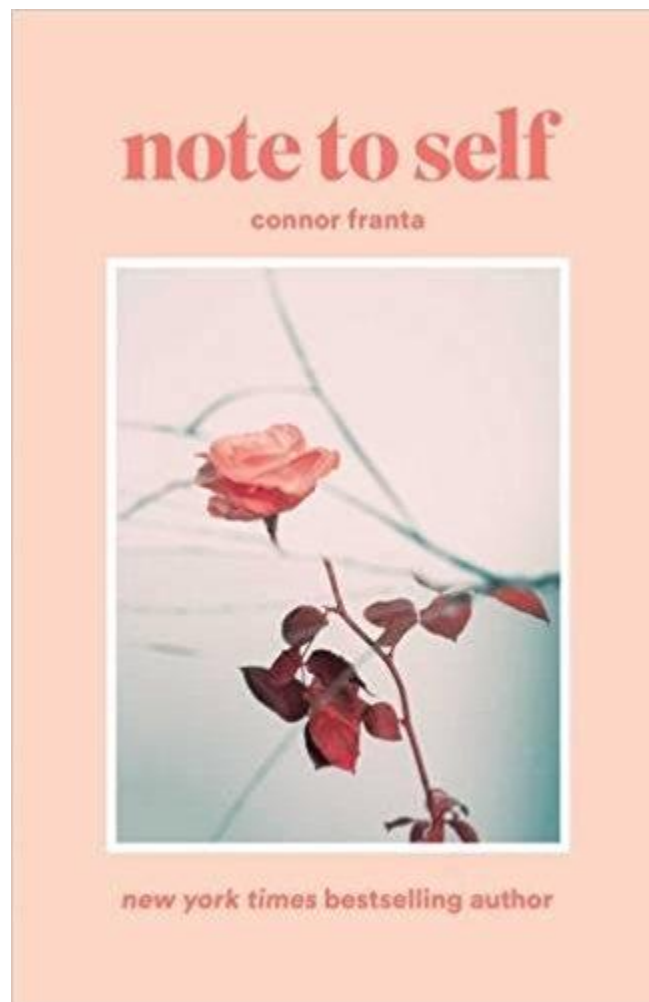


Note to Self is an open diary. This gives my insides a voice through visuals and poetry, this is me spilled out on paper:

Connor Franta“

Book Name: Note to Self

Book Author: Connor Franta



Connor Franta shared his journey from small-town Midwestern boy to full-fledged Internet sensation in his New York Times bestselling biography, **A Work in Progress**. Exploring his past

with humor and astounding insight, Connor Franta reminded his fans of why they first fell in love with him on YouTube—and revealed to newcomers how he relates to his millions of dedicated followers.

Now, two years later, Connor Franta is ready to bring to light a side of himself he's rarely shown on or off camera. In this diary-like look at his life since [A Work in Progress: A Memoir](#), Franta talks about his battles with clinical depression, self-love, social anxiety, and acceptance; his struggles with love and loss; his desire to maintain an authentic self in a world that values shares and likes over true connections; and his renewed efforts to be in the moment—with others and himself.

Told through short essays, letters to his past and future selves, poetry and original photography, **Note to Self** is a raw, in-the-moment look at the fascinating interior life of a young creator turning inward in order to move forward.

