

Shay Mitchell completely gets your quarterlife crisis

“Pretty Little Liars” star Shay Mitchell and her best friend, vlogger Michaela Blaney, tackle the complications of 20-something life in their new novel, “Bliss.”



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Before Shay Mitchell got her big break on “Pretty Little Liars,” she was a bottle-service girl in Toronto, booking parts when she could. Working a soulless job just to pay the bills? She’s been

there. Friend drama? She’s had her share of that, too. Devastating heartbreak? Definitely.

Art imitating life

All the ups and downs helped inspire Mitchell’s new novel, “Bliss” (out today), which she wrote with her best friend, vlogger Michaela Blaney.

“Michaela and I got together and were just talking about the past and all the crazy experiences that made us who we are today,” Mitchell tells us. “We started jotting down ideas and thought, ‘We could write a book about this.’ So that’s kind of what we did.”

Similar to Lauren Conrad’s “L.A. Candy” series, Mitchell says much of what happens in the plot of the book actually happened to them — they just heightened the drama. One character represents Mitchell, one represents Blaney and a third character is a composite of people they know.

Keeping it real

At its crux, “Bliss” is about friendship more than any-

thing else — and it isn’t always pretty. “Friendships go through ups and downs just like a romantic relationship does,” Mitchell says. “Michaela and I have certainly had our fair share of ups and downs. We had our fair share of ups and downs writing this book!”

Her goal wasn’t to make characters people liked. Instead, she wanted to make them real, showing both their good and bad sides. “None of these girls are bad girls,” Mitchell says of the characters. “They’re just trying to find their ‘bliss’ while living in their 20s.”

Writing it herself

While filming keeps Mitchell plenty busy, she says she has a lot of downtime on set, which is when she would write. But the book is about to become her full-time job: She’s heading out on a nationwide tour to promote it.

Can’t get to a signing? Mitchell is giving fans another way to connect with her. Next week, she and Blaney will host a YouTube book party, chatting with fans worldwide. Gabbing with Mitchell? Sounds like “bliss.”



Meet Shay Mitchell and Michaela Blaney

Tonight, 6 p.m.
Barnes & Noble Tribeca
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www.stores.barnesandnoble.com

Shay Mitchell wrote “Bliss” with her best friend, vlogger Michaela Blaney. PROVIDED



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