

# STAY SEXY & DON'T GET MURDERED

THE  
DEFINITIVE  
HOW-TO  
GUIDE

Karen Kilgariff &  
Georgia Hardstark

A DUAL MEMOIR BY THE CREATORS OF THE #1 HIT PODCAST

My Favorite Murder

Karen Kilgariff

## 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 major depression, eating disorders, and addiction, Karen and Georgia irreverently recount their biggest faults and deepest fears, reflecting upon the formative life occasions that shaped them in to two of the very most adopted voices in the country. "My Favorite Murder started as a way for Karen Kilgariff and Georgia Hardstark to sort out their fears.' They delve into their own pasts, true crime tales, and beyond to go over meaningful cultural and societal problems with fierce empathy and unapologetic frankness. In Stay Sexy & Don't Get Murdered, Karen and Georgia focus on the importance of self-advocating and valuing personal safety over being 'good' or 'helpful. Even its darkest occasions are lightened by Karen and Georgia's effortlessly funny banter and authentic empathy. Now it's a worldwide community...." ?RollingStone.com



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