculous and Feel Pretentious Details

Date : Published December 6th 2016 by Dey Street Books

ISBN : 9780062658005

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Format : ebook 240 pages

Genre : Humor, Nonfiction, Literature, 21st Century

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From Reader Review Glop: Non-Toxic, Expensive Ideas that Will Make You Look Ridiculous and Feel Pretentious for online ebook

Kitty says

A fun read for those of us fed up with diet culture, celebrity worship, and aspirational blogs. I listened to the audiobook, which was really well read, but I felt like I was probably missing out on some good pictures.

Ben says

Having never read Gwyneth Paltrow's Goop, I wasn't sure this book was for me. But as a dedicated reader of Moss's Bustle articles I gave it a shot, and it turns out Glop is the funniest book I've read in years. It reads almost like a classic-era Mad magazine or National Lampoon, with a sharp and elaborate wit that packs a dizzying amount of jokes into its pages (The New Yorker's preview is a good indication of the book's humor). Moss's skewering of celebrity lifestyle zines is incisive, yet never malicious--Glop even shows a touching appreciation for the kind of clueless self-confidence that lets something like Goop thrive. I laughed out loud, I gasped, I didn't want it to end. Bravo, Gabrielle Moss!

Rachel León says

(3.5 stars, rounded up because this book has no ratings) A funny parody of the website Goop. I was unfamiliar with the site, but enjoyed the book nonetheless. Its commentary on outlandish beauty tips, sex advice, and trends is pretty hilarious.

Jennifer says

A delightfully crafted parody. If pretentious and condescending blogs/celebrities/etc. make you want to hurl and you have a sarcastic sense of humor, you will enjoy this book.

Kate Woods Walker says

Hilariously cleansing.

Nathalie Morén says

DNFed after 3/4. Got too repetitive!

Bruce Reynolds says

Sort of innocent when I obtained this, and having read it, am glad that I did not know of the level of pretentious which it is mocking. But now, having run into some of the material which this book rebuffs, I will rate it four stars for being right on, and slam-dunk in the face of the shams which are presented as journalism/advice/whatever today.

Lexy Kelleher says

The Gwyneth Paltrow "Goop" parody I didn't know I needed. Some parts were a little repetitive, but there were definitely some moments that had me laughing out loud.

Kaila says

I laughed out loud several times. Favorites include "My Best Organic Beauty Secret: Being Born to Extremely Attractive Parents" and "Solving the Cultural Appropriation Dilemma by Appropriating from Cultures That Don't Exist"

Kristy says

I received a copy of this book through Goodreads' Giveaways in exchange for an honest review.

If you've ever done a full 360-degree eyeroll over the gazillionaire skincare industry, this is the book for you. While explicitly targeting Gwyneth Paltrow's "GOOP" brand, this book also hilariously skewers terrible beauty advice in a ladies' magazines.

Buy it for your friend who is silly enough to buy \$50 cuticle moisturizer, when she could just use coconut oil.

Louise says

Skimmed it. I don't know how a parody can sustain itself for a whole book but here it is.

Cristina says

Hilarious! This book is the perfect stocking stuffer mothers, sisters, girlfriends — anyone familiar with the adorable obliviousness of Gwyneth Paltrow's lifestyle brand, GOOP. The book is a parody of GOOP, but it isn't mean-spirited at all. Rather, it's a light-hearted look at the ridiculous things we *ALL* do in the name of being healthy, being good parents, being good people. This book had me laughing non-stop, but it also had me asking questions about what's necessary and what's ridiculous about my own routines. Read this book.

You won't regret it.

Full disclosure: I work with the author! She's hilarious. Her book is hilarious. I'm so glad she's sharing her humor with the world. <3

Amanda says

This is a funny, biting sarcastic read. It was fun to flip through from time to time and there were definitely laugh out loud moments. I haven't read the real GOOP, but I'm sure it's totally ridiculous. This reminded me of Annabel Porter's Bloosh -- now pardon me, I need to go polish my oyster forks with a cage-free olive oil rub.

TJL says

God, I love this book.

The bit about "eating bees" was probably my favorite part.

Collette says

Well written

Funny with great writing. A very clever idea well executed. Whether or not you're familiar with the website she's making fun of it's an enjoyable read.
