



My Solo Exchange Diary Vol. 2

Kabi Nagata

[Download now](#)

[Read Online](#) 

My Solo Exchange Diary Vol. 2

Kabi Nagata

My Solo Exchange Diary Vol. 2 Kabi Nagata

The sequel series to the award-winning My Lesbian Experience with Loneliness!

Living on her own is harder than Nagata Kabi expected. Building relationships is difficult too, but with a new friendship to cultivate and a new perspective on her family, she's doing her best to open up and become a warm, compassionate person!

My Solo Exchange Diary Vol. 2 Details

Date : Published February 12th 2019 by Seven Seas

ISBN : 9781626929999

Author : Kabi Nagata

Format : Paperback 176 pages

Genre : Sequential Art, Manga, Graphic Novels, Lgbt, Nonfiction, Comics, Glibt, Queer

 [Download My Solo Exchange Diary Vol. 2 ...pdf](#)

 [Read Online My Solo Exchange Diary Vol. 2 ...pdf](#)

Download and Read Free Online My Solo Exchange Diary Vol. 2 Kabi Nagata

From Reader Review My Solo Exchange Diary Vol. 2 for online ebook

Raquel Castellanos says

I relate too much to the endless cycles of depression and anxiety, that it makes me a little scared tbh. Her realizations about her family also hit too close to home for me. I felt the same way not too long ago about what she felt about her mom about my dad. Almost made me cry but I had to stop because I already had a headache. 🙄?

Miranda says

I'm terribly sad to see this series to go. Peering into Nagata's life, her struggles with self-acceptance and worth, managing her relationships with her mother, father, friends, and possible girlfriends - it was all so much to take in and left me crying several times. This particular entry had several pages where I had to stop and take a deep breath, mainly because her pain was so personal and intimate and I could easily see myself falling into the traps she'd been ensnared in. Her story, her pain, her inability to endure at times closely mirrors mine and many other bi/gay women of color, and her illustrations can really claw their way into your heart and keep you still, unable to move - because her truth suddenly becomes YOUR truth. That kind of art is priceless, is so incredibly valuable, and I'm so glad she had the courage to tell her story, even if at times it can be embarrassing.

However, the only reason I'm giving this volume four stars has to do with the final chapters' underwhelming nature - while I totally understand this is her REAL life, that she cannot change the outcomes of her feelings and the drawbacks that hinder her, some of the entries really didn't dispel the notion that she was weaning off her toxic parents' validation. While I'm happy they gave her the space and help she needed, it never seems like their treatment of her in the past is discussed or communicated. Still, Nagata pronounces she loves them and will accept their love in return, which given the other volumes, doesn't ring quite true. She does analyze her other entries in light of her realization and for most of it, I understand. But for others who truly wish to leave the unhealthy relations they have with toxic or abusive parents, this final volume might leave a hollow, sour taste in their mouths.

Jessica Peregrym says

I really respect Nagata Kabi for putting herself out there and talking so openly about her anxiety and depression. I understand that mental illness is a painful thing to live with, especially in a place like Japan where seeking therapy is still fairly frowned upon. But I still found it hard to read about this woman doing little more than running circles in her own little pit of despair. I hope she can get out someday and find happiness, but I honestly have my doubts.

Tatiana Pérez says

Me parece complicado, viéndolo en perspectiva, valorar esta serie por un tomo suelto, sin completarla. Kabi

Nagata ha tejido un relato desgarrador sobre su vida con una depresión que no acababa de superar. Como bien dice en el epílogo, cada uno de los tomos ha girado en torno a cómo se relaciona con el mundo de diferentes maneras y se ve una evolución hacia un futuro mejor al ir descubriendo cómo afrontar los sentimientos y cómo relacionarse con su entorno.

Y sigo pensando que me encantaría abrazar a esta señora para transmitirle mi afecto por su valiente relato. Espero que su vida se llene de amor.

Por cierto, ha sido todo un detalle que al final se incluya ese pequeño manga en el que trabajaba la autora y que menciona en este tomo.

Valkyrie Vu says

I still love this one quite the same way I do with the 1st one in the sequel . I admire her for putting herself on the naked paper so other people know that they're not alone.I just wish she could find a girlfriend and enjoy life. Well , at least someone to cuddle with :))

Ellis says

3.4

Alex says

I really enjoyed Nagata's previous work, but I can only handle so much paralyzing, debilitating depression before it starts to rub off on me. She's brutally honest, which I can respect, but I just had a hard time enjoying the book.

Also, I'm not sure what's up with the cover illustration. This book didn't really have any sex in it like the last two did. It seems to be following the trend of the previous two books, but it's really out of place in this volume.

Sara Mul says

This follows "My Lesbian Experience with Loneliness" as a kind-of sequel. Thematically, it's all very similar to us: Kabi Nagata is learning how to be self-sufficient, to love and to be loved, and to function as a person. However, this one was structured differently: now, it felt less like a stream of consciousness and more like diary entries (makes sense cause of the name of this one, ha!), and I enjoyed the format much more this time around. Each chapter is another diary entry, what Nagata calls "a solo exchange" which is basically a diary entry to yourself to allow introspection. Even though Nagata's struggles feel familiar to what she expressed in MLEWL, the formatting and language this time around was refreshing, presenting her struggles as an analysis of herself than laying herself bare for her audience. My favorite part was discussing the pressure and validation from an online presence, especially as a content creator and the effect it had on her too. It seems to be a common struggle with many content creators that gain an influx of attention.

*Even though I like this one a bit more than the first, I would suggest reading "My Lesbian Experience with Loneliness" first to gain context and insight into Kabi Nagata.

Meaghan Steeves says

I was a bigger fan of the first book but still related to her desire for independence.

Chloe Crist says

Wow, I still admire Nagata for being able to put so much of herself on the page; I really found it interesting that she included the repercussions of her first book in this one. I mean, considering this is a memoir, it makes sense, but she could have just as easily left things out to help with her relationship with her family.

Kudos for being so candid and honest, and frankly, brave.

Esteli says

Kabi, If you are out there reading this: Be gentle to yourself. Your books are beautiful. Keep making themselves and keep loving yourself and keep taking care of yourself.

Ivo Lederer says

It came with them mail today and I just had to devour it immediately! I have been waiting for the release for months and haven't been disappointed. I love the honesty in Nagata Kabis work, reflecting about her life experiences in relatable way that makes you feel for and like the character-author. While lacking detailed as well as background drawings, what the book doesn't lack is meaning. On the contrary, the minimal style helps to accentuate the problems and topics presented, boiling them down to their core meaning.

What to make of it? As the author herself discovers, life and art often cannot be separated; instead they influence each other reciprocally, which the author needs to make peace with.

Especially enjoyed the extra story (no spoilers)!

Jes Jones says

My Solo Exchange Diary Vol. 2 covers the author's life post-book deal of her first released manga *My Lesbian Experience with Loneliness* as she grapples with the residual aftermath of her parent's opinions of her first manga as well as battling crippling depression and loneliness that appears to remain a constant in her life.

Nagata offers a real, and heartfelt, look into the jaws of depressions and presents it to the world in a tolerable pink-and-white cartoon fashion.

Likes:

- Nagata's openness to putting some of her deepest and darkest concerns down on paper with the bravery and releasing that information into the world for other's to digest.
- Nagata's honesty with divulging the admittance into a hospital for help as well as being able to communicate that it was difficult and at times she did consider sabotaging herself to escape.
- Nagata's realization that she does have family, friends and the hospital staff that display genuine concern about her mental, emotional and physical health and wellbeing.

Dislikes:

- Nagata herself mentioned that she believed she had been overly critical of her family and friends in the previous mangas. In this novel, Nagata seems to repetitively, and excessively, discuss her family and friends as a support system. To me personally, it felt more like she was trying to counter-act the previous remarks she made against her family rather than praising them for their support and contribution to her life and wellbeing.

Overall, it made for another interesting read and great addition to the collection that Nagata has put out thus far.

Also, the little add-on of *Chiki-Chan's Depression* at the end was a nice touch!

tatterpunk says

Progress, as they say, is a spiral.

I am deeply grateful to these books and their honesty about the mundane nature of recovery, the struggle within success, and how sometimes all the love we crave is already present in our lives -- we only need to become the version of ourselves who is ready to experience it.

I won't be surprised if this volume gets lower ratings than the first two. The cultural dissonance about the treatment of mental health and the importance of family probably won't go over easily if a reader is unfamiliar with Japanese attitudes. (I am familiar with them, but it was still stressful to read at times.) Moreover, there's less the air of triumph about this volume -- more setbacks than victories, more confusion than conclusions.

The theme of this book, in contrast, is perseverance. And maybe that doesn't make for as enthralling a read -- something Nagata Kabi addresses textually in the second epilogue: "But it's still my life." And that's why I'm so grateful for it, for the fact the books conclude on that note of still needing to strive, still getting knocked down and back up again. So many stories about mental health and self-acceptance give the reader a pat narrative arc, *but that's not life*.

Stories of success are essential; they give us hope. But life -- which *My Solo Exchange Diary* tries to honestly record -- can be more complicated, and with so many of us struggling there is the need for empathy and recognition just as much as hope. These journeys to happiness are long and many people think a lack of concrete achievement means failure, day after day after day. But Nagata is so very good at sketching a picture, out of dismissable and even miserable details, that convalesces into a portrait of self-forgiveness.

Even unhappiness and setbacks can teach us, is the moral of these painful episodes, and I'd rather that message be broadcast out into the world: the message that struggle is not failure. You are worth fighting for, even when you feel like you can't win for losing.

Five stars, and not because of love for previous volumes or because I admire the author's overall effort. This book earns every one of them.

Benjamin Kass says

A good reminder that getting better, whatever that might mean for you right now, doesn't necessarily mean a straight line pointing up. It's cycles and challenges, the slow work of learning new behaviors and creating a safer, healthier environment for yourself. Helped me figure out some of my own frustrations and, as ever, I will read whatever Kabi Nagata puts out
