



The
CHICK-tionary

*From A-Line to Z-Snap, the Words
Every Woman Should Know*



INCLUDES 450+ WORDS NO WOMAN CAN LIVE WITHOUT!

ANNA LEFLER

The
CHICKtionary

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“I have to tell you that Anna Lefler’s *The Chicktionary* is pure genius. I always knew she was funny but the definitions you will find in this must-read guide to the way women speak are sure to make you laugh until you pee.”

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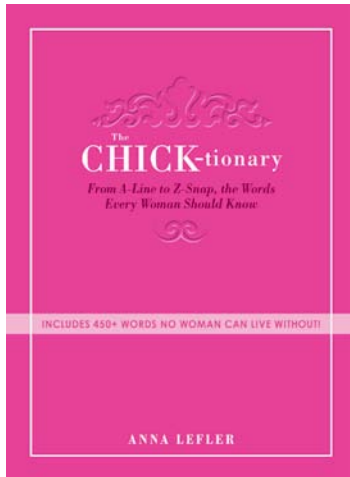
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*For Dan, Madison, and Henry
And for women everywhere*



INTRODUCTION

It has been said that women and men come from two different planets. This theory would explain a lot, beginning with the language barrier. For eons, the two sexes have sat across from each other at the negotiating table like haggard diplomats, hammering out rudimentary common meaning between two fundamentally different methods of communication. As earnest as these efforts are, sometimes we can't help but feel we've fallen into the stereotypical tourist mindset, believing that all will be understood if we speak loudly and sloooowly.

In the meantime, women have created a complex and nuanced lexicon of their own, one that is effortlessly understood by all females and which conveys—through context, subtext and, occasionally, pretext—the ever-changing and largely annoying experience of being a contemporary earth woman. Like a secret handshake among lodge members, female dialect conveys volumes of unspoken meaning requiring no explanation, thus saving valuable conversation time that would be better spent critiquing someone's acid-washed jeggings.

For instance: You're considering cutting your own bangs? To the untrained ear, this is small talk, a throwaway comment. We, however, hear this as the distress call it is and have our purses and car keys in hand before you've finished your sentence.

And that's just the beginning.

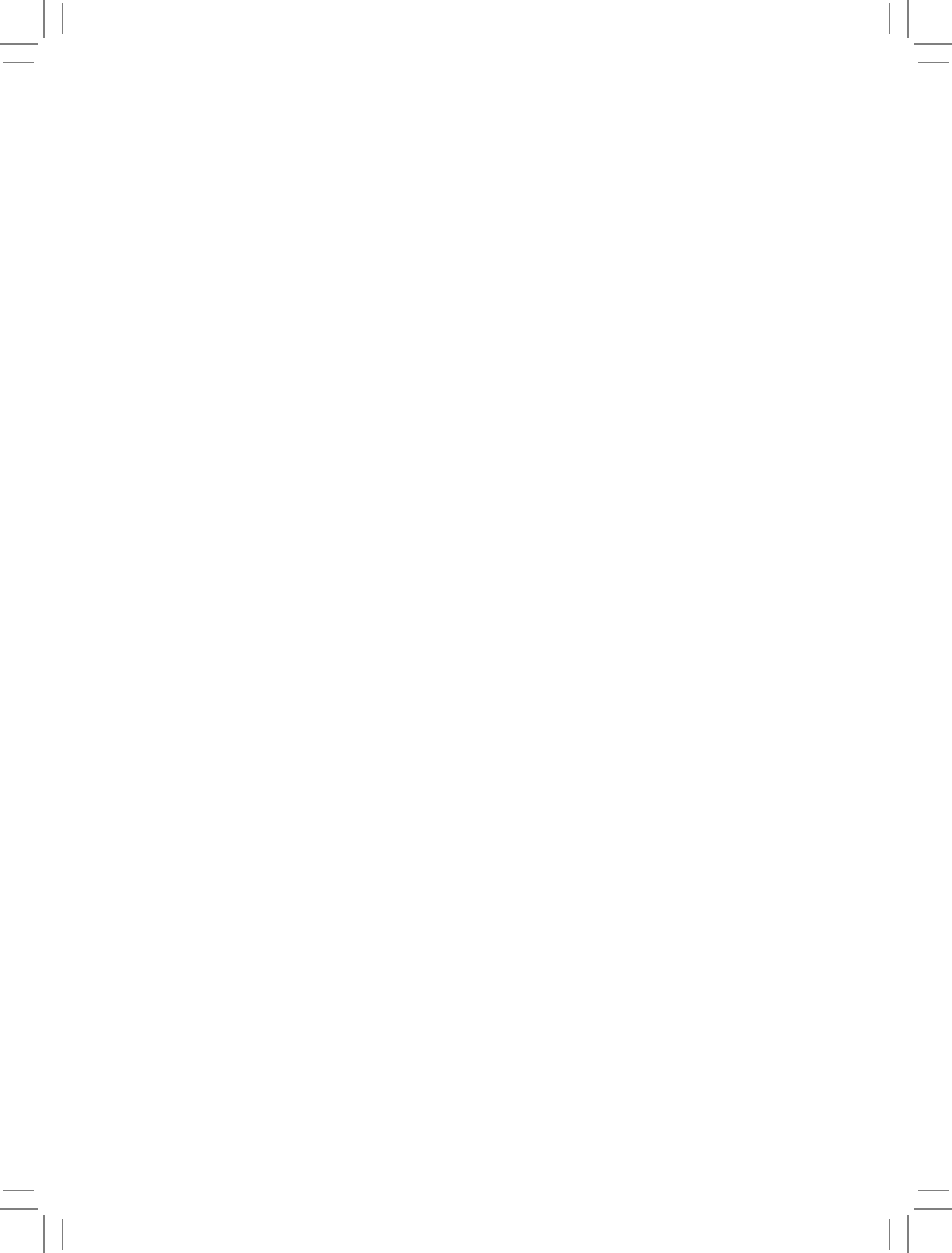
Your new bra showcases your back fat? You're experiencing man drought, or—worse—your new relationship is laced with residual girlfriend? Troublesome T-zone? Depressed about your cankles?
We get it.

That's not to say the female vernacular can be picked up overnight. For the non-native speaker—the one who thinks an espadrille is something found in a toolbox—fluency may come only after years of study. Sure, you'll experience frustrations along the way as you struggle to understand the subtle shadings between a cougar and a puma, but you'll enjoy deeply rewarding moments as well, like when you explain to your coworkers over fried potato skins the significant difference between secondary virginity and revirginization. For those seeking immersion in and understanding of the not-so-secret language of women, we hope you will come to think of *The Chicktionary* not only as a reference book soon to grace the shelves of America's finer vocational schools, but as your personal Rosetta Stone.

Far from being simply a phrase book for the male adventurer hoping to speak the lingo to the female locals, *The Chicktionary* is a critical text for women as well. For those seeking an efficient term to replace the cumbersome “that woman your jerk of a daddy deserted us for” (we suggest “stepwife”), or girlfriends looking to settle an argument regarding pubic topiary and the difference between the Sphinx and the landing strip, *The Chicktionary* stands ready to serve as the soon-to-be-dog-eared compendium of choice.

Whether you just got a Brazilian blowout at the salon, or you think that's something that happens to a rental car in Rio, there is much to be learned about the society of women—not to mention society at large—by taking a look at the feminine terminology that erupts and endures over time. In this easy-to-use volume (which has been alphabetized for convenience and freshness), you will find everyday words with their underlying meanings disclosed, as well as examples of contemporary female patois that you will no doubt be passing off as your own by dinnertime.

Beyond a mere collection of words and phrases, however, *The Chicktionary* is above all a celebration of a rich linguistic tapestry that is as familiar and comforting as your fat pants.





A



A-line, *adjective*

This term describes a skirt, dress, or similar garment whose silhouette flares out from the waist, becoming wider toward the hem and creating a shape that resembles both the letter “A” and a teepee, although, for some reason, the term “teepee-line” never caught on. Fitted at the waist and relaxed everywhere else, the A-line silhouette is both flattering to most figures and comfortable to wear. More importantly, however, the A-line will not divulge your figure flaws no matter how much it is waterboarded, unlike other garments that will happily sell your secrets all over town (*see also*: pencil skirt).

Aberzombie, *noun*

Derived from the name of the popular clothing stores, Aberzombie refers to any of the nation of plaid shirt-and-tank-top-wearing undead that can be seen staggering through the food courts of malls across America. Chillingly uniform in their short-shorts and matching expressions of disdain, the Aberzombies are young, camera-ready, and intent on finding WiFi. Note: if an Aberzombie does not respond to your attempts at conversation, it may be that she is

suffering from short-term hearing loss having just lurched out of one of the stores during a deafening Willow Smith song.

Acrylic Nails, *noun*

Artificial fingernails made of activated acrylic powder that are applied on top of natural nails and, if done correctly, are tough enough to pull the screws right out of a fence. Acrylic nails are applied and maintained by a professional (*see also*: fill) and, depending on this person's skill level, the end result can vary in appearance from deceptively natural to aggressively mutant. Although the acrylic nails themselves are extremely durable, the harshness of the chemical application process takes a significant toll on the natural nails underneath and, once the acrylics are removed, leaves said nails about as sturdy as a dragonfly's wings.

Aftershave, *noun*

Used interchangeably with the term "men's cologne," aftershave is governed by the same rules as women's cologne when it comes to the quantity applied. These rules can be summed up in the following easy-to-remember phrase: "Less is more . . . and more is just wrong." Women are divided on men's wearing of cologne. While some find it alluring, others feel it reflects a tendency toward vanity that they find off-putting. There are also women who prefer wearing men's cologne to women's, which confuses everyone in the supermarket checkout line.

Alpha Girl, *noun*

Derived from the term "alpha dog," which refers to the lead dog within the social structure of the dog pack, alpha girl describes a

female who exhibits similar behaviors in the areas of leadership, status, and goal orientation while also maintaining a shiny, healthy coat. Although some may erroneously confuse the alpha girl with the queen bee (*see also*: queen bee), others liken her behaviors to those of a male in that she pursues her own agenda while disregarding the “rules” of typical female social groups. *Woof.*

Annual Exam, *noun*

The annual exam is an important medical assessment of your lady nethers which, depending on your doctor, may include multiple choice, fill-in-the-blank, and essay questions. Many women find the annual exam to be a stressful experience, which is unfortunate because this appointment offers several benefits that are often overlooked. These include: 1) the chance to milk the appointment for a half-day off from work (particularly if you have a male boss), 2) a block of uninterrupted time in which to catch up on reading *Yacht Management Magazine* in the company of cranky strangers, and 3) the opportunity to make the most of those stirrups by pretending you’re a beautiful princess riding your faithful palomino into the enchanted forest where Prince Charming awaits. Or, you know, something to that effect.

Anorexic, *adjective*

Although this adjective is derived from the name of the serious and potentially fatal eating disorder anorexia nervosa, it is often used by women as a compliment. For instance, if your friend is fretting that her cocktail dress makes her look chubby, the comment, “Are you kidding? It’s perfect—you look anorexic!” would be met with smiles and thanks. It’s worth noting that the disease-as-compliment

construction seen here is extremely rare and, as of this writing, it is still considered bad form to tell someone that her new jeans make her look “herpes-ish” or “gall-stoned.”

Aqua Net, *noun*

There is hair spray . . . and then there is Aqua Net. Legendary shellac of the rich and famous as well as the merely mortal, Aqua Net carries with it the commercial mythology of female power in many forms, from the sleek prowess of the executive assistant to the big-haired sass of the pageant contestant to the sultry allure of today’s cougar. For decades, Aqua Net’s iconic spray can has been toted in train cases (*see also*: train case), placed on bathroom counters, and proudly displayed at hairdressers’ workstations across America. Plus, the name subtly evokes some kind of waterborne superhero, and when you’re trying to get your hair to stay put in a high-humidity situation, that’s all good.

Aunt Flo, *proper noun*

1. A humorous nickname for your monthly period (*see also*: the curse, Festival of Menses). In addition to the entertainment value offered by the “flo/flow” homonym, the Aunt Flo code name for menstruation can be employed either when there are b-o-y-s within earshot or when the speaker is of such a delicate disposition that the use of the coarser “period” would be unthinkable. Note: you may not substitute another relative for “Flo” in this construction, because if you say you’re bloated due to your Aunt Agatha being in town, no one will know what the hell you’re talking about. **2.** Your mother’s sister Florence.



B



Baby Bump, *noun*

Also known simply as “bump,” this term refers to a woman’s visible pregnancy bulge. A common term among tabloid reporters and paparazzi, baby bump is used most often in reference to celebrities. Examples of this use include, “Grammy-winner Alicia Keys showed off her baby bump in a beaded, Empire-waisted sheath,” and “Paris Hilton’s alleged baby bump was revealed to be nothing more than the aftermath of a Super Burrito.” Although a campaign was launched recently to take the focus off of women’s tummies and redirect scrutiny to male celebrities’ midsections, the terms “beer bump” and “bratwurst bump” have yet to catch on.

Baby Shower, *noun*

A ritualized gathering during which a pregnant woman is given gifts while being closely scrutinized by female friends and acquaintances. May involve “games” (*see also*: hazing) and, for everyone’s safety, had *better* involve food and drink. Baby shower guests instinctively group into two herds: those who have had a baby and those who have not. Within the herd of existing mothers, you can expect a palpable

tension to emerge as the women who favor natural childbirth square off against those who prefer the use of pain-blocking methods such as the epidural. A skilled hostess will monitor the rising aggression levels in both herds as guests' various emotional issues emerge and, just as the shower is approaching flash point, will discharge the tension with the words, "Cake time!"

Bachelor Party, *noun*

A ritualistic gathering held in advance of a wedding during which the groom-to-be is celebrated and the honor of his future wife is upheld through all manner of drink, dance, and general revelry. The bachelor party is traditionally an all-male event with the single exception of the female exotic dancer hired by the best man to perform. Without fail, the male partygoers become charmed by this young med student and soon lose interest in her performance, forming a protective circle of chairs around her and spending the balance of the evening either helping her prepare for her upcoming midterms or taking turns reading aloud from Jane Austen's *Pride and Prejudice*.

Bachelorette Party, *noun*

A spectacularly tasteless night of public debauchery prior to a wedding during which the bride-to-be is accompanied about town by her friends, maid of honor, and bridesmaids as she absorbs as much alcohol as she can possibly hold while aggressively pursuing intercourse with as many strange men as she can find. In keeping with time-honored tradition, the night's celebration is marked by rampant vulgarity, spontaneous nudity, and copious puking, preferably on the

street or out the sunroof of a moving limousine. Also, everyone talks about how awesome the groom is.

Back Fat, *noun*

First documented and named by bridal pioneers in the early nineties, back fat is an insidious layer of poofy flab that can be found oozing across the backs and lower shoulders of most adult women. Extremely difficult to camouflage even in its least-advanced stages, back fat becomes corralled into drifts in the presence of bra straps and other constrictions, resulting in an archipelago of unattractive lumps that are visible under even the most reinforced knitwear.

Back Hair, *noun*

Back hair presents yet another set of axes along which women as a population can be divided. For instance, there is the group of women who would never consider being with a man who has a hairy back. Then there is the group who would consider it, but only on the condition that the man address the condition via regular, professional waxing. Further, there are those women who do not care for back hair, but worry about hurting the man's feelings by mentioning their preference. Lastly, there are the women who actively seek out men with hairy backs.

Funfact You could fit this last group into a pup tent.

Backrub, *noun*

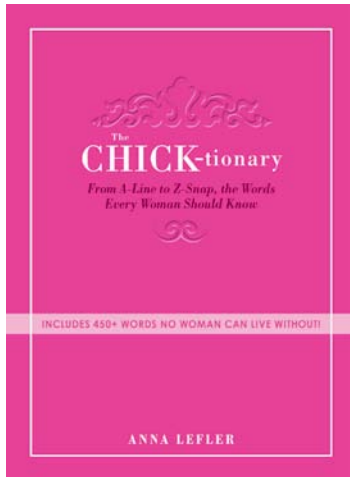
1. A soothing, therapeutic massage of the shoulders and/or back that is ideally administered by a trained professional, but can also be quite pleasurable when given by a sincere, motivated amateur (preferably neither an employee of yours nor the person who signs *your* paycheck). 2. When placed in quotation marks, “backrub” takes on a different shade of meaning, namely an excuse for a man to apply his hands to you in the hopes that his skillful caress will work you into such a lather of desire that he’ll soon be penning one of those *Penthouse Forum* letters.

Bag Hag, *noun*

More flatteringly known as a “purse enthusiast,” the bag hag is a woman who tirelessly and annoyingly pursues a state of perfect handbag self-actualization through aggressive acquisition of every “it bag” that comes on the market. A willing slave to the whims of designer supply-and-demand, the bag hag happily announces that her man Silvio at Barneys just bumped her up on the wait list for the new Balenciaga. In contrast, a self-proclaimed bag hag is simply a woman who loves purses, but knows her limitations and is satisfied to worship the objects of her affection from afar.

Baked a Cake on Your Face, *phrase*

This phrase is a clever and accurate description of the condition in which, at a certain point during the day, your makeup combines with your face’s natural oils and creates an undesirable sheen that looks remarkably like the residue left behind when you remove a freshly baked cake layer from its pan. Although no amount of flour applied prior to makeup application will prevent the so-called



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