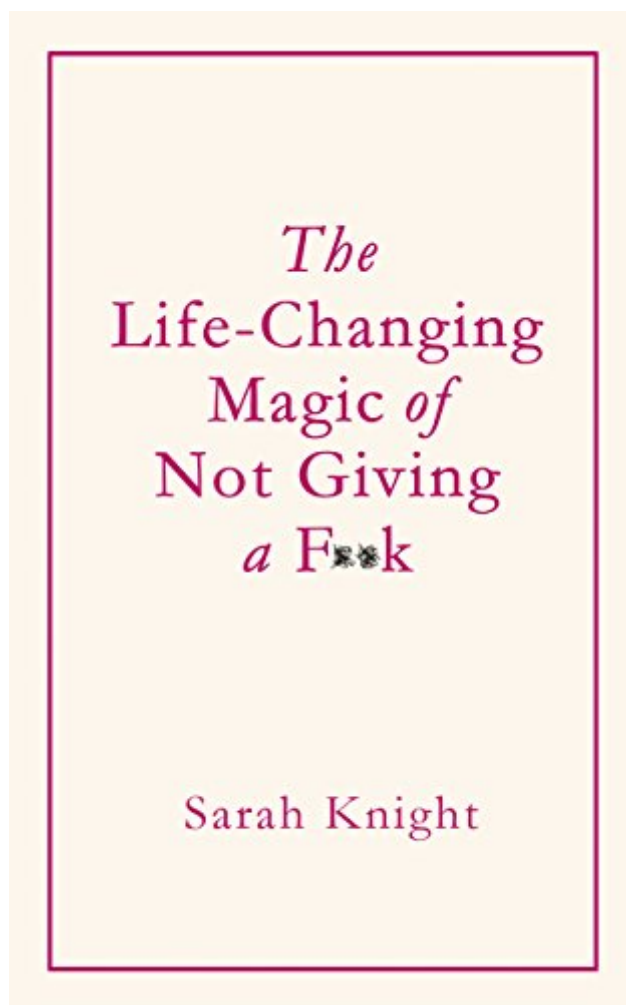


The book was found

The Life-Changing Magic Of Not Giving A F**k



Synopsis

'Genius' Cosmopolitan'Self-help with an edge' Vogue'I love Knight's book before I even start reading it' Sunday Times MagazineThe bestselling anti-guru Sarah Knight reveals the surprising art of caring less and getting more.Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Then it's time to stop giving a f**k. This irreverent and practical book explains how to rid yourself of unwanted obligations, shame, and guilt - and give your f**ks instead to people and things that make you happy. From family dramas to having a bikini body, the simple 'NotSorry Method' for mental decluttering will help you unleash the power of not giving a f**k and will free you to spend your time, energy and money on the things that really matter.

Book Information

File Size: 1980 KB

Print Length: 224 pages

Publisher: Quercus (December 31, 2015)

Publication Date: December 31, 2015

Language: English

ASIN: B015CWAEUG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #30,324 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #11 in Kindle Store > Kindle eBooks > Humor & Entertainment > Humor > Parodies #53 in Books > Humor & Entertainment > Humor > Self-Help & Psychology #55 in Books > Humor & Entertainment > Humor > Parodies

Customer Reviews

Not good for kindle as diagrams not readable

I bought this for the title, and it turned out to be a good read - about how to do this without hurting feelings unnecessarily. Good to know!

This book is nothing new, just "say yes to what matter most" said in bad language.

[Download to continue reading...](#)

Why Suffering?: Finding Meaning and Comfort When Life Doesn't Make Sense The Heaven Promise: Engaging the Bible's Truth About Life to Come If You Change Your Words It Will Transform Your Life The Life You've Always Wanted: Spiritual Disciplines for Ordinary People People to Be Loved: Why Homosexuality Is Not Just an Issue Unoffendable: How Just One Change Can Make All of Life Better L'Chaim: Celebrate Life: Judaic Expressions to Color & Inspire (Design Originals) A Fellowship of Differents: Showing the World God's Design for Life Together 365 Jokes For Kids: A Joke A Day Book +5 Bonus Magic Tricks Ultimate Minecraft Secrets: An Unofficial Guide to Minecraft Tips, Tricks and Hints You May Not Know Shadow of the Shark (Magic Tree House (R) Merlin Mission) Hurry Up, Houdini! (Magic Tree House (R) Merlin Mission) 3D Printing: The Ultimate Guide to Mastering 3D Printing for Life (3D Printing, 3D Printing Business, 3D Print, How to 3D Print, 3D Printing for Beginners) Evernote: Discover The Life Changing Power of Evernote. Quick Start Guide To Improve Your Productivity And Get Things Done At Lightning Speed! (Evernote, ... Declutter, Time Management, Evernote Tips) Evernote In 90 Minutes Or Less: Declutter and organize your life by going completely paperless (Life Hacks Book 1) Less is More : 7 Effective Tips to Declutter and Simplify for More Fulfilling Life: (How to keep your home clutter free, organized & simplified in 5 minutes a day) At Home with Umami: Home-cooked recipes unlocking the magic of super-savory deliciousness Inside Inbox by Gmail: Google's New Guide to Taming Your Emails and Organizing Your Life Quickly and Easily How Not To Die: 50 Whole Food, Budget Friendly Meals-Reduce Your Meat Intake And Embrace A Plant Based Diet To Prevent Long-Term Health Implications The Waste Not, Want Not Cookbook: Save Food, Save Money and Save the Planet

[Dmca](#)