



Everything Is Awful: And Other Observations

Matt Bellasai

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From the break-out star of BuzzFeed and the People's Choice Award-winning comedian behind the web series "Whine About It" and "To Be Honest" comes a collection of hilariously anguished essays chronicling awful moments from his life so far, the humiliations of being an adult, and other little indignities.

Matt Bellassai has no idea what he's doing. Well, to be fair, he did become semi-Internet famous by getting drunk at work, making him a socially-acceptable—nay—*professional* alcoholic. He's got some things figured out. But the rest is all just a terrible, disgusting mess.

This is Matt's book. Just to clarify, though, it is absolutely *not* a memoir; Matt is far too young to have done anything worth remembering (though he did win an actual People's Choice Award for his BuzzFeed web series, "Whine About It," which is pretty good, if you ask his mother). This is also most certainly not a book of advice; he is too woefully ill-prepared for life to offer anything in the way of counsel (though that won't stop him from talking). Call this a collection of awful moments that led to his grumbling, blundering adulthood—a chronicle of little indignities that, when taken together, amount to a life of hilarious anguish.

With keen wit and plenty of self-deprecation, Matt reveals how hard it is to shed his past as the Midwest's biggest nerd, that one time a taquito nearly murdered him at his brother's surprise birthday party, and the time he came out to his friends and family (the closet was a bit messy). Matt also wrestles with the humiliations of adulthood, like giving up on love in New York City, living alone with no one to heat his microwave dinners, and combating the inner voice that tells him to say aloud all the things the rest of us are smart enough to keep to ourselves.

You probably don't need this book, but let's be honest—you do. Since you're already reading, you might as well pull up a chair, grab your glass(es) of wine, and enjoy.

Everything Is Awful: And Other Observations Details

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Author : Matt Bellassai

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Kevin says

I first discovered Matt on his weekly video series where he got drunk at his desk and told us how to live our lives. "Whine About It" and now "To Be Honest" have given me laughs every Wednesday for quite some time. Crass but hilarious!

Jessica White says

If you don't know who Matt Bellasai is, you are missing out!

I first found Matt through BuzzFeed when he boss allowed him to get drunk at his desk and complain about whatever his little heart desires (children, holidays, foods). It's called Whine About It and it's HILARIOUS. So when Whine About It ended, he started To Be Honest, which is virtually the same thing with a different name. Then he started the Unhappy Hour podcast, which once again includes Matt getting drunk and complaining, but this time with other people!

Now that you know who he is, lets talk about Everything is Awful.

Once you get his voice and mannerisms down, you can almost hear every word as if you were watching the video On Why Teenagers are the Worst (great chapter by the way, I was getting ugly stares on the bus because I couldn't stop laughing). It's told through short chapters, each dealing with one annoying thing or the other. Mostly, it's just Matt rambling on like he does in his sensational videos, just with less alcohol (well that might be a lie, he could have drunk written this entire book, who knows).

Basically I have two points to make with this review:

- 1) Go watch his videos
- 2) Go buy this book
- 3) Do these two things immediately

This review and more can be found at [A Reader's Diary!](#)

Ebony Rose says

I feel such a kinship with Matt Bellasai. From our shared love of carbohydrates, to our love of take-out food, to our habits of downing entire bottles of wine and giving drunken opinions on *everything,* I feel like Matt and I may have been separated at birth.

If you are a fan of Matt's BuzzFeed content or his podcast, you will like this book. It is laugh out loud funny, self-deprecating and relatable. A solid memoir-but-not-a-memoir that I am happy I read!

Renay Russell says

Quite a fun read! I'd actually give this book 3.5 stars as I literally laughed out loud in some parts.

Bruyere says

Thank goodness for Audible returns as I just had no desire to finish this book. Given, I wasn't familiar with the author. So, Matt's thing is evidently that he thinks life is awful and always has been and so he thinks if you're going to laugh at him, he might as well make money. Not a bad proposal, I guess. But, alas, I'm not a mean soul and so I didn't find his overweight, unsanitary, unmotivated life funny...I just felt bad for him, and that isn't funny to me. So, several hours in with only two little laughs and I decided I wanted my \$6 back. I think if you are a fan of him and his work, it's probably a buy.

Daniele (Life of a Quinn) says

MATT BELLASSAI IS MY HERO

First book of 2018 and it did not disappoint. If you're a fan of any of Matt's videos you will definitely love this (and if you haven't seen his videos what are you doing with your life facebook.com/mattbellassai you're welcome). The level of sass and self-deprecating humor is so relatable and made for a great read. Thank you, Matt for blessing us with all of the great ups and downs of your life.

Kelly (and the Book Boar) says

Find all of my reviews at: <http://52bookminimum.blogspot.com/>

When this popped up over at the pornbrary's "Recommended To You" page I didn't have to do anything other than look at the title before hitting the request button. I was ready to declare once and for all to the pornbrarian that

But then I realized maybe he/she **doesn't** know me quite as well as I thought they did because there were like eleventy-four people ahead of me in the queue and I very much have the mindset that This Is America and **OF COURSE** I Want It Now! Mind you, I had no idea who Matt Bellassai was. I simply bemoaned the fact that my entitled butt would have to wait a hot minute rather than receive instant gratification. Then I did what I do best and forgot all about this book until finally my turn did come around and I checked out the synopsis.

Here are some things to know about me:

1. I **still** don't really know who Matt Bellassai is, although his book made me laugh the terrifying "what if I lart" (definition below) laugh that happens when old ladies attempt to contain their guffaws whilst reading at work.

2. I'm not positive I know what a BuzzFeed is either and no I'm not interested in looking it up, but apparently that's how this guy initially became famous. (I think there was some other BuzzFeed thing that I wasn't familiar with and some of you tried to explain to me, but alas I am dumb and also maybe have early onset dementia so I don't remember any specifics.)

3. I do not and will not ever (yeah yeah, immortal Bieberish words remind me to

but I feel pretty comfortable saying never here) spend my free time watching You Tubers or vloggers. (I started jotting down my ramblings simultaneously with reading this book, so I now know that Bellassai isn't a traditional "You Tuber" – I think – maybe, but he did do a video on the internet that went viral so tomato/tomahto.) My husband and friends can't even get me to watch Netflix and that is a simple button on my remote that I don't know how to work, but at least I know exists. I refuse to use a computer once I leave the office and my phone is for making phone calls (and about twice a week to send a text it takes me 14 years to type out since I insist on using real words and punctuation). I have nothing against You Tubers or viral videologists – I'll just be leaving the addiction to watching their videos to the youth of the nation. That being said, I have still not taken a gander at Bellassai's (apparently People's Choice Award winning) web series.

4. I frequently complain (even when I enjoy their stories okay) about youngsters who write memoirs because they haven't lived long enough to have accrued experiences that fill a "life story" and instead seem to be cashing in before their 15 minutes of fame runs out. That's why I'm choosing to call Bellassai an "essayist" à la David Sedaris. His stories may be about himself, but they are presented as snippets of life rather than an autobiography and also because I am allowed to be as fickle as I would like to be.

Okay, so now that you've had to endure allllllll of that overshare, here's the point: I was not and am not familiar with Matt Bellassai – something I'm sure he would be completely comfortable with since I highly doubt middle-aged, fat, married women are his target demographic. That being said, this book was **FREAKING HYSTERICAL** – to the point aforementioned that I was more than a bit concerned I might laugh fart (a/k/a lart) since I was trying my best to not allow any raucous sounds to escape my body from one orifice and that those sounds would therefore choose a different one. And although I'm almost certain that I am nearly old enough to have birthed this boy (should I have chosen motherhood instead of high school), we are of one mind when it comes many different topics and especially to one particular terrifying entity:

"Say one wrong thing, however innocuous yet hilarious you think it may be, and you become Teenage Girl Enemy Number One. I'm chubby, gay, pale and a whole decade older than most of them, which means I might as well wear a sign that says, "Hello fellow Internet users, please destroy my entire life."

If you are in need of something light that will confirm that - no, your new mascara is indeed **not** waterproof, this might be the book for you. Now I have to make an exception to everything I said up top and **FINALLY** Google this cat in order to watch the Drunk at Work or whatever the fuck his shit is called before my friend here at the office bludgeons me to death with my stapler :)

IMMEDIATE EDIT: Google search officially complete (or as complete as I want it to be which means I watched one video and now I'm going to figure out what book I'm going to read next). I deactivated my Facebook account around a month ago for all of the reasons listed [HERE](#). Matt Bellassai is my Patronus.

Michel Avenali says

A combination of factors conspired to make me binge read this in a few hours this evening even though I had no idea who Matt Bellassai was or what the book was about:

- 1) saw it randomly on the goodreads choice awards
- 2) cute ginger guy on the cover
- 3) a very long day at work and needed to mentally check out for a few hours

All such criteria being met I literally sped through this book in record time and had a few laughs throughout. All in all I'd say the book did something right and was a pleasant funny read to unwind from the workday.

Brandy says

Snarky goodness that I adored. Great self-narrated as well.

Katie says

This was HILARIOUS. Obviously I've watched his videos, saw the People's Choice Awards debacle, and went to his stand up tour in support of the book, so I'm familiar with his voice and comedy. But even when I knew what was coming, it still cracked me up. And being the same age as him, we've had some very similar experiences, but it's much funnier reading someone else's growing pains rather than reliving my own.

The only reason it took me like a week to finish was because I laughed so much that I couldn't let myself read in public on my commute to work.

Lauren Mcmanamon says

I never take the time to write reviews, but given my one star rating, I feel the necessity to justify it. For anyone who enjoyed Matt's BuzzFeed show "Whine About It," I bet you were equally as excited to see his book announcement as you were when new episodes would come out. However, I'm not sure if the brevity of the videos' format made it more enjoyable or if I've simply grown out of this style of humor. The entire book comes across as a rambling, entitled mess. What I think is his attempt to normalize the chaos of adulthood simply comes off like a toddler screaming on the floor of a mall. He comes off as braggadocious about how little effort he puts into each day, playing right into the hands of any person who is on the "I hate Millennials" bandwagon. I know it's intending to be for dramatic effect, to get more laughs, but there's no purpose for it. I think the easiest comparison would be Shane Dawson's books, "I Hate My Selfie" and "It Gets Worse." Both use the same kind of stories and humor: self-deprecating, emphasizing on being bad adults and having a rough coming-of-age. However, Shane's tie up nicely into life lessons, or things he's used to become better and wants to share, whereas Matt's just come off as excuses and "woe as me's."

Caitlin says

I wouldn't waste a weekend trying to read this. While many of his videos are fun to watch, the book dragged with a woe is me take on being a 20-something lost in the world.

Holly says

I first found Matt through his BuzzFeed "Whine About It" videos on Facebook, thanks to my healthy addiction to all things BuzzFeed lol. Now I faithfully follow his "TBH" videos posted on his own Facebook page and nod in agreement each week as he guzzles his bottle of wine and vents about relevant problems that plague this world. Granted, they're first world problems, but still. He gets me. He's my ginger spirit animal and I want to be his BFF. Seriously, how do I get that to happen?!?!? His debut book was a must read and it didn't disappoint. It's a hilarious inside glimpse into Matt's life from his childhood, his teen years, and his coming out of the closet in college. Literally and figuratively. We learn all about what molded and shaped Matt into the fabulous, snarky, sassy man he is today! What I absolutely LOVED about this book was that this WAS written by Matt in his own voice. No one tried to change his style. No one tried to tell him he can't have a chapter on why teenagers are the worst. And every single reason was on point. As is his take on working out...

"It's no surprise, then, that I've grown distrustful of physical activity in my mature state. For me, fitness will always equal shame and pain, broken bones and the bad kind of balls to the face."

Amen, my friend. AMEN.

If you're a fan of Matt's videos, you will love this book from start to finish. If you're like me, your stomach will be hurting from laughter at page two. And if you've never heard of Matt before, you MUST RECTIFY THIS IMMEDIATELY OR WE CAN NO LONGER BE FRIENDS! I've done you a solid and posted his social media links below in his bio. I'm also giving you the links to his Unhappy Hour podcast because I'm helpful like that. Listen and read now, thank me later.

Apple iTunes

Stitcher

iHeart Radio This review is also posted on Holly's Red Hot Reviews

Courtney says

Matt Bellasai is AMAZING!!!

I had no idea who he was before he grace my newsfeed on facebook with "Wine About It Wednesdays." And from that it was like a match made in heaven for me. LOL

I was so excited for him to be releasing a book, but also a bit apprehensive because he is so hilarious on his videos that I was afraid that hilarity would not transfer over to the pages. Well, I am never one to be afraid to admit, I was totally wrong.

Even if you have never heard of Matt Bellasai before (who are you and why haven't you?!? - I kid) you really should read this. It's hilarious and will have you wanting to become besties with him in no time.

Sandy Nawrot says

If any of you follow me on Facebook, then you've seen me share Matt Bellasai's BuzzFeed video series "Whine About It". I find him to be a total lay-it-all-out-there, entitled, bitchy queen, and I love him. In his series, if you haven't seen it, he gets drunk at work, drinking a whole bottle of wine in like, a minute, and bitches about whatever bee is in his bonnet. He makes no excuses for himself, he is self-deprecating, and is not concerned about who he offends. My kinda guy.

Well this book is just an extension of his little three minute rants. He bitches as much about himself as he does other people, laments his weight, his social and physical awkwardness, his lack of athleticism, and his disappearing hair. He also talks about his crush on his college best friend, his coming out, and his People's Choice award (and of course the camera man actually was focused on the wrong guy when the award was bestowed upon him...of course it was).

He admits to being a total entitled asshole nerd when he was younger, and frankly, even now a little goes a long way. His attitude towards life, at least the attitude he shows the outside world, IS that everything is awful. He's whiny and bitchy, but also hilarious. But after slogging through hours and hours of a boring book about the cyber war, this was exactly what I needed.
