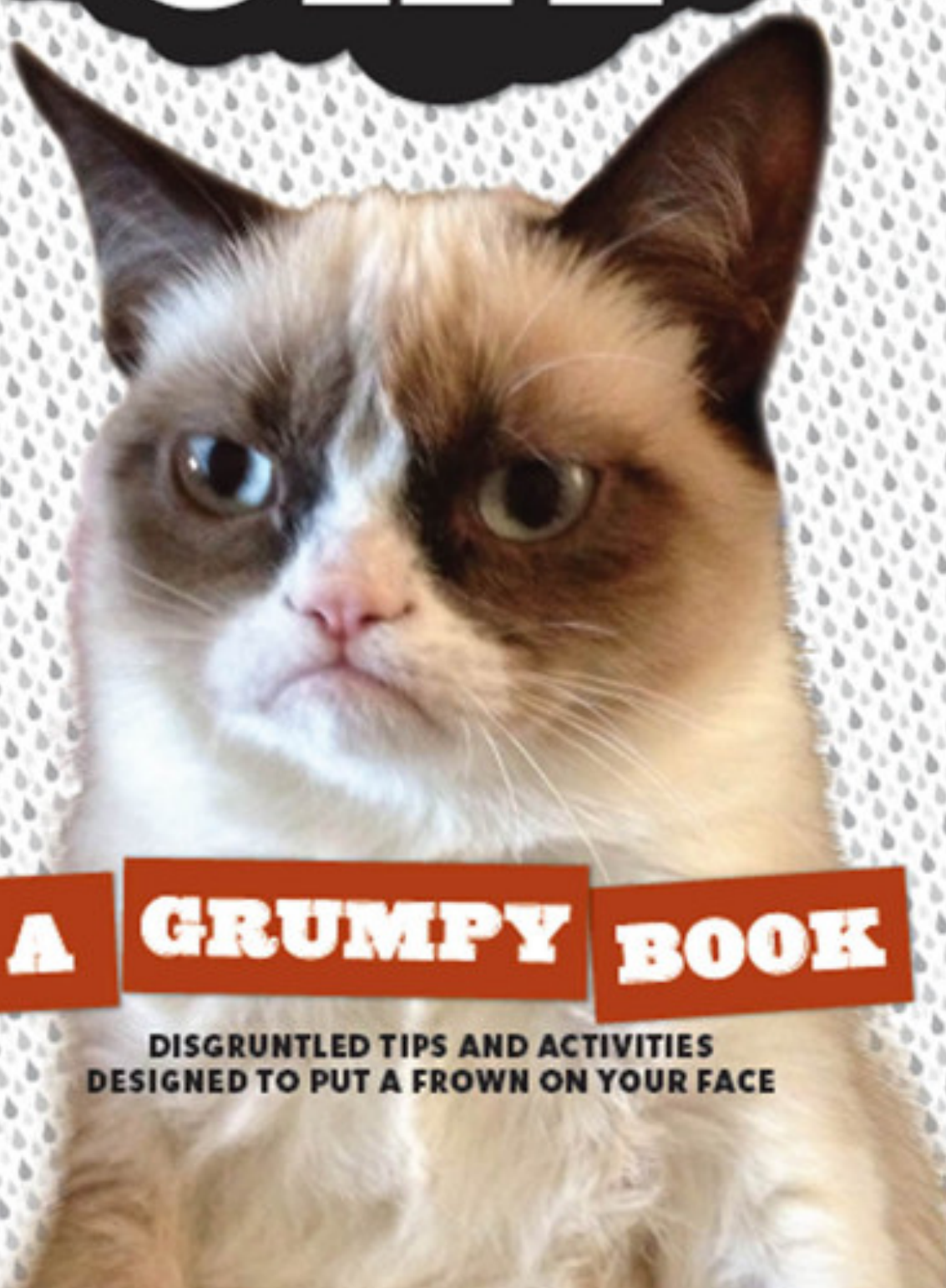


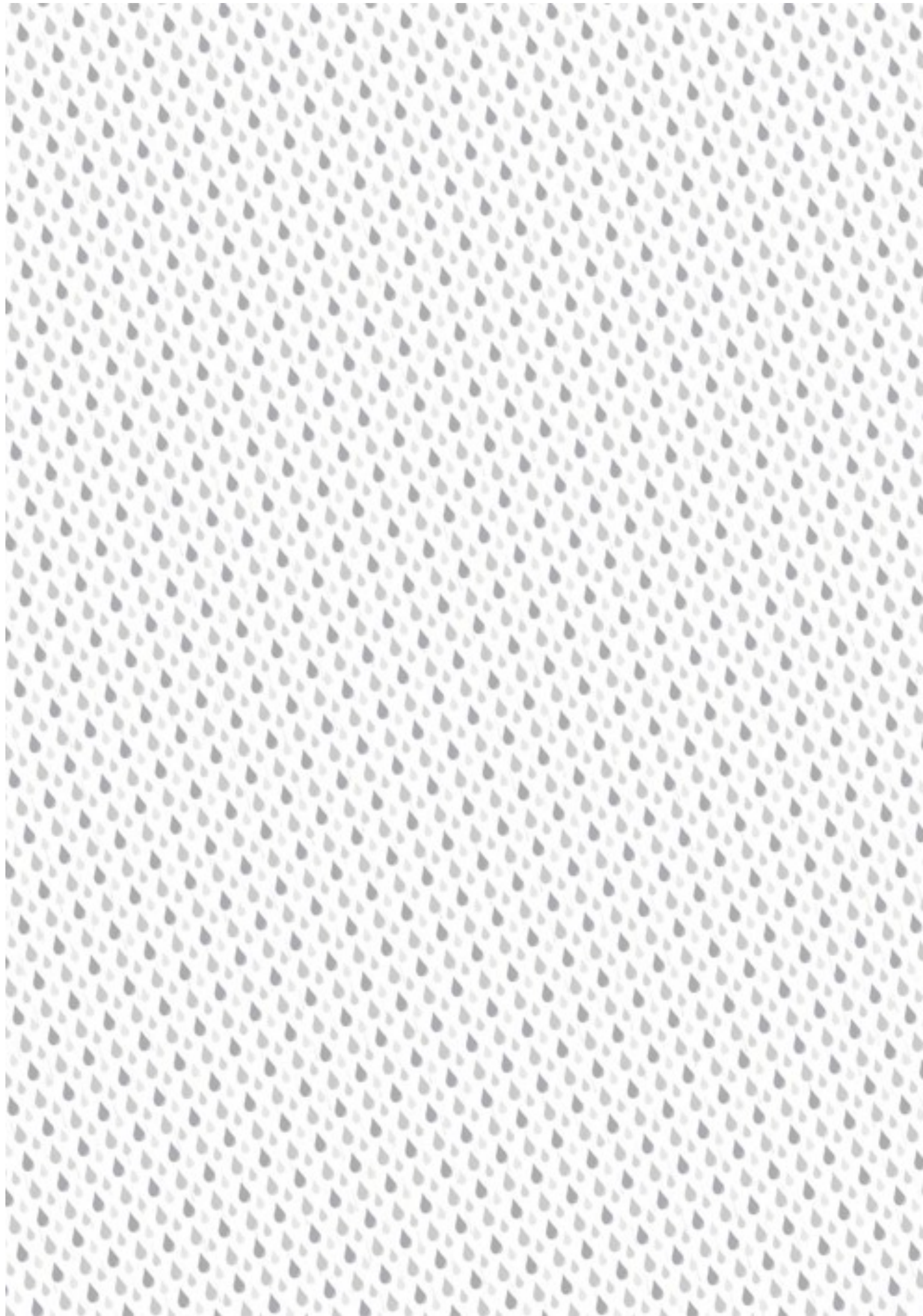
GRUMPY CAT



A GRUMPY BOOK

**DISGRUNTLED TIPS AND ACTIVITIES
DESIGNED TO PUT A FROWN ON YOUR FACE**







*Grumpy Cat
would like to thank ...*

Bryan Bundesen

Tabatha Bundesen

Ben Lashes

Pina Hamman

Emilie Sandoz

Betty Abela

Lokey

"Dog"

Cactus

NO ONE.

A Grumpy Introduction

I get a lot of questions about how I got to be as grumpy as I am. I give everyone the same answer: you have until the count of three to leave, or the claws come out.

You see, true grumpiness comes from inside—you have to feel it down to your core. Even if you weren't born with it like me, however, you can still develop a grumpy mindset. This book will help you achieve that.

Why help you? Here's why: I dream of a world in which everyone sulks in their own corner, occasionally emerging to judge one another and feel disgust for everything around them.

Within these pages, you'll find tips on how to be grumpy, a tour of my life (for inspiration), and activities, games, and more to get you in a bad mood.

Hopefully, you'll finally leave me alone.



IT'S NOT ME



IT'S YOU



Forecast for Your Life

NOW THAT YOU HAVE THIS BOOK, things are going to start looking down for you right away. Here's the forecast for the rest of your life. No matter what the weather is outside, this is what it will be in your heart.

TODAY



TOMORROW



THE NEXT DAY



THE DAY AFTER THAT



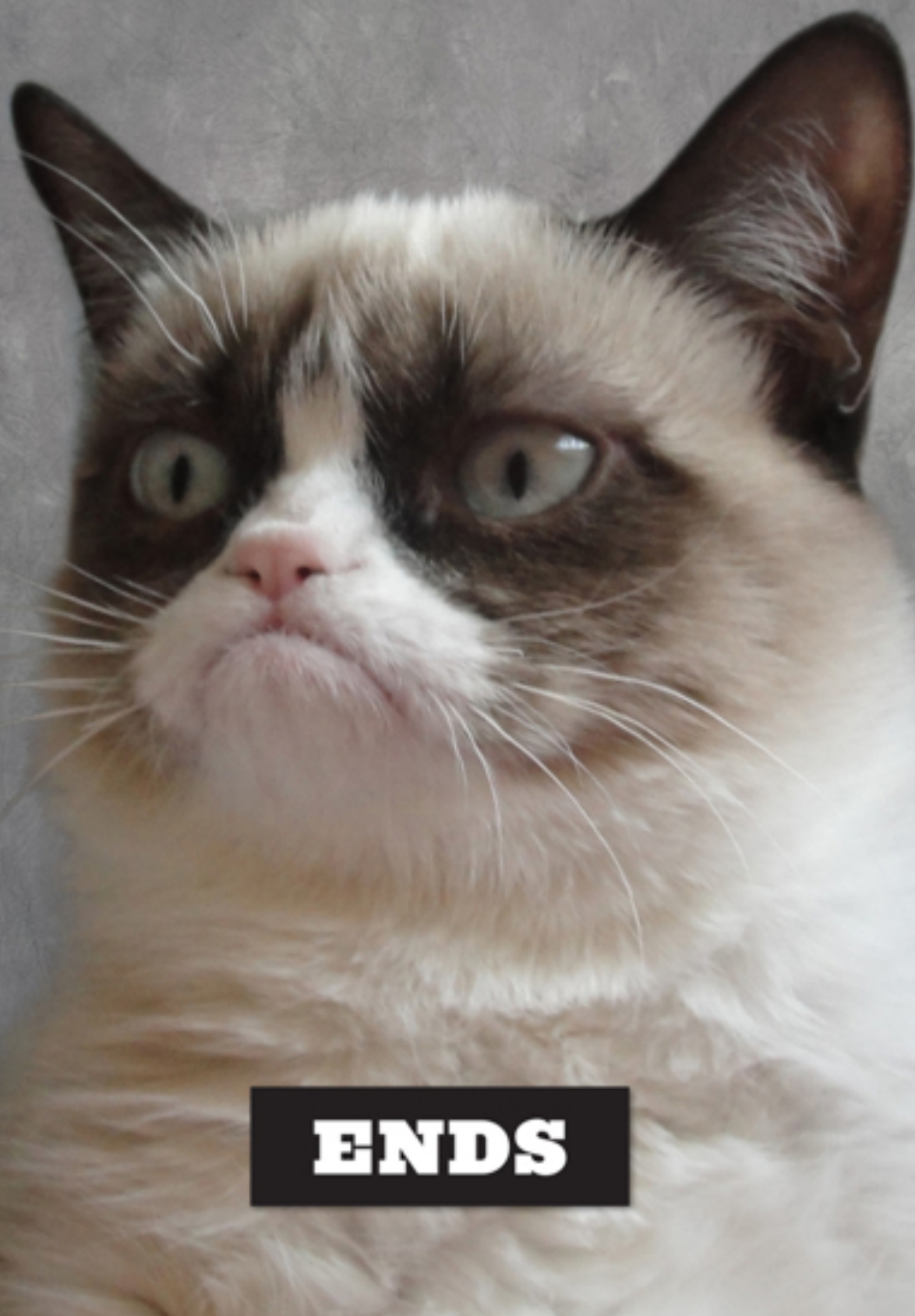
THE REST OF TIME



EVERY NEW

BEGINNING

ENDS



Think Grumpy

HERE'S WHY *YOU* GET GRUMPY:

- ☹ I have to wake up too early.
- ☹ My foot hurts.
- ☹ What's that smell?
- ☹ It's raining.

HERE'S WHY *I* GET GRUMPY:

- ☹ I have to wake up.
- ☹ I have feet.
- ☹ The world has smells in it.
- ☹ Anything.



TRUE GRUMPINESS

is about embracing the horrible in everything that happens every day.

REMEMBER: IT'S *ALL* BAD.

I HAD FUN ONCE



IT WAS AWFUL

I HATE

MORNING PEOPLE

AND MORNINGS

AND PEOPLE



Getting In a Grumpy Mood



Having some trouble sustaining your grumpiness?

Here are some negative facts and statistics to get you in the right space:



Eating yummy ice cream cones often results in permanent, incurable brain freezes.



Puppies like to trick people into starting wars. At least 65% of wars are caused by puppy trickery.



Flowers are cesspools of bee urine and hummingbird spit.



Cute, laughing babies are responsible for 99.5% of horrible diseases in the world.



In a beautiful park on a sunny day, the trees are full of squirrels waiting to drop rocks on your head.



Happy people are two times more likely to get hit by falling pianos than unhappy people are.



A single kiss contains more germs than 100 toilet seats.



GRUMPY

Moments

MY HOME

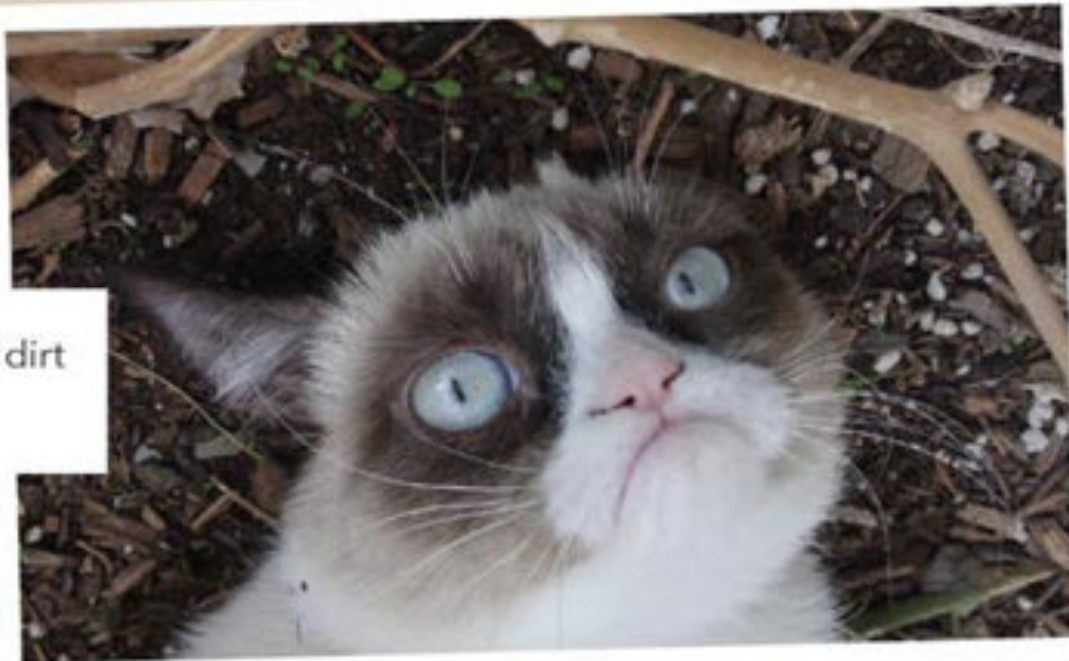
I live in Arizona. Ever heard of it? I don't care.

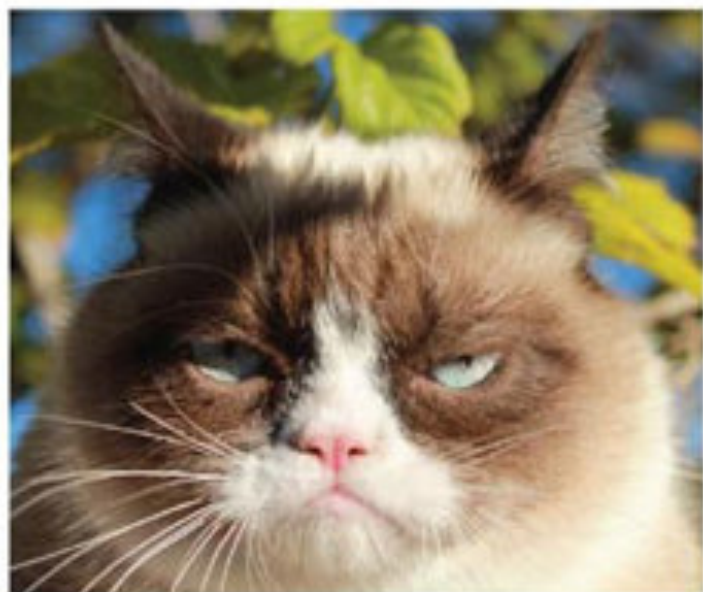


Arizona is mostly barren
and devoid of life.

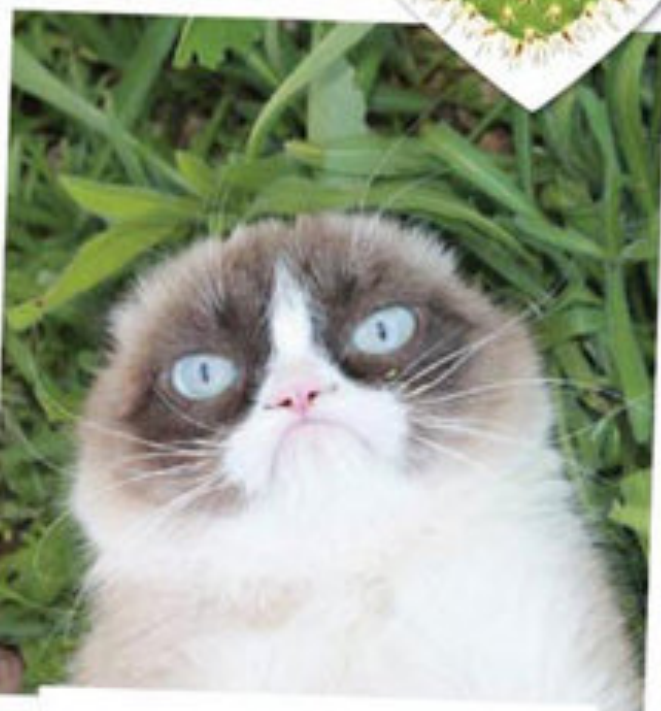


There's a lot of dirt
and sticks.

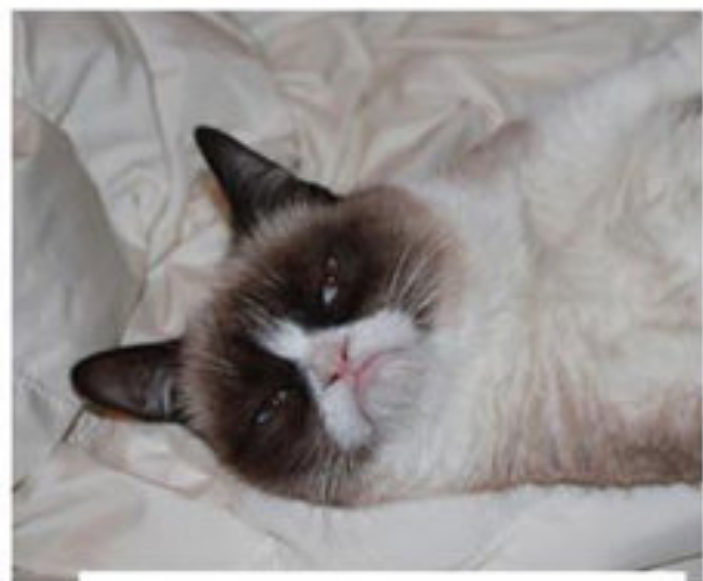




It's not all desert. Sometimes there's something green, like a tree. Which is the worst.



Here's some grass. I'd like to bury you under it.



I avoid direct contact with the outdoors whenever possible.



But a lot of the time Arizona is just rocks and sand and burning sun.



TIME HEALS

ALL WOUNDS



I BROKE

YOUR WATCH

**STOP AND SMELL
THE ROSES**



I SAW SOME

ON THE FREEWAY

A Grumpy Past, Present, and Future



3 MONTHS

My first word: No.
My second word: Good.

PAST

1 YEAR

Become famous
Internet cat.
Destroy the hopes
and dreams of
millions. Good.



35 YEARS

Invent dog incapable
of barking, licking, or
smiling. Make lots of
money. Burn it.

PRESENT

0

Born frowning.

8 MONTHS

Had fun. It was awful.

14 YEARS

Inspire new kind
of plastic surgery
that gives you
a permanently
frowny face.





48 YEARS

Become first cat president of the United States following groundbreaking "I don't care about this country or you" campaign. Don't do anything while in office. Run country into ground. Good.

70 YEARS

Unintentionally eliminate threat of global warming with cold, cold stare.

FUTURE

65 YEARS Reduce countless people and animals to tears.



100 YEARS

Become the only cat to live 100 years, having learned from old people that the less you enjoy life, the longer you will be forced to endure it. Continue to live probably forever.



GRUMPY

Moments

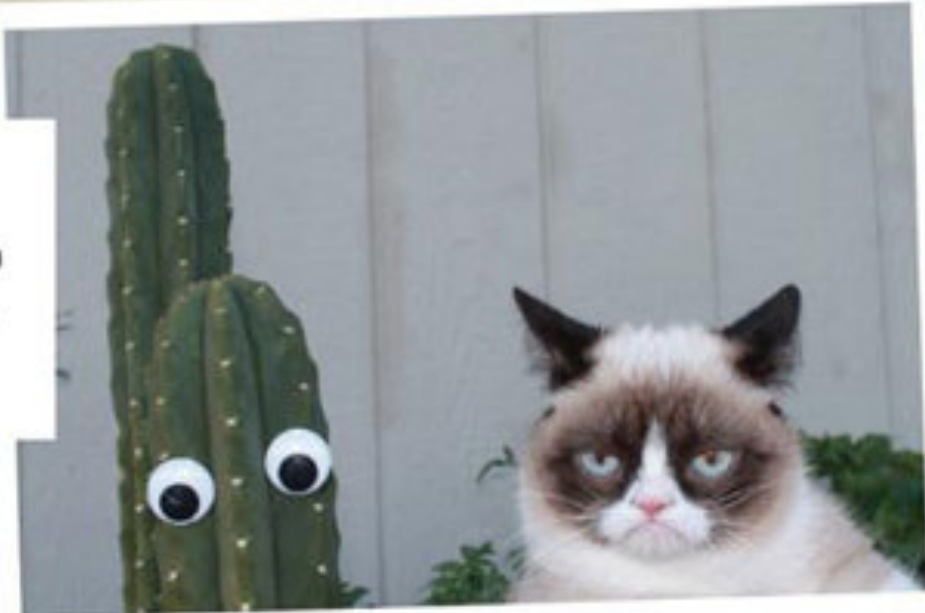
MY ROOMMATES

Pokey is my biological brother. There's not much of a resemblance.



This dog is horrible. Frankly, I don't even know his name.

This is Cactus.
He's just a cactus with
googly eyes. He's ok,
I guess.



Here are the arms that belong to
the humans we live with. They're
always scooping me up. This was
probably my worst day.



Nope, this was.



YOU ONLY

LIVE ONCE



ONE TIME

TOO MANY

Why I Hate... Dogs



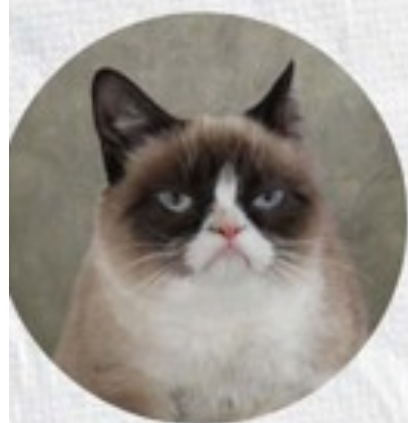
HAPPY, CURIOUS,
LOYAL...UGH.

LIKE TO SNIFF
INAPPROPRIATE
PLACES. WITH A
WET, COLD NOSE.

COME
EQUIPPED
WITH FURRY
WHIPS.

ALWAYS
LICKING,
BARKING,
PANTING.

SMELLS LIKE A
WET DOG.



How to Be Grumpy

Being grumpy is an art. It comes naturally for some of us (me). But for most it takes a lifetime of practice. But with a few simple tips, anyone can get started on the road to grumpiness at any age.

Here are a few tricks to try:



SITUATION



RESPONSE

Someone makes a joke or seems to be looking for approval.



Shake your head in embarrassment for them. Refuse to meet their eyes, exhale loudly, and rub your forehead. Repeat as necessary until they leave the room in discomfort.

You come up against a problem.



Don't ask for a helping hand. Try to remember that whatever you're working on isn't important anyway. Just don't do it.

You have a spare moment.



Look around you and try to think of at least one judgmental thing to say about something. The goal is to see nothing but disappointment and failure.

You find yourself feeling hopeful or optimistic.



Dig down and remember that you are an insignificant speck on this planet and your life is meaningless.

IF YOU DON'T

HAVE ANYTHING

NICE TO SAY



GOOD



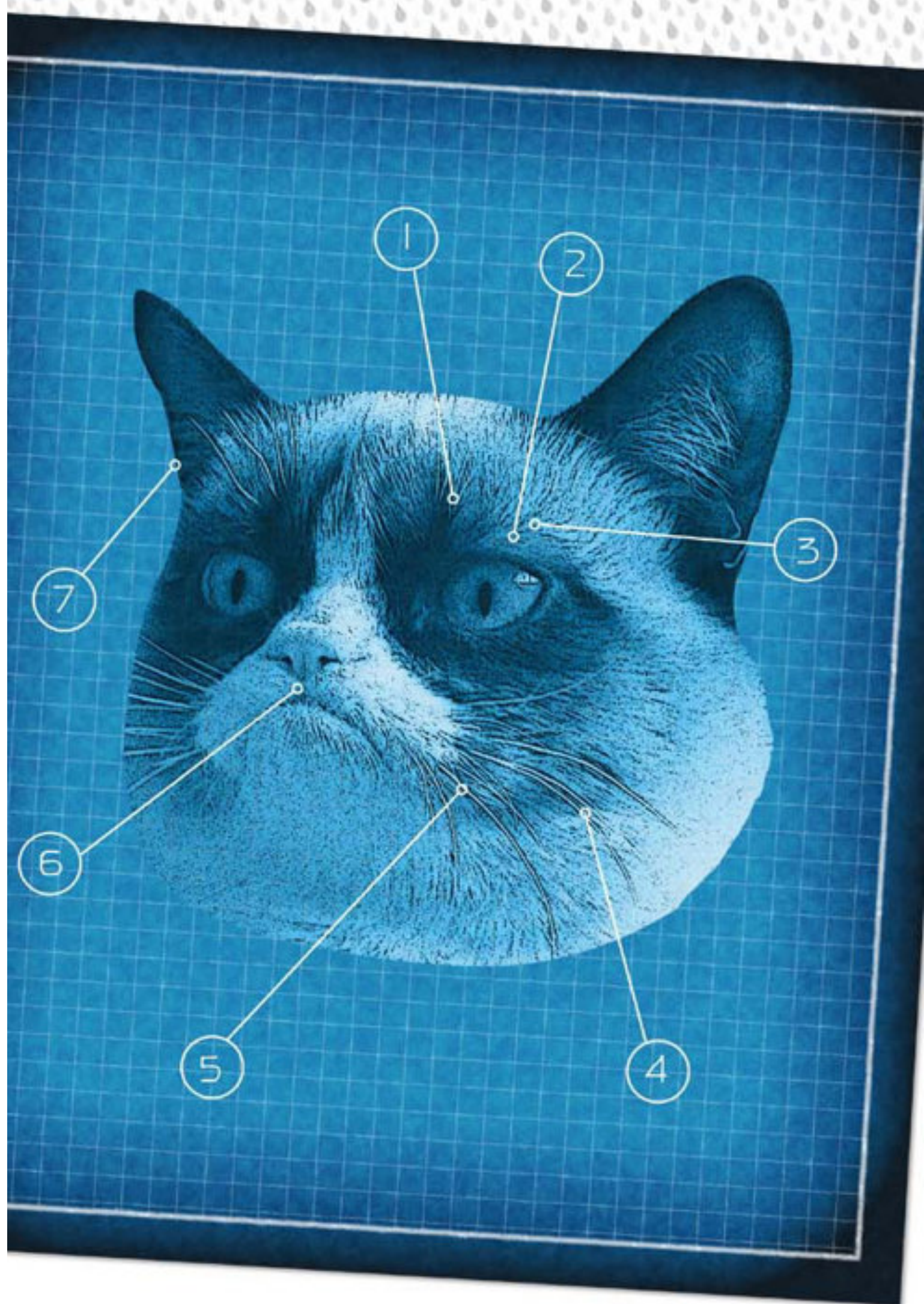
Anatomy of a Frown

- ① **Eyes simultaneously judge you and think you are too boring to care**
- ② **Eyeballs bug out a bit in disbelief and disgust**
- ③ **Brow furrows just slightly**
- ④ **Chin out, but not so much that you look proud or something**
- ⑤ **Edges of mouth approach chin**
- ⑥ **Top of mouth approaches nose**
- ⑦ **Ears: feel free to experiment and find what works best for you**

Even if you're not yet completely grumpy, you can help yourself get there by *looking* grumpy.



CULTIVATE YOUR FROWN AND THE REST WILL FOLLOW.





GRUMPY

Moments



MY LIFE

I usually celebrate my birthday by blowing out someone else's candles before they have a chance.



I tried to teach Pokey to be grumpy. It didn't work.

Here's me and Cactus.
We don't talk much, we
mostly just stare off into
space and think about
things we dislike.



Oh, dog. He constantly
tortures me with kisses.



And other things.

IF YOU'RE HAPPY

AND YOU KNOW IT

GET AWAY

FROM ME



From the Desk of Grumpy Cat

TO DO TODAY

- ☒ JUDGE YOU
- ☒ JUDGE YOUR FACE
- ☒ EAT BREAKFAST
- ☒ EAT YOUR BREAKFAST
- ☒ MAKE LITTLE BOY CRY
- ☐ MAKE OLD LADY CRY
- ☐ HANG OUT WITH CACTUS
- ☒ MAKE FUN OF DOG
- ☐ GO TO SLEEP AND WAIT FOR
ANOTHER TERRIBLE DAY



Frown File

If you master each of the following looks, you can effectively ruin anyone's day.



Scowl = Displeased

LOOK

MEANING



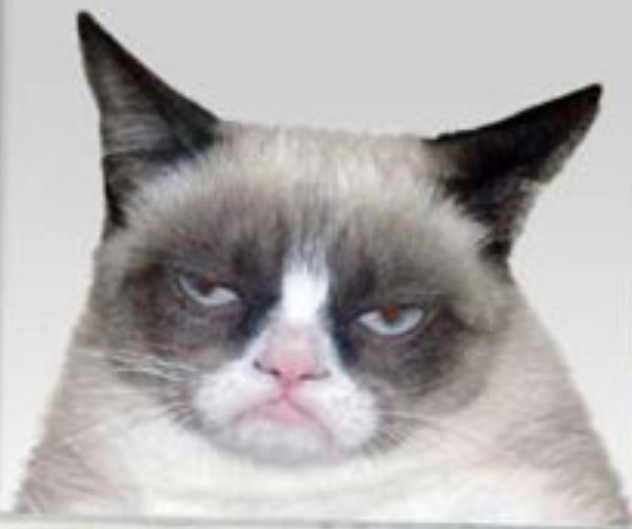
Stare = Sullen



Leer = Angry



Glower = Gloomy



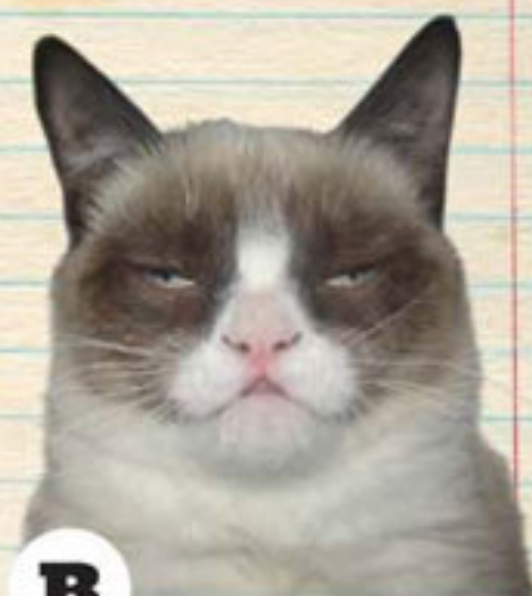
Glare = Disgusted

**Look in a mirror and practice
until you're not terrible.**

Pop Quiz!

**MATCH THE EXPRESSION
TO THE SITUATION.**

**Now that you're a frown expert, prove it. Match
the grumpy expression to the happy occasion in
order to ruin it for everyone.**





1



2



3



4

Grumpy Word Hunt

JUST HOW GRUMPY ARE YOU?

See how many times you can find
the word "grumpy" in the puzzle below.

U	P	G	Y	P	R	U	R	G
E	E	R	P	I	S	G	R	U
G	R	U	G	P	Y	R	G	D
G	A	Q	U	O	R	U	X	G
R	Y	P	R	U	R	F	U	R
Z	R	Y	G	T	U	P	M	U
M	G	R	Y	M	P	Y	P	R
P	G	R	M	N	L	U	Y	P
Y	Y	P	M	U	W	G	C	Y

ANSWER: You fail. No, it doesn't matter why.

**WHY DO I FEEL
SO WARM AND
FUZZY INSIDE?**



**BECAUSE I ATE
YOUR PET HAMSTER**

**LIFE IS LIKE A BOX
OF CHOCOLATES**



**BUT THOSE
AREN'T CHOCOLATES**

Connect the dots to reveal my worst nightmare.



ANSWER: A dog that is happy and wants to cuddle.

Demotivational Posters

Sometimes even the grumpiest grumps need inspiration to stay grumpy.



**Love is ...
TO BE AVOIDED AT ALL COSTS.**

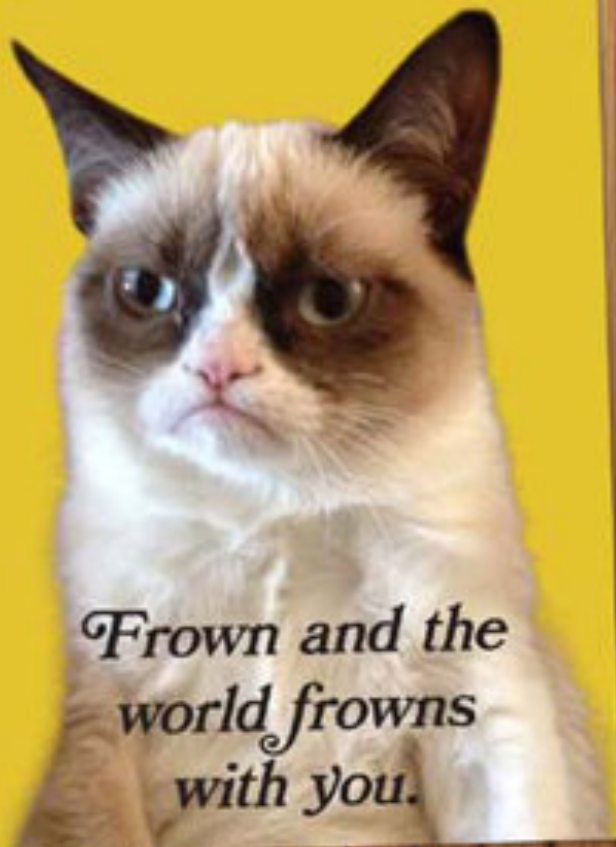


**BE
MISERABLE!**

*A friend
is someone who doesn't know
how much you hate them.*



Just give up.



*Frown and the
world frowns
with you.*



**If you hate something,
set it free. If it returns
to you, destroy it.**



VISUALIZE GRUMPINESS

**If you're having trouble unleashing your
inner grump, try this meditation exercise:**

Close your eyes, take a deep breath, and envision the following . . .

You're walking barefoot through the forest. Sunlight filters through the trees. The moss is soft beneath your feet.

You step onto a log to get a better view . . .

. . . and you get a giant splinter wedged in
between your toes.

A bluebird serenades you from a nearby branch, keeping time to the musical babble of the brook that flows through the forest . . .

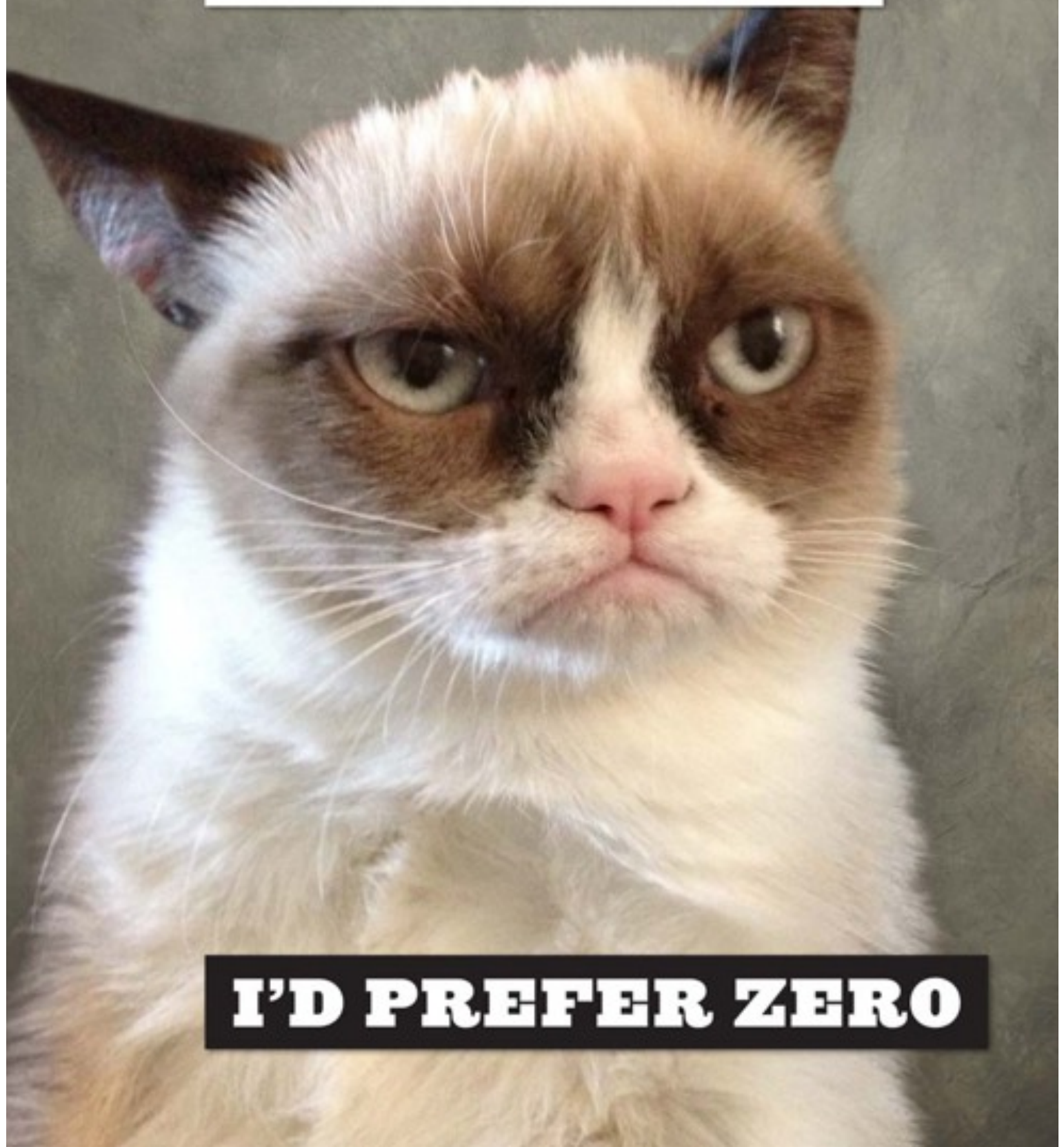
. . . and it poops on you. When you look up,
it poops again. In your eye.

You glimpse a shimmering unicorn through the foliage . . .

. . . and as it gets closer, you realize it's just a horse
with an ice cream cone stuck to its head.



**THERE ARE TWO
KINDS OF PEOPLE
IN THIS WORLD**



I'D PREFER ZERO



GRUMPY

Moments

TIMES I'VE BEEN ARRESTED

2'4"

2'2"

2'0"

1'10"

1'8"

1'6"

1'4"

1'2"

1'0"

0'10"



ARIZONA
POLICE DEP
6-28-12
#905341

Disorderly conduct



Making a policeman cry



Making a dog cry



Incorrectly using a sandbox



Ruining Christmas



Grumpy in Translation

PARLEZ-VOUS GRUMPAIS? HABLAS GRUMPAÑOL? SPRECHEN SIE GRÜMPY?

It's easy to be grumpy around the world. If someone asks you a question, here's how to respond in several different languages.



GERMAN: NEIN



SPANISH: NO



JAPANESE: いいえ



ENGLISH: NO



ITALIAN: NO



CHINESE: 没有



FRENCH: NON

**I TRIED LOOKING
ON THE BRIGHTER
SIDE OF LIFE**



IT HURT MY EYES

I HAVE AN IDEA

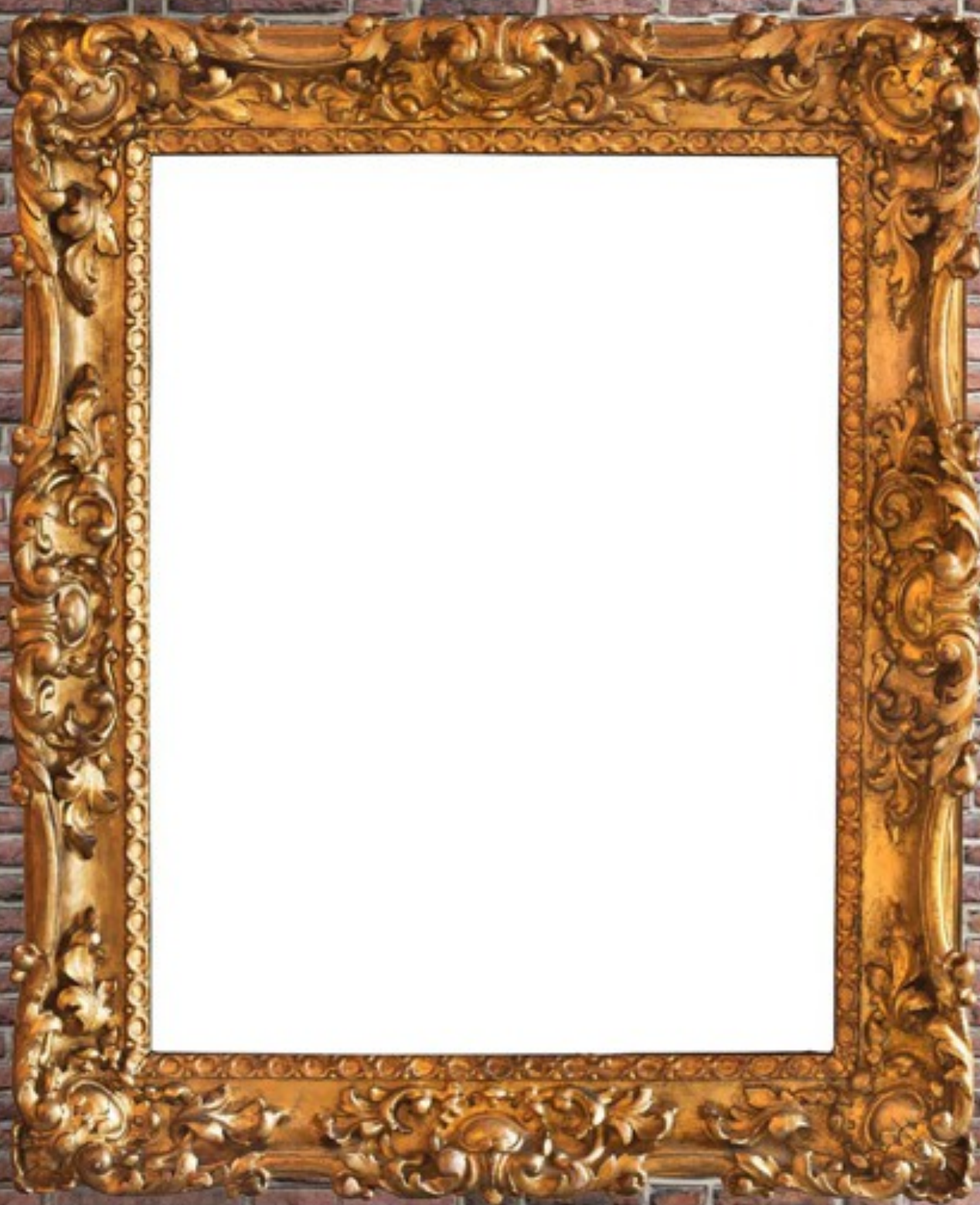


GO AWAY

**What's making
me Grumpy?**



Draw something for me to judge.



ANSWER: You should have drawn a self-portrait.
You are a constant disappointment to me.

From the Desk of Grumpy Cat

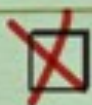
SHOPPING LIST



DOG REPELLENT



PEOPLE REPELLENT



**HAMSTER (TELL PET STORE
YOU INTEND TO KEEP IT AS
A PET. TRY NOT TO LAUGH
MANIACALLY.)**



**AFTERNOON SNACKS (MORE
HAMSTERS?)**



**STUPID HAT TO FORCE ON
OWNERS AND TAKE THEIR
STUPID PICTURE**



WHAT DOESN'T

KILL YOU



ISN'T WORKING

THEY SAY YOUR

FACE USES MORE

MUSCLES TO FROWN

THAN TO SMILE



I LIKE TO

STAY IN SHAPE

Why I Hate . . . Kittens

DOES NOT
UNDERSTAND
SARCASM

CONSTANTLY
SAYING
"I WUV YOU!"

STARING,
PLEADING EYES
WON'T LEAVE
YOU ALONE

PLAYS
WITH STRING

LOVES TO
CUDDLE



Grumpy Crossword Puzzle

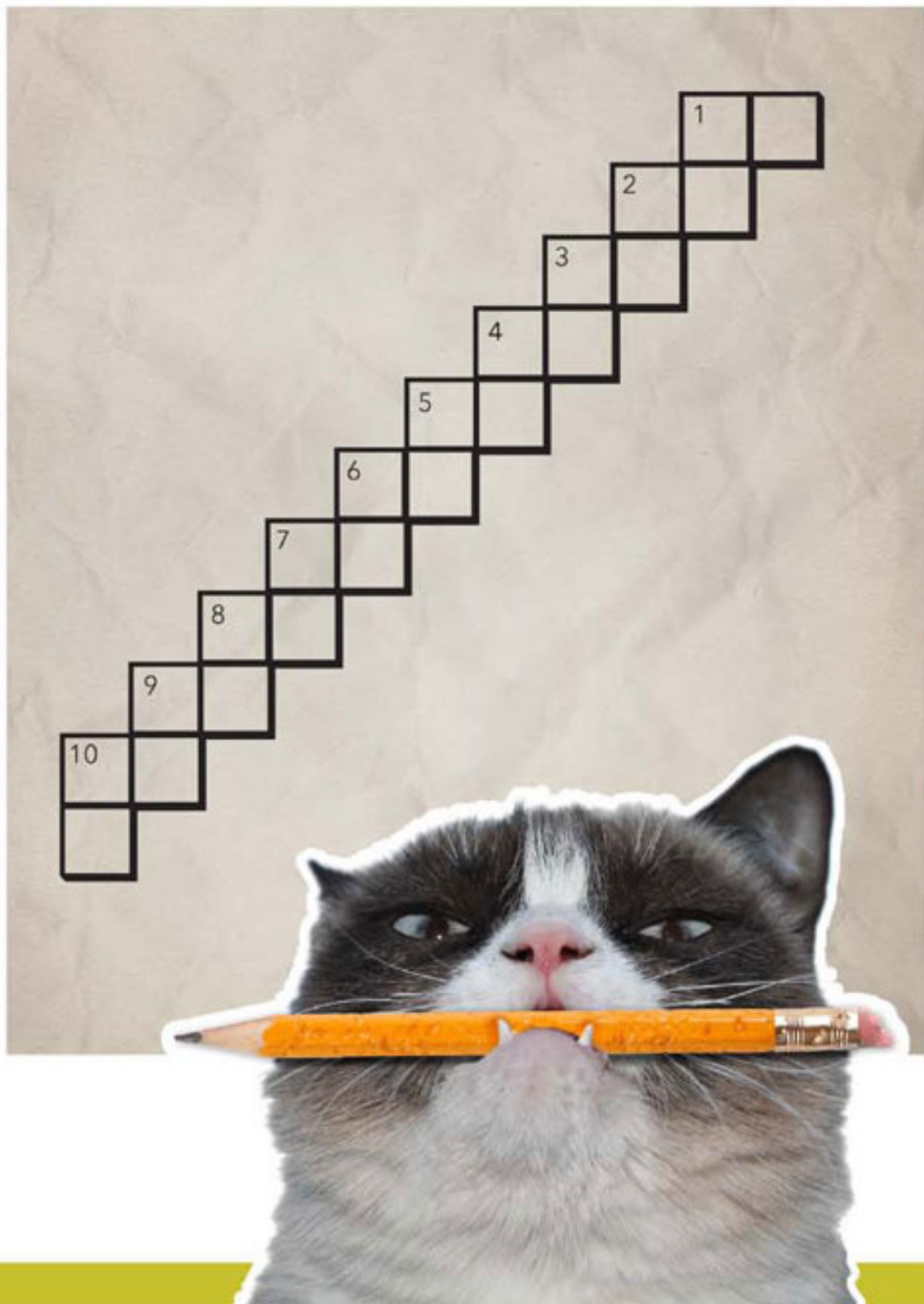
ACROSS

1. The opposite of "yes"
2. "____ way, Jose"
3. A two-letter abbreviation for "number"
4. Aren't babies the cutest??
5. James Bond villain Dr. ____
6. Word used to signal a negative response
7. He pitched a ____-hitter (in baseball)
8. Jean-Paul Sartre play "____ Exit"
9. "____ means no"
10. Would you like fries with that?

DOWN

1. A two-letter abbreviation for "North"
2. U.S. education law, ____ Child Left Behind
3. Can you give me a hand here?
4. Symbol for the synthetic element Nobelium
5. Def Leppard song "No No ____"
6. A two-letter abbreviation for New Orleans
7. An anagram of "on"
8. "____ two ways about it"
9. Can we be friends?
10. Abbreviation for Nitric oxide

ANSWERS: Across (1. No 2. No 3. No 4. No 5. No 6. No 7. No 8. No 9. No 10. No) Down (1. No 2. No 3. No 4. No 5. No 6. No 7. No 8. No 9. No 10. No)



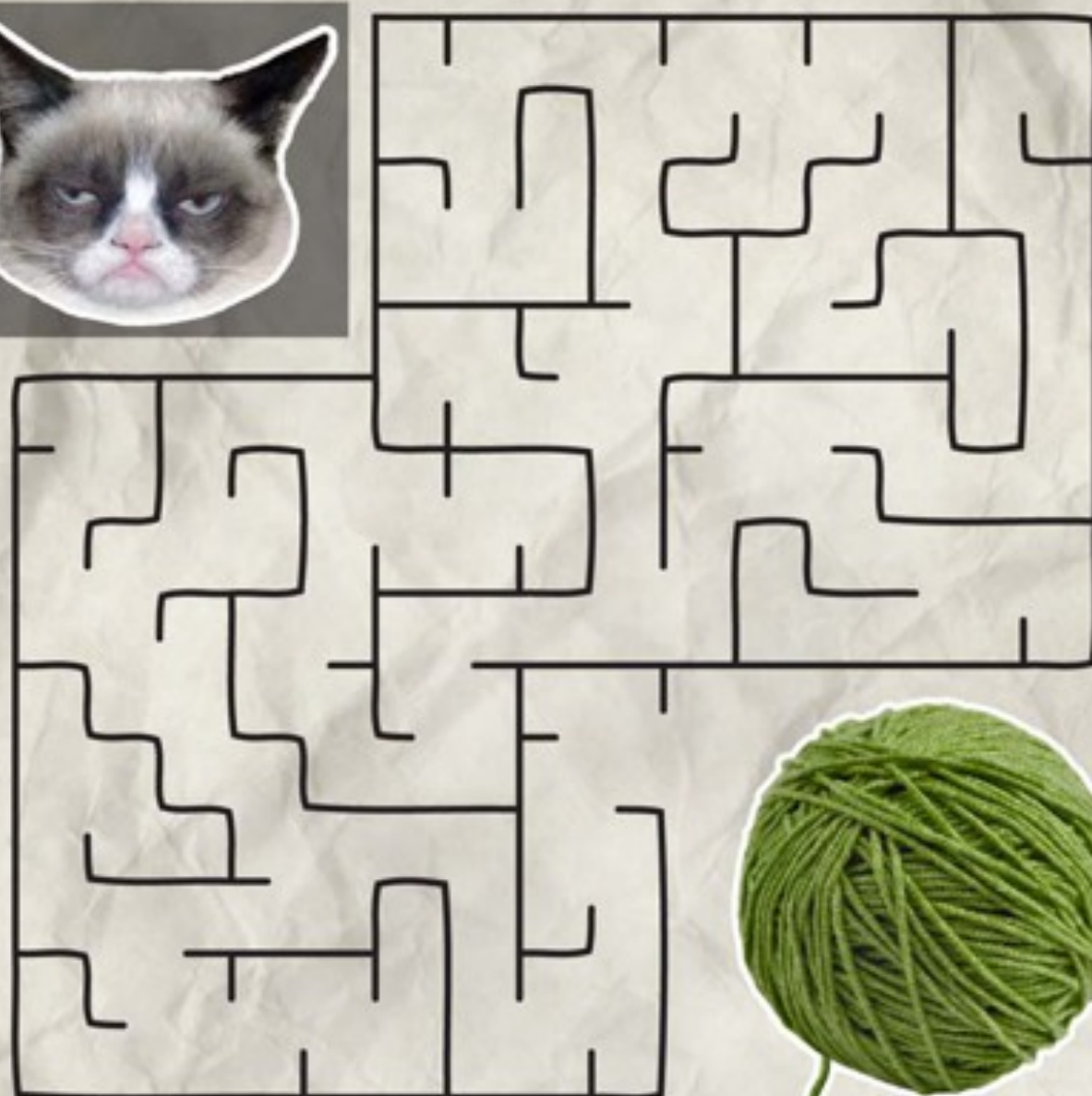
Grumpy Monuments

Since the beginning of time, humans have erected monuments to grumpiness. These great wonders of the world have long served to make happy people stop smiling and start frowning.





Help me Get to the Fun Ball of String!



ANSWER: That was a test. I locked all the doors to the maze and refuse to participate. You failed.

**I'D HAVE THE
LAST LAUGH**



**BUT MY FACE DOESN'T
MAKE THAT SHAPE**



GRUMPY *Moments*

**HISTORICAL
OCCASIONS
I'VE RUINED**



The moon landing



The signing of the Declaration
of Independence



The voyage of the *Titanic*

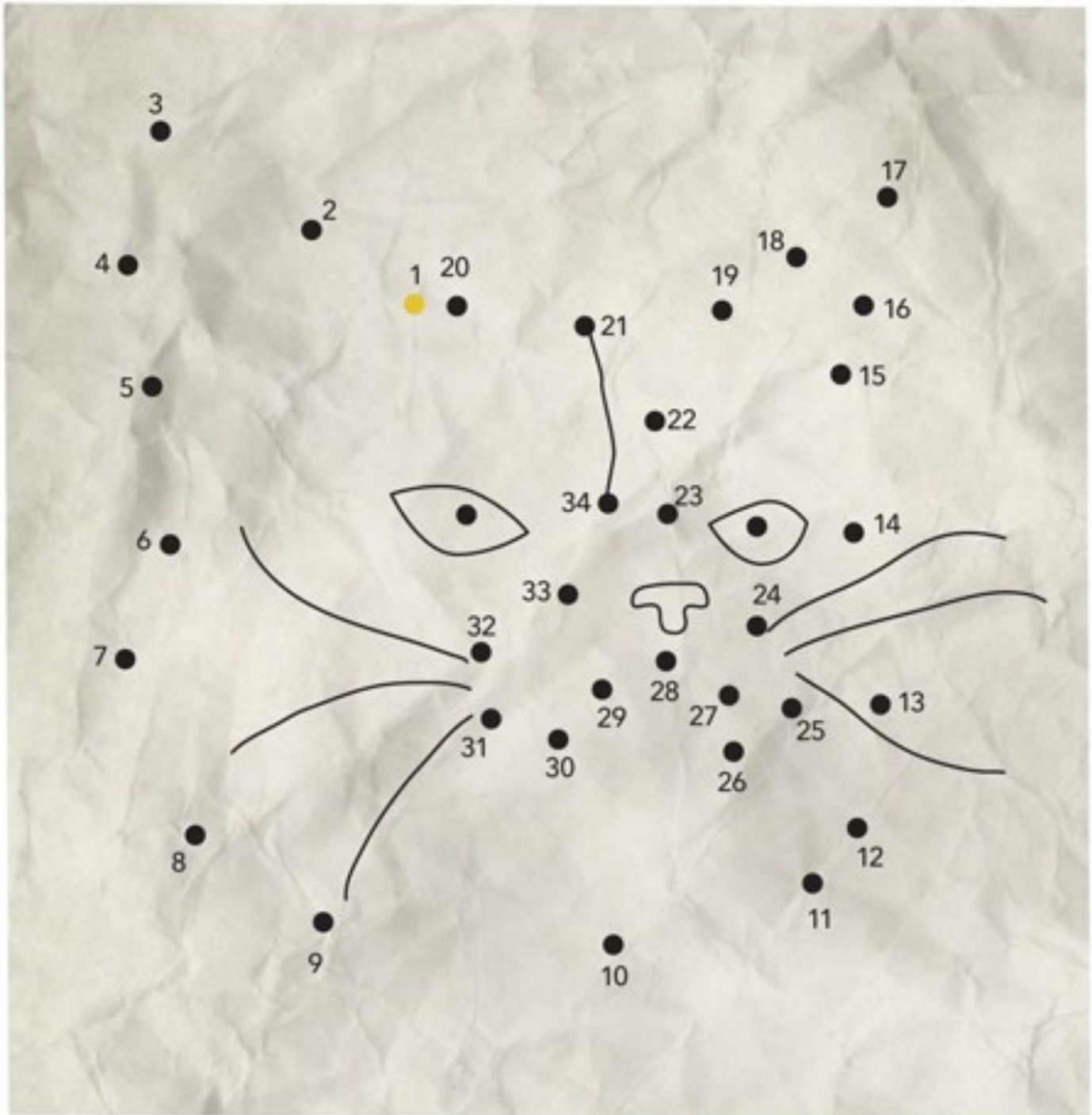


The Shackleton Expedition



The fall of the Berlin Wall

Connect the dots to reveal how I'm feeling.

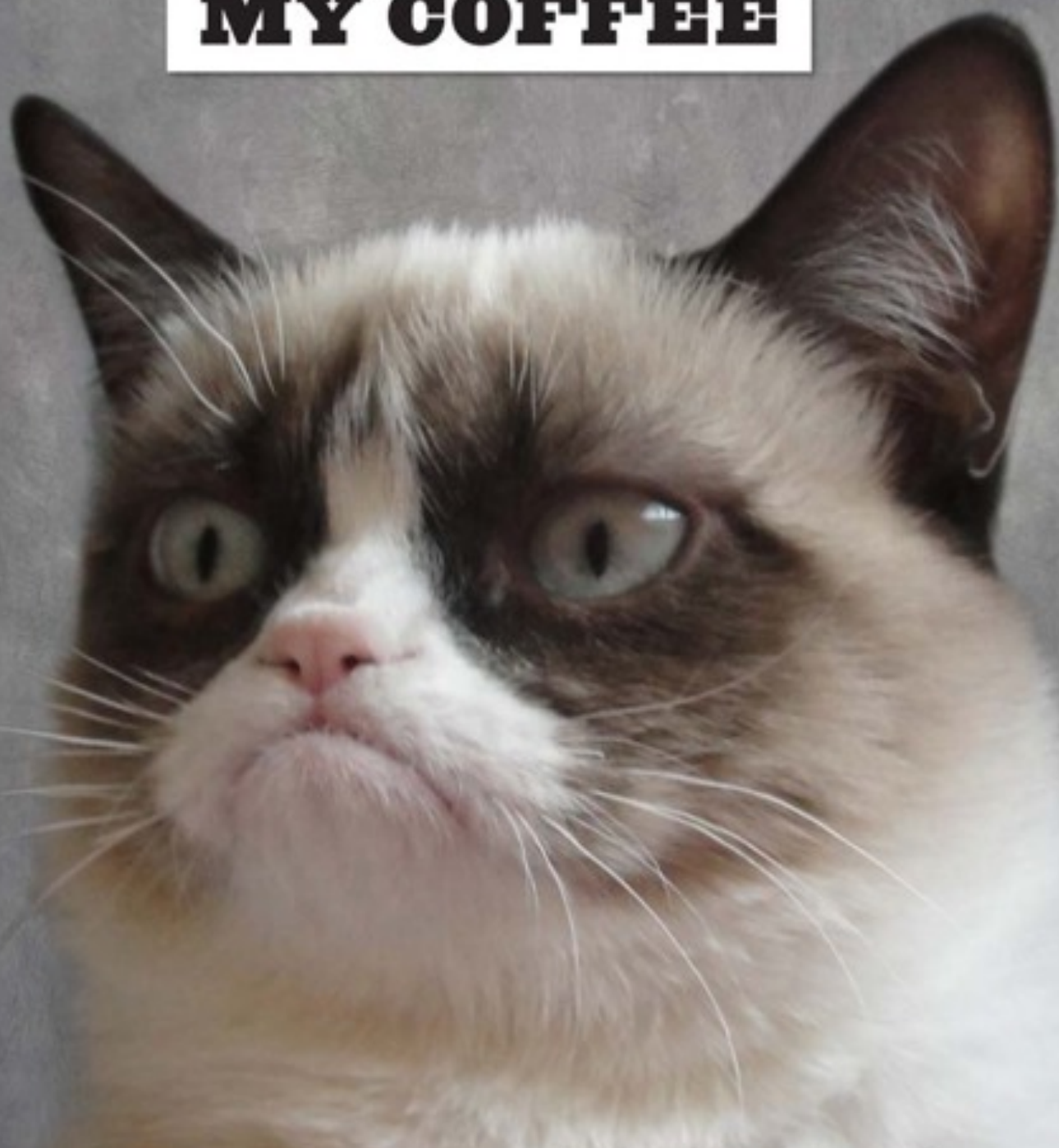


ANSWER: Was there really any question?

I LIKE MY HUMANS

THE WAY I LIKE

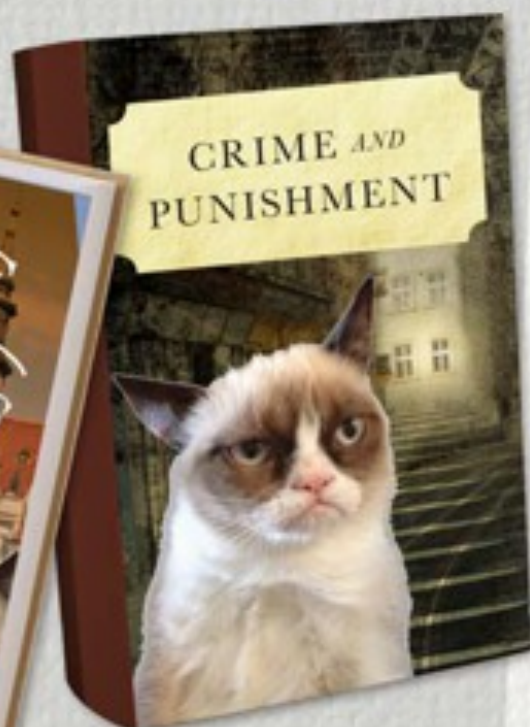
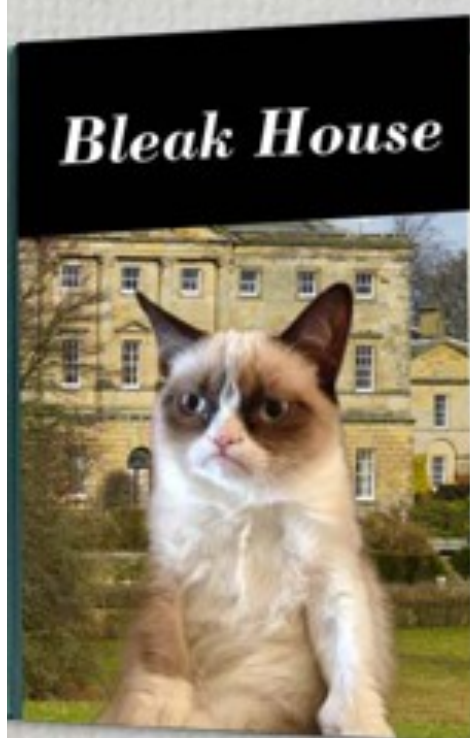
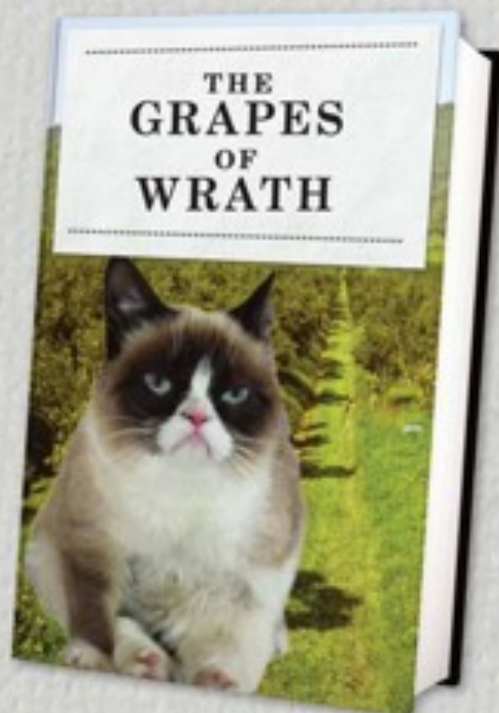
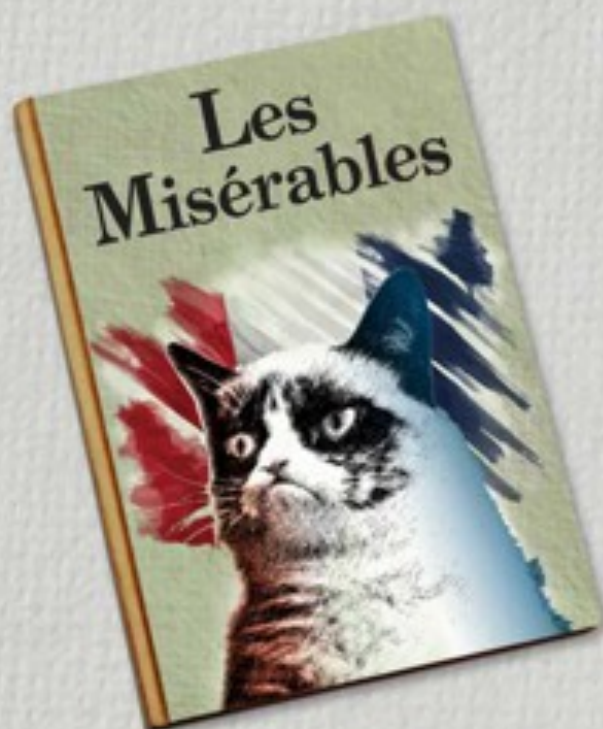
MY COFFEE



I HATE COFFEE

Grumpy Reading List

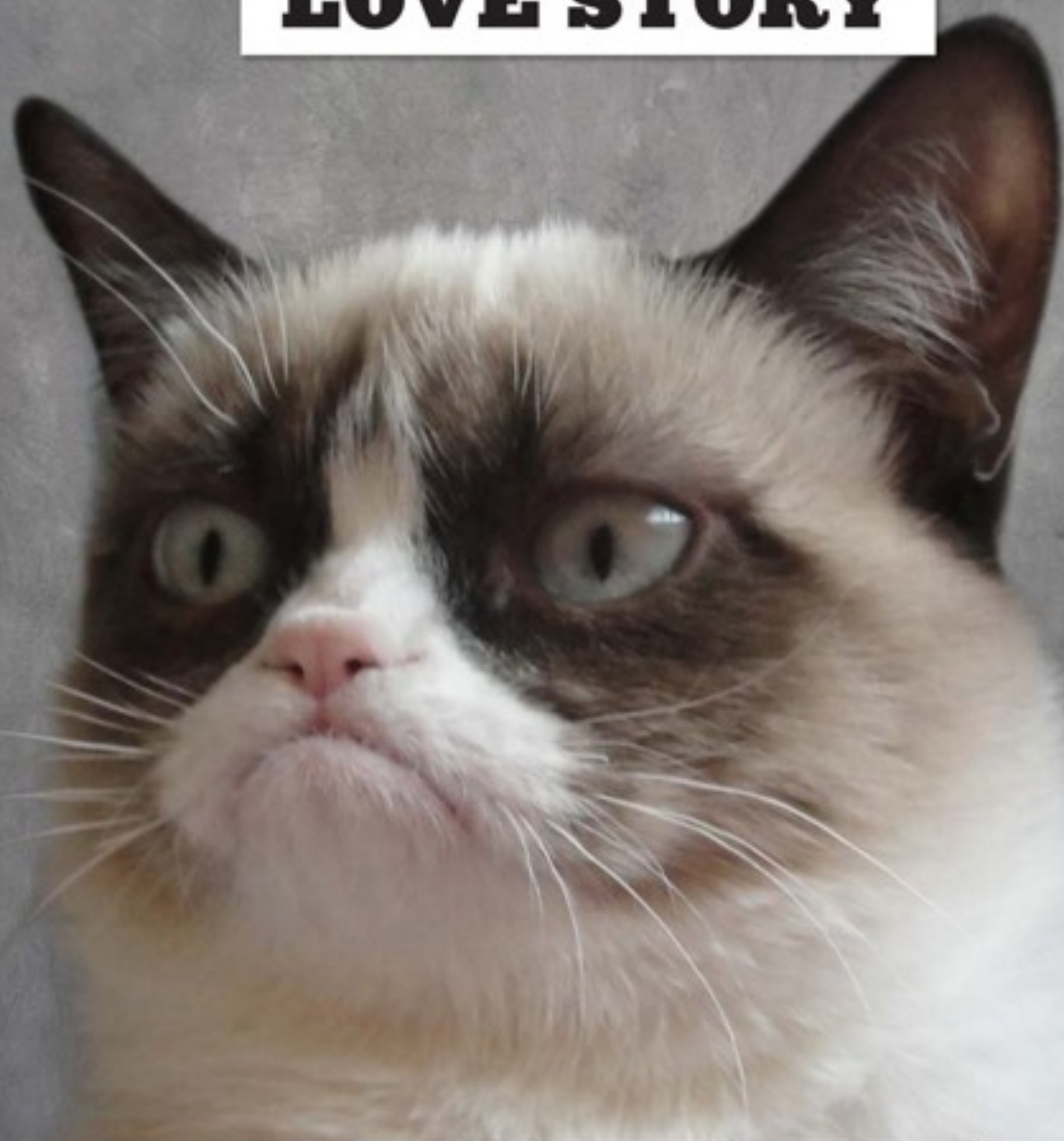
When you can't seem to shake that good mood, try one of these classic works of grumpy literature.



ROMEO & JULIET

IS A GREAT

LOVE STORY



THEY BOTH DIE

Grumpy Word Search

Find the uninspiring words in the puzzle below.

ABYSMAL	GRUMPY	NO	SPITEFUL	UNWELCOME
AWFUL	HORRIBLE	ODIOUS	TERRIBLE	WORTHLESS
DREADFUL	LOUSY	PESSIMIST	UNHAPPY	ZERO
FAIL	MEAN	QUIT	UNPLEASANT	

E W U I F Z E S U P O I I S S F
P A J N L J O O H S I D C A Y S
E N E H U R S L W M A L O J J G
S R H A M Q I N G R U M P Y E S
I K E O B Q U I T F A I L C M Z
T A G D R Y D T E R R I B L E E
Z E A I O R S T W U S D E E A R
Y K A O I A I M D N A S S M N O
H Q S U L P S B A P S W O N F E
H T G S S S K L L L M Q O E T F
N J E R O F U N W E L C O M E E
T O E E N F D R E A D F U L C Y
T R T S W E L P E S S I M I S T
S R G A H Y U N H A P P Y U R Z
I P E D S X L N Q N T E O X R C
S K Z E M C W O R T H L E S S G

ANSWER: I don't have time for this.

I'VE LIVED

NINE LIVES



AND THIS IS

THE WORST



GRUMPY

Moments

OCCASIONS

I'VE RUINED

This baby's
birthday party



This baby shower



This old lady's birthday party



This presidential inauguration



This wedding

How to Host a Grumpy Party



Who knows why you're hosting a party. Maybe a dog is forcing you, or someone you hate has died and you want to celebrate. Whatever the reason, use the party as an opportunity to get everyone in a bad mood.

ATMOSPHERE:

- ☐ No music
- ☐ A clock that ticks loudly
- ☐ Hold party during thunderstorm if possible

DECORATIONS:

- ☐ One dozen (or more) black balloons
- ☐ Wilting flowers
- ☐ Something sticky spilled on the rug and slightly dried

FOOD:

LITTER BOX CAKE

Ingredients:

One chocolate cake from a mix
One white cake from a mix
One box instant vanilla pudding
One 16-ounce package white sandwich cookies
12 Tootsie Rolls

Special materials:

Plastic wrap
New, unused cat litter box
Litter scoop



Directions:

Prepare chocolate cake and white cake mixes and bake according to package instructions. Let cool, then crumble both cakes into a large bowl. Set aside. Prepare instant vanilla pudding according to the package instructions. Chill until set. Roughly crumble white sandwich cookies in a blender or in a plastic bag using a rolling pin. Mix half of the cookie crumbs and all of the cake crumbs with enough of the chilled pudding to get the mixture moist. Line a new cat litter box several times with plastic wrap so that the food doesn't touch the sides of the box. Scoop the cake crumb mixture into the box in an even layer. Unwrap 12 Tootsie Rolls. Heating them 2-3 at a time, warm them in the microwave for 20-30 seconds until pliable, then roll to create a realistic poo look. Scatter them on top of cake. Evenly distribute remaining cookie crumbs on top. Serve with litter scoop.

DRINK:

Add a few drops green and a few drops red food coloring to a gallon of milk. Serve at room temperature.

Grumpy Gift Guide

WHAT DO YOU GET THE PERSON WHO DOESN'T DESERVE ANYTHING?

Here are a few gift suggestions for when you're fresh out of ideas. They'll dampen the mood on any occasion, from the holidays to patriotic celebrations and beyond.

New scratching post



Motivational poster



Deluxe doorstep

Trip to an all-you-can-eat salad bar



Ergonomic litter box



Bouncing ball

I GOT YOU

A PRESENT

CHECK THE

LITTER BOX



I'LL BURN

THAT BRIDGE

WHEN I

COME TO IT

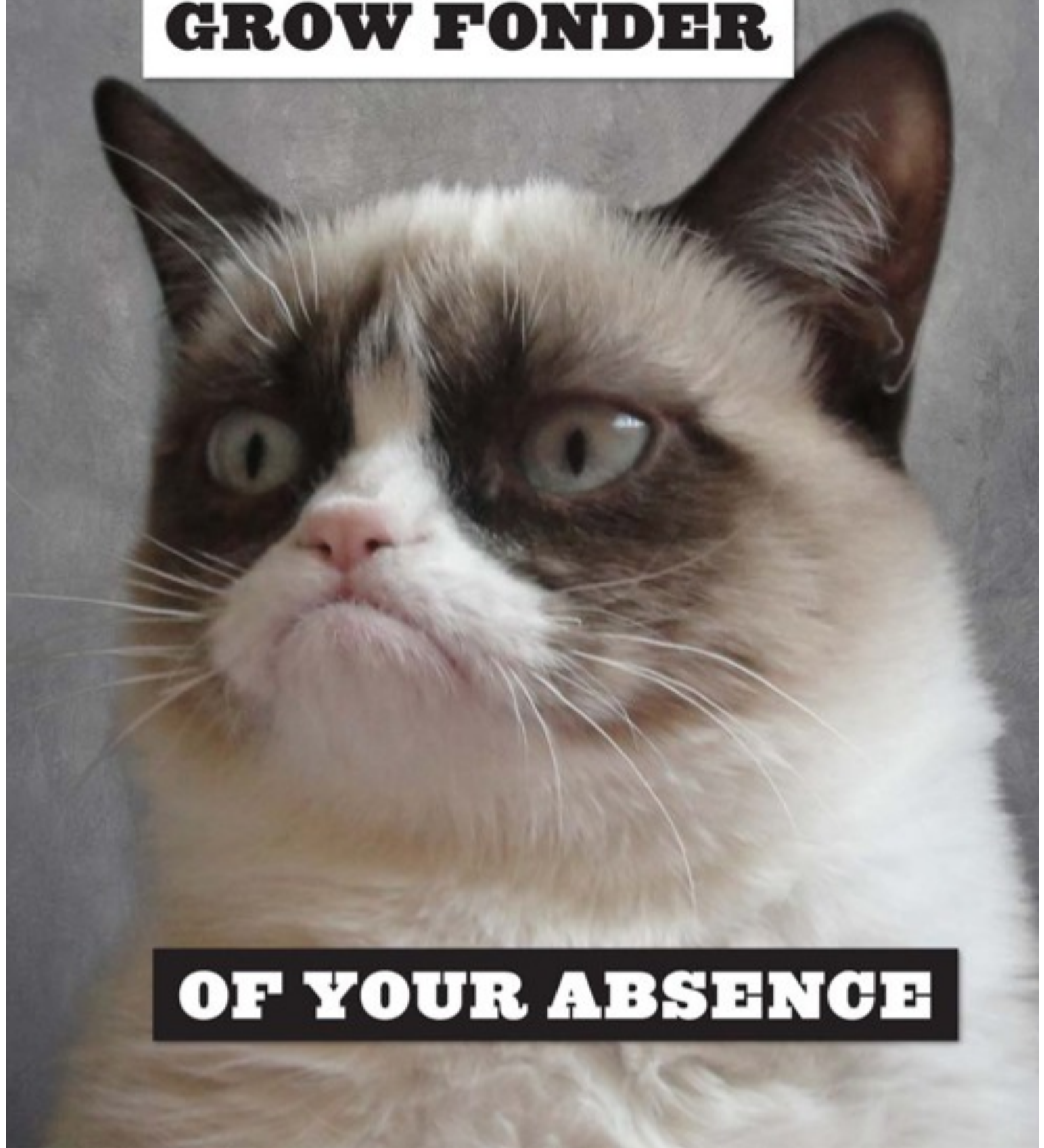


ABSENCE MAKES

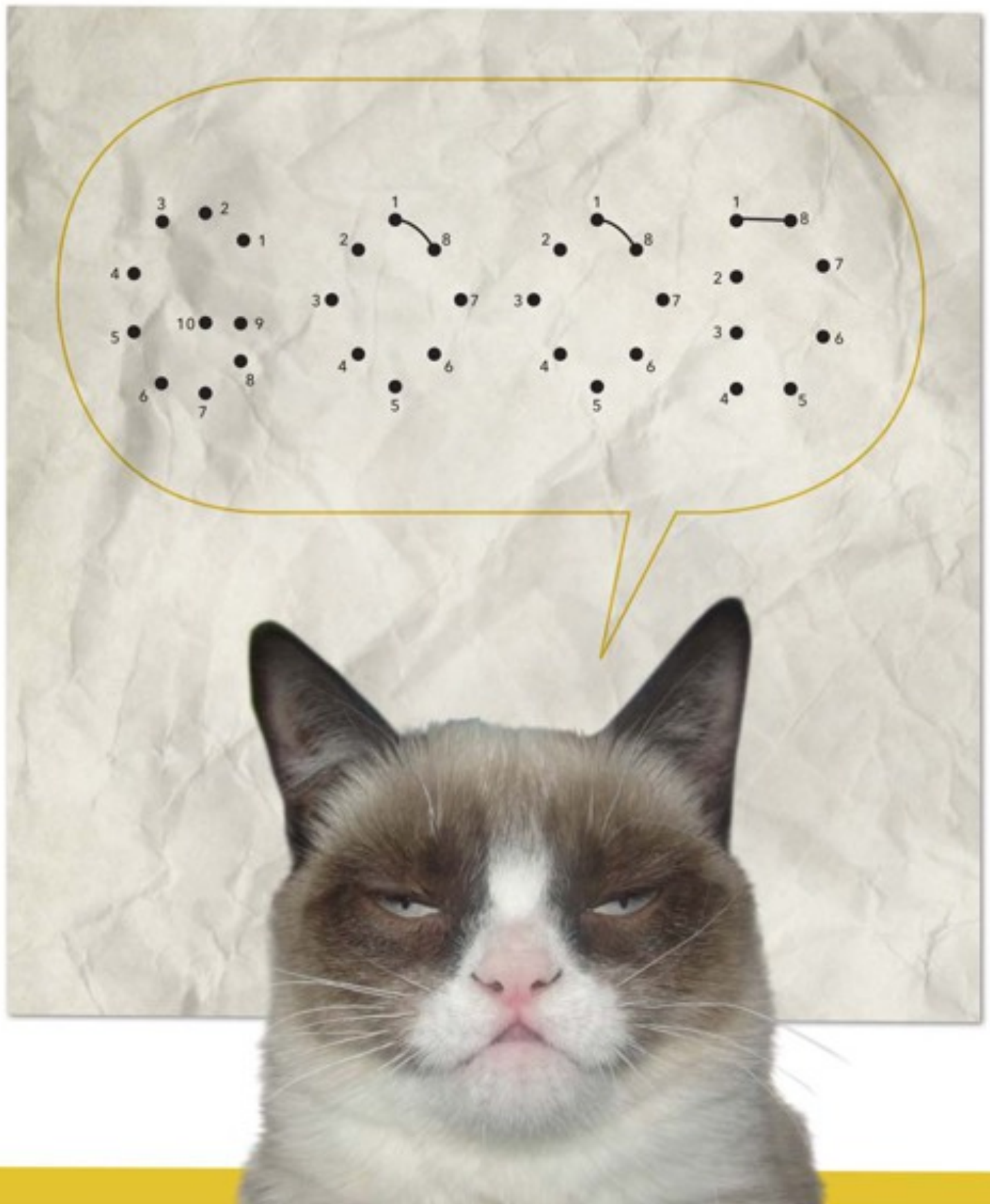
THE HEART

GROW FONDER

OF YOUR ABSENCE



Connect the dots to see what I had to say when the neighbor's dog went to go "live on the farm."



THE ART OF GRUMPY CONVERSATION



EARLY TO BED,

EARLY TO RISE

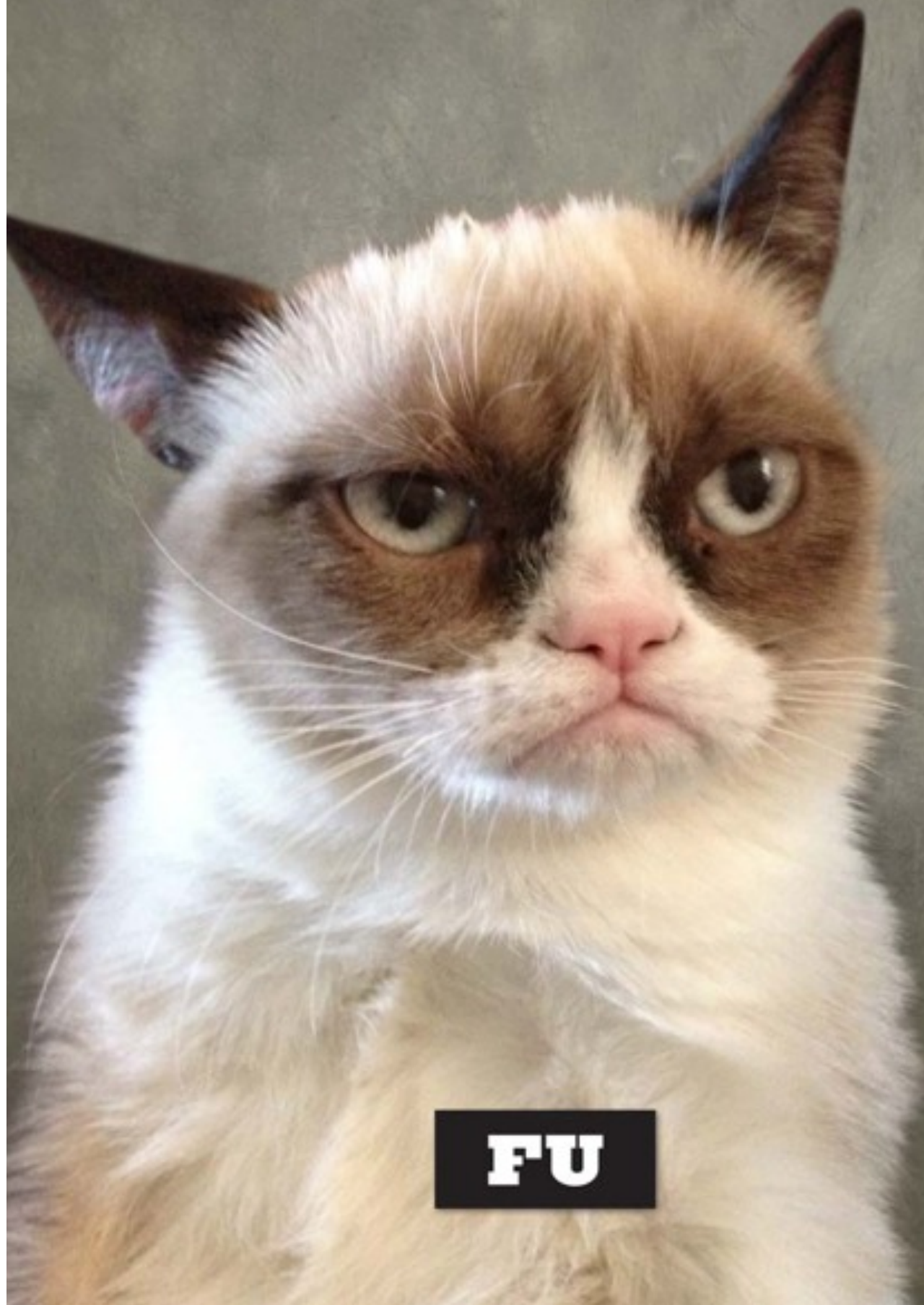


MAKES ME WANT

TO CLAW OUT

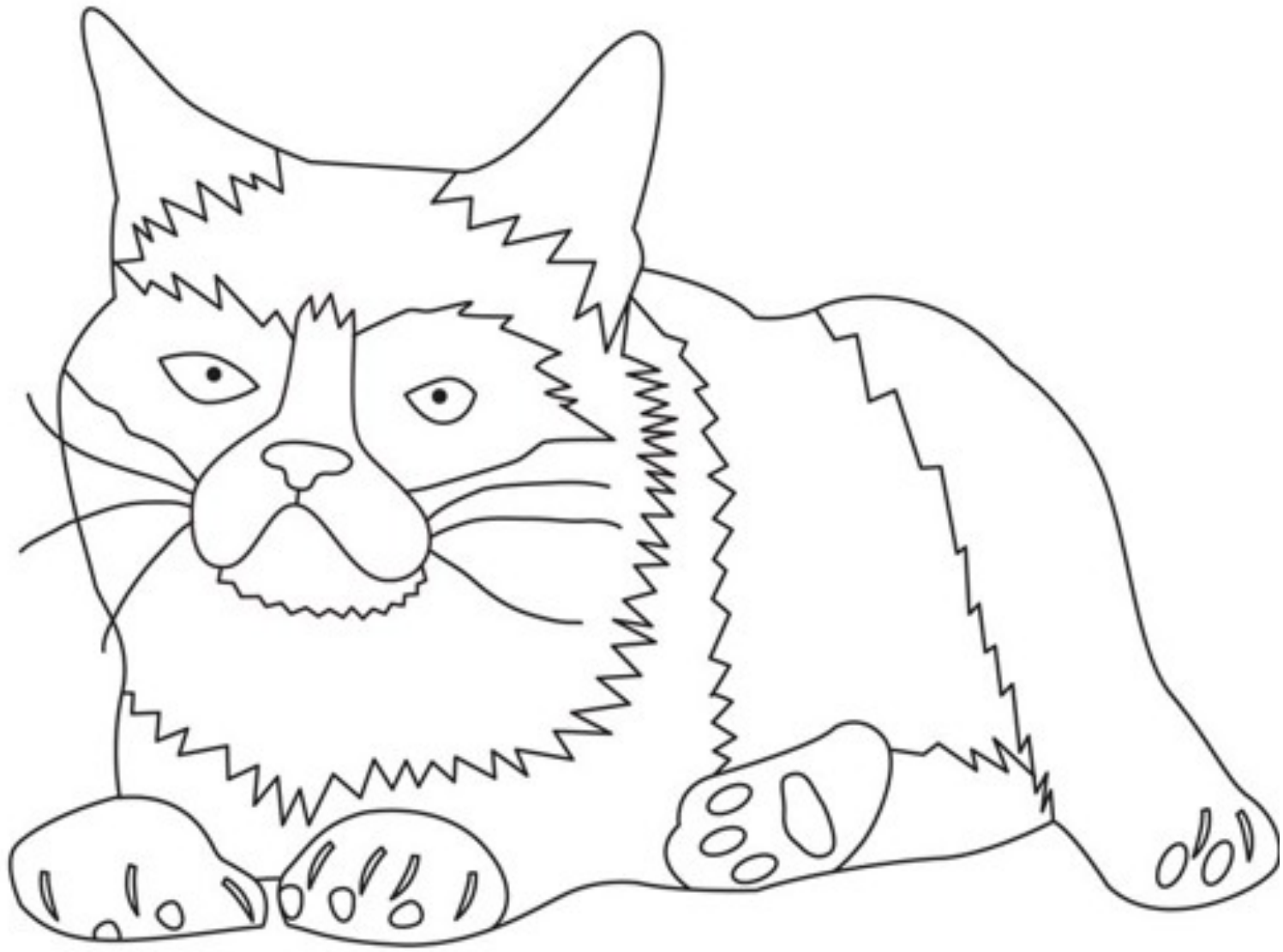
YOUR EYES

ABCDE



FU

Grumpy Coloring Time



Give Grumpy Cat a new look!

Acceptable colors: gray, dark gray, black.

Escape the Dog

THIS DOG WANTS TO PLAY.

Little does the dog know that I am leading him into danger, having set up numerous booby traps along the way. Help me get through the maze, avoiding the traps and arriving home safely (and solo).



IT'S A DOG EAT

DOG WORLD



GOOD

In Case of Happiness



We've reached the end of the book, which means you've either learned how to be grumpy or you haven't. Either way, I think we should go our separate ways. Here are some parting tips:

-  **Get a voluntary appendectomy.**
-  **Drop an ice cream cone.**
-  **Stub your toe.**
-  **Step on a bee.**
-  **Unleash five or six flies into your bedroom.**
-  **Walk into a closed glass door.**
-  **Spill coffee on your computer before you hit save.**
-  **Take a deep breath. Inhale a mosquito.**



TURN THAT SMILE

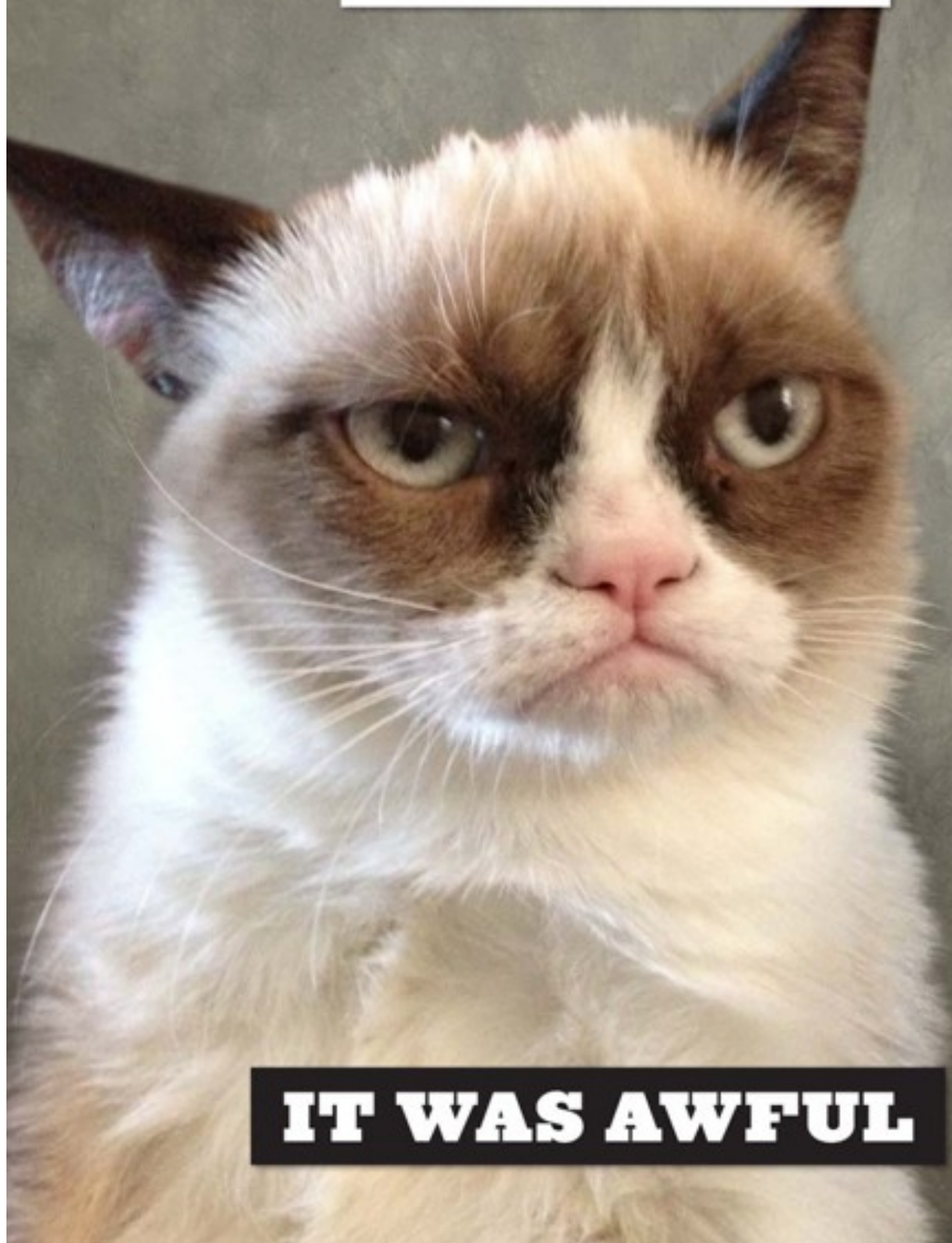


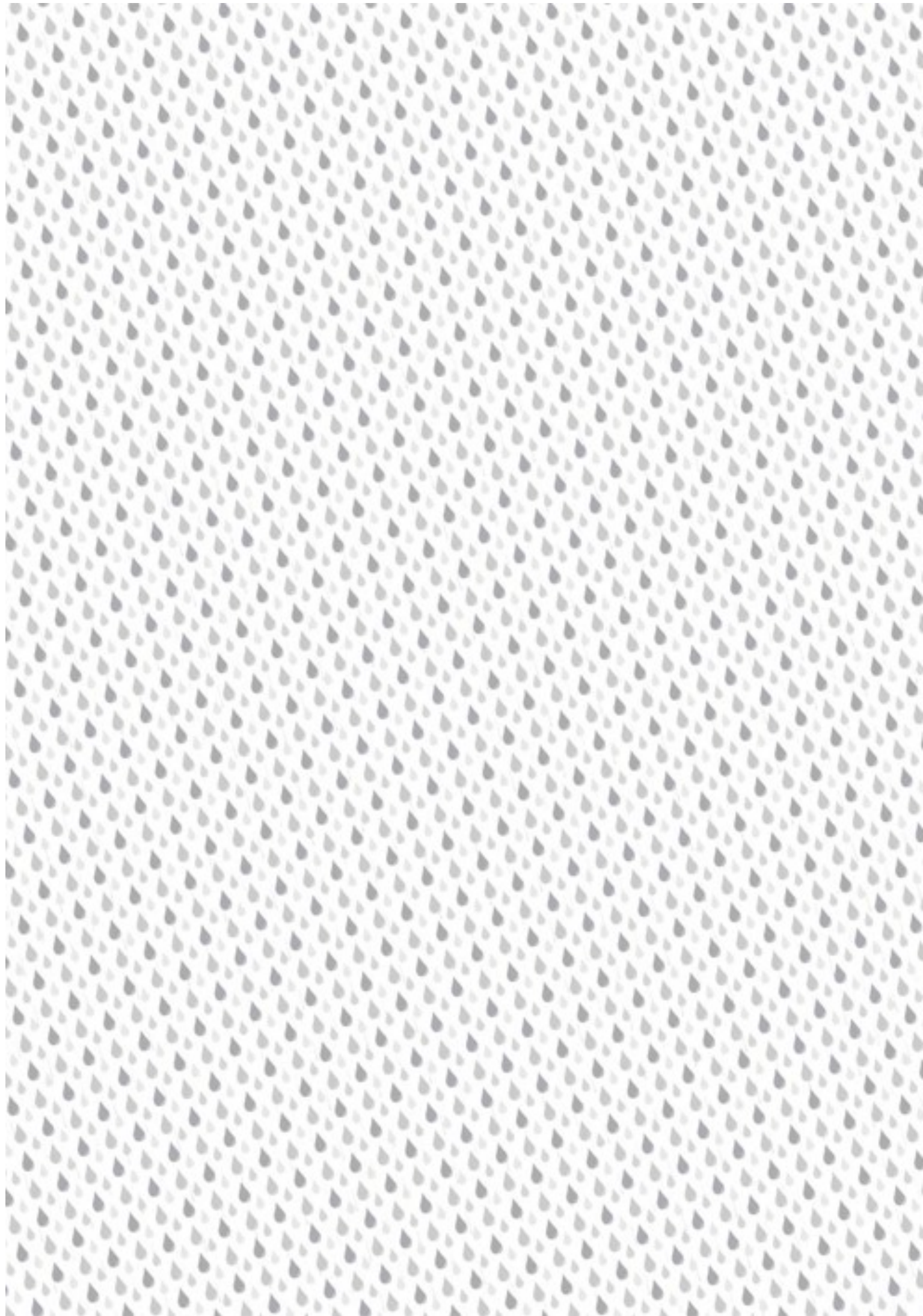
UPSIDE DOWN

I WROTE A

BOOK ONCE

IT WAS AWFUL









GRUMPY CAT

A GRUMPY BOOK

BY GRUMPY CAT



CHRONICLE BOOKS
SAN FRANCISCO