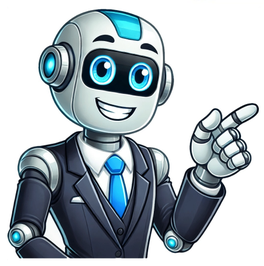
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“ For me, this album is about growing pains and about trying to figure out who I am at this point in my life and exactly what I want to say in my songs. ” – Rodrigo on Guts Spilled Edition Blood Records Exclusive Target Exclusive Spotify Exclusive Animated Spilled Animated Sparkled U Sparkled T Sparkled S Amusement (Los Angeles)East West (Los Angeles)Electric Lady (New York City)Skylight (Los Angeles) Pop rock • indie rock • pop-punk • alternative rock • alt-pop • power pop • indie pop Olivia Rodrigo, Daniel Nigro, Ryan Linvill, Alexander 23, Ian Kirkpatrick Previous Current Next SOUR GUTS OR3 Guts (stylized in all caps) is the sophomore studio album by Olivia Rodrigo, released on September 8, 2023, through Geffen Records. The album's deluxe edition, subtitled (spilled) and was released on March 22, 2024. It was written and recorded with Rodrigo working closely alongside Dan Nigro, the producer and multi-instrumentalist of her debut album Sour. Inspired by the period of time immediately following Sour's success, Rodrigo conceived Guts hoping to reflect the process of maturity she experienced toward the end of her teenage years. Primarily, a sonically diverse record blending sub-genres of rock, alternative, and pop music, with energetic songs and soft ballads, Guts experiments with heavier sounds more than its predecessor, using a variety of musical styles from heavier music. The subject matter deals with Rodrigo's coming-of-age transition and its tribulations. The album received praise for its lyrical wit, complexity, topicality, aesthetic and energy. Reviews noted both humorous and emotionally fraught lyrics, detailing Rodrigo's struggles with identity, romantic and professional disillusionment, unexpected stardom, and societal expectations as a young woman. Background[] 2022[] In a message to fans for Spotify Wrapped 2022, Olivia thanked her fans and stated that she is excited for what 2023 will bring in terms of her music. [1] In an Instagram Story on the second anniversary of drivers license's release, Olivia revealed that she has been working on new music and is very excited to share it.[2] 2023[] On May 21, 2023, the second anniversary of Sour, Rodrigo shared a 2-second snippet of a song (which would later be confirmed to be "bad Idea right?") on the upcoming album via Instagram. Later, on May 27, Rodrigo shared a mirror selfie on Instagram. Viewers could look closely and see the date "June 30, 2023", circled with a heart around the date on the singer’s calendar. On June 2, a countdown appeared on Olivia's website, set to end on June 30, 2023. It was later confirmed to be the release date for her upcoming lead single.[3] On June 8, the Sour hotline changed to a recording in which Rodrigo informs that she sucks at voicemails but to leave a text and that she’ll be back on June 30, 2023. On June 13 2023, Rodrigo announced the album's lead single, "vampire" would be released on June 30, the aforementioned date. Rodrigo confirmed an upcoming tour on an interview with Wild 94.9 on July 12, 2023. On July 31, Rodrigo teased the Guts tracklist posting a cryptic video on all social media platforms with numerous hints at potential soundtrack titles. The following day, on August 1, 2023, Rodrigo posted another cryptic-like video on all social media platforms, this time revealing all 12 tracks on the album. Two days later, Rodrigo revealed the back of the album cover, and revealed all limited edition and signed vinyls. The signed vinyls sold out in the US within an hour. On August 11, 2023 Olivia Rodrigo released "bad idea right?" On September 8, 2023, the album released. A week later, the music video for "get him back!" was released. It was filmed in collaboration with Apple, on the iPhone 15 Pro. Months later, on November 24, 2023, she released her EP The Secret Tracks to celebrate Record Store Day. It features the four tracks on the G, U, T, and S vinyl releases. 2024[] Olivia released the deluxe edition called "GUTS (spilled)" on March 22, 2024, which includes the secret tracks and a new song called “So American”. The music video for "obsessed" would also release on the same day. Singles[] Promotion and release[] In June 2023, Rodrigo teased the album's title sending separate yet one letter to fans who received Sour merch for its 2-year anniversary. The letters ended up spelling “spill ur guts,” eventually announcing the album the following day. On July 27, 2023, Rodrigo announced across her social media accounts that the anticipated sophomore album is scheduled for release on September 8, 2023. Preorders for the album began the same day. Cover artwork[] The standard cover artwork of GUTS finds Rodrigo laying against a purple backdrop, similar to Sour’s purple but of a darker shade, wearing a black tank top and a purple bra underneath. She has her thumb in her teeth and four fingers, with chipped black nail polish, sticking up with one ring attached to each finger. The rings on her fingers spell the album title. Purple is once more the dominant color similar to Sour. The back of the album shows Rodrigo’s mouth opened with hands on either side. The (spilled) edition features the same photo slightly zoomed out, with a hole going through where Olivia's hand and most of her face would be, revealing the title over a purple backdrop. The purple bra is now red. Critical reception[] Guts was met with universal critical acclaim. At Metacritic, which assigns a normalized score out of 100 to ratings from professional publications, it received a weighted mean score of 91, based on 22 reviews. Rob Sheffield of Rolling Stone hailed the album as an "instant classic" and the work of "a truly brilliant rock star", with some of Rodrigo's "most ambitious, intimate, and messy songs yet", proving she is "a voice that's here to stay and a songwriter built to last." Offering similar praise, Billboard magazine's Jason Lipshutz called it "the most complete pop album of the year". Its musical aesthetic was hailed by music critic Robert Christgau as a "triumph", while The New York Times reviewer Jon Caramanica deemed it "poignantly fraught" and "agitated" with an energy that matches the spirit of Rodrigo's narratives. The New Yorker's Carrie Battan found its alternative-leaning cross-section of revivalist pop-punk and piano ballads shrewd, thoughtfully constructed, and fitting with the rebellious cheek and yearning melodrama reflected in the music's tone. Several reviewers noted the wit to the lyrics. The Guardian's Alexis Petridis found the record "sharp and witty", and Ludovic Hunter-Tilney of Financial Times called it "quick-witted post-Taylor-Swift pop" with "emo-adjacent pop-punk and bombast-free ballads". In her review for The Independent, Helen Brown deemed it "wittier" and "angrier" than Sour. Conversely, Poppie Platt of The Daily Telegraph wrote a mixed review, which said Guts was mostly a mere continuation of her first album with little musical or lyrical growth. Charles Lyon-Burt of Slant Magazine considered some songs on Guts as "missteps" but called the album a consistent record overall. Other reviewers were impressed by the complexity and credibility of Rodrigo's performance. Calling the album a "masterpiece", Mikael Wood found the lyrics emotionally convincing and connected it to Swift's overall influence on Rodrigo: "This talent for embodying various sides of her character feels like a defining attribute of Guts". Christgau noted the "psychological complexity", persuasive characterization, and amusing humor in her portraying the tribulations of a young popstar, concluding that "she's so damn good at what she does". Concluding her review for AllMusic, Heather Phares proclaimed Guts to be a testament to Rodrigo's artistic confidence, eloquence, and ability to translate complex emotions into music with broad appeal. Awards & Accolades[] Year Organization Award Result Ref. 2023 Los 40 Music Awards Best International Album Nominated 2024 Gold Derby Music Awards Album Of The Year Nominated Best Pop Album Nominated Grammy Awards Album of the Year Nominated Best Pop Vocal Album Nominated People's Choice Awards The Album of the Year Won iHeartRadio Music Awards Pop Album of the Year Won Webby Awards Social Arts, Culture & Lifestyle (Campaigns) (Webby Winner) Won Social Arts, Culture & Lifestyle (Campaigns) (People's Voice Winner) Won Social Celebrity/Fan (Webby Winner) Won Nickelodeon Kids' Choice Awards Favorite Album Won ARIA Music Awards Best International Artist Nominated Gallery[] Promotional photos[] Physical copies[] Limited Edition Red Vinyl - Sparkled “G”Limited Edition White Vinyl - Sparkled “U”Limited Edition Deep Blue Vinyl - Sparkled “T”Limited Edition Purple Vinyl - Sparkled “S”Opaque Magenta Vinyl With Alternate ArtworkIndie Exclusive Lavender VinylAmazon Exclusive Bright Pink VinylWalmart Exclusive Clear VinylHot Topic Exclusive Bright BlueUrban Outfitters Exclusive Light PinkSpotify Fans First Exclusive Picture DiscGUTS (spilled) splatter vinylGUTS (spilled) Blood Records ZoetropeGUTS (spilled) Marbled Red/Purple (RSD Black Friday 2024)Japan non-(spilled) Deluxe CDGUTS (spilled) Japan Tour Edition CD Photoshoot[] Behind The Scenes[] CD & Booklet[] GUTS (spilled) Japan Tour Edition - CD, Exclusive Tour Booklet + Poster[] Tracklist[] There are 13 tracks on the CD, with 5 additional tracks on the deluxe version. There are currently more than 100 songs that were intended for GUTS, but only some of them made the final cut (4 tracks are unreleased, 17 tracks are released). There is both an explicit version and a clean version of the album. The standard album contains 7 explicit songs and 5 non-explicit songs, while the deluxe version contains 9 explicit songs, and 8 non-explicit songs. 1. "all-american bitch" Olivia Rodrigo, Daniel Nigro Nigro 2:46 2. "bad idea right?" Rodrigo, Nigro Nigro 3:05 3. "vampire" Rodrigo, Nigro Nigro 3:40 4. "lacy" Rodrigo, Nigro Nigro, Rodrigo 2:58 5. "ballad of a homeschooled girl" Rodrigo, Nigro Nigro 3:24 6. "making the bed" Rodrigo, Nigro Nigro 3:19 7. "logical" Rodrigo, Nigro, Julia Michaels Rodrigo, Nigro 3:52 8. "get him back!" Rodrigo, Nigro Nigro, Alexander 23, Ian Kirkpatrick 3:32 9. "love is embarrassing" Rodrigo, Nigro Nigro 2:35 10. "the grudge" Rodrigo, Nigro Nigro, Ryan Linvill 3:10 11. "pretty isn't pretty" Rodrigo, Nigro, Annie Clark Nigro 3:20 12. "teenage dream" Rodrigo, Nigro Nigro 3:43 13. "obsessed" Rodrigo, Nigro, Clark Nigro 2:51 13. "scared of my guitar" Rodrigo, Nigro, Allen Nigro 4:24 13. "stranger" Rodrigo Nigro 3:07 13. "girl i've always been" Rodrigo Nigro 1:59 Cut Songs[] Main article: List Of Unreleased Songs Olivia had recorded songs between 2022 and 2023 with the intention of including them on this album. This list is of known songs which didn't make the final cut. Key[] Bold typing indicates that the full studio version has been leaked. Italic typing indicates that the song hasn't been leaked. "Fantasy" "Hate Ur Guts" "Lights" "She's All That" "Unknown Guts outtakes" Session songs[] During the sessions of GUTS, these unreleased tracks were made without the intention of including them on the album. Music videos[] Olivia Rodrigo - bad idea right? (Official Video)Olivia Rodrigo - vampire (Official Music Video)Olivia Rodrigo - get him back! (Official Video)Olivia Rodrigo - obsessed (Official Music Video) Trivia[] In an interview, Rodrigo stated that she enjoyed writing so much, she penned 150 songs for the album, in which 20 were recorded, eventually narrowing it down to 16 tracks. "obsessed" was confirmed to be the one of the very first songs recorded for the album. 9 out of the 17 songs are marked as explicit on streaming platforms. References[] [] Deezer Free is not available in your country. Please choose an offer and start listening. These offers are non-binding, meaning you can cancel your subscription at any time. These offers are only available to users with no current nor previous subscription to any Deezer subscription tier, with no benefit from any previous Deezer promotion and no previous free trial to any Deezer subscription tier at any time. These offers cannot be combined with any other offer. These are one-time only offers and are valid for one user only. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. The most popular song on GUTS by Olivia Rodrigo is “vampire” with a total of 2.7M page views. Share — copy and redistribute the material in any medium or format for any purpose, even commercially. Adapt — remix, transform, and build upon the material for any purpose, even commercially. The licensor cannot revoke these freedoms as long as you follow the license terms. Attribution — You must give appropriate credit , provide a link to the license, and indicate if changes were made . You may do so in any reasonable manner, but not in any way that suggests the licensor endorses you or your use. ShareAlike — If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions — You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Guts is the follow-up to Rodrigo’s 2021’s huge mainstream success debut, Sour Guts Artist: Olivia RodrigoGenre: Pop/RockLabel: GeffenLeaning into guitar rock in a way that will surely lift the often derided genre to new and accepted heights, Olivia Rodrigo’s second album navigates the singer’s 19th year. This is good news, as the 20-year-old songwriter is remarkably skilled in outlining what she has described as “confusion, mistakes, awkwardness and good old-fashioned teen angst”. Guts is the follow-up to Rodrigo’s 2021’s huge mainstream success debut, Sour, which caught many people off guard with songs that encapsulated that same teenage angst with insight, humour, anxiety and wit. Aligned with the lyrics, however, was what many viewed as a throwback to guitar rock. Nestling between album piano ballads such as 1 Step Forward, 3 Steps Back, Happier, Hope Ur OK and Enough For You were premium guitar rock/punk songs such as Brutal and Deja Vu.Every song on Sour was relatable because you sensed – actually, you knew – that Rodrigo had walked through the emotional barbed wire and came out scratched and bleeding but still alert to the actions and consequences. In short, she had feminised rock music to the point where teenagers were as influenced by her as Rodrigo herself had been by the likes of Alanis Morissette, Avril Lavigne, Fiona Apple and St Vincent. Factor in other influences such as the equally expressive but more intimate songs of Lorde and Taylor Swift, and Rodrigo was tailor-made for fusing the tender moments of falling in love (or lust) with the tougher parts of dealing with the fall out. “I always loved rock music,” she recently said in the New York Times, “and always wanted to find a way that I could make it feel like me and make it feel feminine and still tell a story and have something to say that’s vulnerable and intimate.”If you thought that Sour was a royal flush, then Guts is the winning goal in a penalty shoot-out: the former could be a bit of skill and a lot of luck, the latter is the opposite. The two most well-known songs, so far, from the new album – Vampire, and Bad Idea Right? – set the tone: confusion invested with well-earned self-awareness. “You’re so convincing, how do you lie without flinching? I loved you truly – you gotta laugh at the stupidity,” she sings in Vampire; “I know we’re done, I know we’re through, but God, when I look at you …” she sighs in Bad Idea Right?, a song that perfectly encapsulates the uncertainty of commitment; “I was too young, I was too soft, can’t take a joke, can’t get you off,” she says in Logical, a heartbreaker of a ballad.[Olivia Rodrigo: Trojan-horsing in rock’s musical brashness under the cover of pop stardom]The emotional turmoil goes on but Rodrigo has the smarts to wrap the right music around the words. The faux rap of Get Him Back! is a rare misstep and Love is Embarrassing is Paramore-lite but the final trio of The Grudge (betrayal write large – “it takes strength to forgive but I’m not sure I’m there yet”), Pretty Isn’t Pretty (expectations of femininity – “it’s in my phone, it’s in my head, it’s in the boys I bring to bed”) and Teenage Dream (growing older – “will I spend all the rest of my years wishing I could go back?”) highlight Rodrigo as one of the best and most observant pop songwriters out there. Olivia Rodrigo released GUTS on September 8, 2023. Her excellent new Guts is another instant classic, with her most ambitious, intimate, and messy songs yet. Olivia’s pop-punk bangers are full of killer lines (“I wanna meet your mom, just to tell her her son sucks”) but she pushes deeper in powerful ballads like “Logical.” All over Guts, she’s so witty, so pissed off, so angsty at the same time, the way only a rock star can be. And this is the album of a truly brilliant rock star. All this publication's reviews Read full review Twenty seconds into the music video for her hit single “good 4 u,” Olivia Rodrigo sits in front of two casting directors, partially obscured behind white text that reminds the viewer what we’re about to see is not real life, but a production: “Starring Olivia Rodrigo.” The song is a deliriously petty pop-punk retort to an ex who moved on a little too fast, and though this offense makes him basically “a damn sociopath” in her book, she’s the one gleefully acting like a psycho. Scowling on camera, she is the imperious head cheerleader slamming twerps into lockers, throwing hissy fits while applying mascara and setting her bedroom aflame. The inspiration behind the song—an indifferent ex—is pretty ordinary. But Rodrigo, pop star and veteran performer, knows how to turn the ritual humiliations of girlhood into dazzling, over-the-top spectacles. The world’s a stage, and she’s gonna put on a fucking show.Guts, her uproarious second album, is a collection of bratty rocker-chick anthems and soul-searching ballads that could slot into the soundtrack of any classic high school flick, from 10 Things I Hate About You to this year’s ludicrous queer sex comedy Bottoms. While it might seem tailored to zoomers, several generations will hear the music of their youth: from Blondie and Toni Basil, to Hole and Letters to Cleo, to Avril Lavigne and the Veronicas, to the more recent Lorde. Rodrigo faces a familiar cast of antagonists: shitty boys, social anxiety, bad self-image, and competitive obsessions with other beautiful women. On the pop-punk freakout “ballad of a homeschooled girl,” she spirals over her various party faux pas—smashing glasses, blabbing too much—and wonders, once again, why a girl can’t catch a break. She might as well have called the album Confessions of a Teenage Drama Queen: “Everything I do is tragic/Every guy I like is gay,” she sighs exasperatedly, a theater girl to her core.Rodrigo might be a self-proclaimed “goody two-shoes,” but she’s not interested in playing the perfect little angel. On “all-american bitch”—an epithet borrowed from Joan Didion’s Slouching Towards Bethlehem—she reckons with the impossible expectations young girls face: to be sexy and virginal, selfless and ambitious, and no matter what, to be always grateful. She sarcastically inhabits the archetype of the ideal woman, highlighting its ridiculousness: “I am light as a feather and stiff as a board,” she sings over twinkly guitar, the halo hovering over the perfectly-coiffed hair she curled with Coke bottles. But soon her plastic smile starts to melt into a grimace, and on the chorus, she wilds out, putting on her best dirtbag All-American Rejects sneer. Table of Contents What is Guts about? In this heartwarming graphic novel, Raina Telgemeier shares her struggles with anxiety and digestive issues. After a night of illness, Raina worries about food, school, and changing friendships. The story highlights her journey as she learns to navigate her fears with humor, courage, and therapy. Book Details Title: Guts Author: Raina Telgemeier Pages: 144 Publish Date: September 17, 2019 Genres: Graphic Novels, Children, Memoir, Mental Health, Nonfiction Synopsis of Guts Raina Telgemeier’s graphic memoir, “Guts,” immerses readers in her childhood during fifth grade. Raina wakes one night with an awful stomach ache, sharing the experience with her mom. It appears like a simple bug at first, but the discomfort lingers. Upon returning to school, Raina faces the hurdles of growing up: shifting friendships, peer pressure, and the comedic chaos of middle school. Soon, it becomes evident that her tummy troubles are more than just an upset stomach—they coincide with anxiety over school and food choices. As Raina navigates her school life, worry takes control. Every social interaction spirals into anxiety as she fears vomiting. The tiniest trigger sends Raina into a worry spiral about food, classmates, and her own self-image. Even the idea of a class presentation makes her draw back in fear, as her stomach pains intensify. Raina’s internal battle only escalates, leading her to avoid situations that provoke her anxiety. This story captures the essence of pre-adolescent anxiety with humor and depth. Eventually, Raina’s concerned parents take her to see a therapist after numerous doctor visits prove inconclusive. At first, Raina feels anxious about therapy, unsure about expressing her true feelings. However, her therapist is patient and reassuring. They work together to confront the real issues feeding her anxiety, such as rivalry with a “mean girl” at school and the stress of friendships falling apart. Through therapy, Raina learns practical tools like mindfulness and relaxation techniques to help manage her fears. Throughout her journey, Raina begins to share her fears with friends. Surprisingly, she discovers that many of them also struggle with their own anxieties. This realization fosters deep connections and camaraderie among them. The narrative breaks the stigma surrounding mental health and therapy, promoting the idea that seeking help is courageous and necessary. The book’s optimistic messages resonate across generations, encouraging readers to face their fears—and ultimately, to not feel alone in their struggles. “Guts” is not just a tale about anxiety; it’s an empowering narrative that resonates with countless readers. Raina’s honest portrayal of her experiences makes anxiety feel tangible and relatable. The vivid illustrations complement the storytelling, capturing emotional peaks and valleys. Readers find validation in her story, discovering they are not alone. Raina Telgemeier’s work reminds readers of the significance of mental health discussions, fostering a supportive community that normalizes anxiety and encourages children to seek help. This graphic novel affirms that it is okay to voice struggle, making it a crucial read for anyone dealing with anxiety and its manifestations. From here you can jump to the Spoilers section right away. Below you can search for another book summary: Alternative Book Cover You want to give Guts a try? Here you go! Characters Raina: The protagonist, a young girl navigating anxiety and irritable bowel syndrome (IBS), dealing with fears of illness and social pressures. Raina’s Mom: Supports Raina through her struggles, offering comfort and care during her anxious moments. Teddy: Raina’s supportive friend, who sometimes contributes to her stress but ultimately helps her feel connected. Michelle: A classmate who experiences her own conflicts with Raina, presenting complexities in friendship. Raina’s Therapist: A patient and understanding presence, guiding Raina towards mindfulness and coping strategies. Key Takeaways Facing Fears: Raina learns to confront her anxiety head-on. Importance of Therapy: The narrative normalizes seeking help for mental health, showing it’s okay to need support. Friendship Dynamics: The story explores the complexities of changing friendships during childhood. Mindfulness Techniques: Raina discovers strategies to manage anxiety and stress. Realistic Struggles: The book tackles relatable themes of digestive health tied to emotional well-being. Spoilers Spoiler Alert! If you want to read the book, don’t click “Show more” and spoil your experience. Here is a link for you to get the book. Raina’s Panic Attack: During a class presentation, Raina experiences a panic attack, which escalates her anxiety. Therapy Journey: Raina’s sessions reveal the roots of her fears, including her fear of throwing up and social situations. IBS Diagnosis: Raina discovers she has irritable bowel syndrome, adding depth to her struggles. Friendship Resolution: Raina and Michelle address their conflicts, leading to a better understanding of each other. Supportive Friends: By the end, Raina finds comfort in her friends, who share their own fears. Let us know what you think about this book and the summary in the comment section at the end of the page. FAQs about Guts This book primarily targets middle-grade readers but can resonate with all ages.Yes, while part of the Smile series, it can be read independently.It tackles anxiety, food issues, friendships, and the importance of therapy.Yes, Raina uses humor to lighten the heavy themes of anxiety and fear.Absolutely. It provides valuable lessons about mental health and support. Reviews For a deeper exploration of Guts and to understand the impact it has on readers, visit our full review. Are you looking for a nice read that perfectly fits your current mood? Here is a free book suggestion tool. It gives you suggestions based on your taste. Also a likelihood rating for each recommended book. Would you like to find the book you will love later or now? Raina Telgemeier is a bestselling graphic novelist known for her relatable and heartfelt storytelling. Her work, including Smile and Sisters, has touched the lives of many young readers. Are you looking for a nice read that perfectly fits your current mood? Here is a free book suggestion tool. It gives you suggestions based on your taste. Also a likelihood rating for each recommended book. Would you like to find the book you will love later or now? Conclusion We hope you enjoyed this synopsis of Guts. Summaries serve as a thrilling introduction to the deeper messages in the book. If you found it engaging, the full graphic novel offers even more insight and relatability. Ready to read more? Here’s the link to buy Guts. DISCLAIMER: This summary is intended as a quick overview and not a replacement for the original work. If you are the original author of this book and wish to have this content removed, please contact us.