

[PDF] Read Online The Life-Changing Magic of Not Giving a F**k: How to Stop Spending Time You Don't Have Doing Things You Don't Want to Do with People You Don't Like Full eBook

Book details:

Author: Sarah Knight

Format: 224 pages

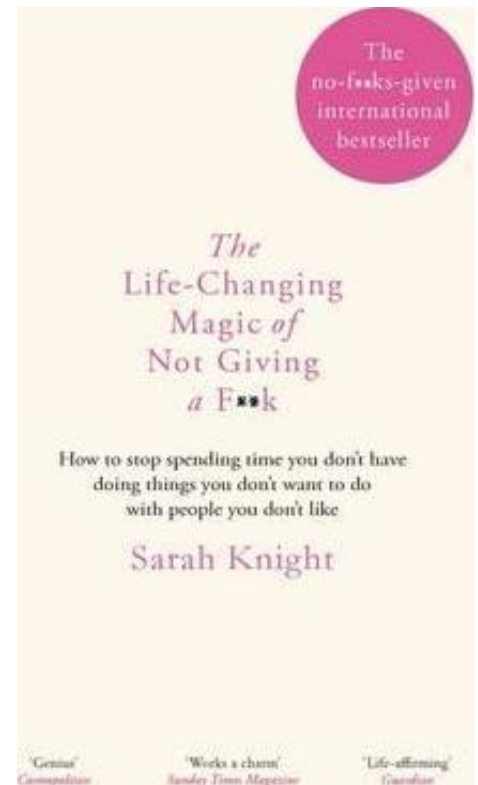
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Book Synopsis:

'The anti-guru' Observer 'Absolutely blinding. Read it. Do it.' Daily Mail The bestselling book everyone is talking about, revealing 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. 'Genius' Cosmopolitan 'I love Knight's book even before I start reading ...Works a charm' Sunday Times Magazine 'Life-affirming ...The key practice she advocates is devising for yourself a "fuck budget" ...It's a beautiful way of streamlining your psyche' Lucy Mangan, Guardian ALSO OUT NOW: Get Your Sh*t Together The must-have follow up To The Life-Changing Magic of Not

Giving a F**k.

Additional Info:

Review quote

The best book I have read recently ... Absolutely blinding. Read it. Do it -- Liz Jones Mail on Sunday Life-affirming ... The key practice she advocates is devising for yourself a "f**k budget" ... It's a beautiful way of streamlining your psyche -- Lucy Mangan Guardian I love Knight's book before I even start reading ... the book works a charm Sunday Times Magazine Genius Cosmopolitan Her book wooed me with this line: "Hot yoga? Don't give a downward f***!" She has some frank advice ... Bite me off a piece of that, I think Style, Sunday Times Yes, it's a parody of a cult book ... but it's something more, too. Knight acknowledges the overwhelmingness of the modern world in a different way to many before her Guardian Changed my life. To this day, I think about how it schooled me in the fine art of giving less f*cks about people (and party invites) who don't really matter to me, and saving my precious time and energy for those who do. I wasn't alone - the book became an international bestseller Vogue My new saviour ... hilarious Psychologies This kind-of-genius parody of The Life-Changing Magic of Tidying Up might actually change your life Women's Health Light relief ... thoroughly modern self-help book Independent on Sunday After reading this book cover-to-cover and compiling a list of ten things I don't give a f*** about (Kanye West and exfoliation figured pretty highly), I realise how wonderfully liberating it is to stop apologising for things I'm not sorry about Red Unashamedly funny, honest and practical book ... sounds pretty darn tempting to us ... And it makes you laugh. Bring it on! Heat [A] mix of Oprah Winfrey-style mantras and Amy Schumer-esque obscenities Elle Self-help with an edge Vogue A funny take on that very popular cleaning up book, but so much more. It's about taking care of yourself and not giving a f*ck what people think of your choices (but without being an a**hole). This book is kicking ass all over bestseller lists. Buy it. You won't be disappointed -- Jen Kirkman This year's must-read [self-help] title -- Katie Glass The Sun The self-help equivalent of a Weird Al parody song. (That's a compliment.) -- Molly Young The New York Times Book Review Hilarious and liberating Fashion Me Now There are some really genius life lessons to be learnt, such as ditching "bikini body" guilt and embracing the NotSorry Method. Elle Australia The Life-Changing Magic of Not Giving a F--k stands out from the self-help pack not only for its frank language and sense of humour, but also because it is about less in a culture of more. --

Nicole Elphick Daily Life Perfect for any woman who's finding the festive season a bit too much The Sun Highly amusing Mslexia The missing life manual that everyone should get at birth. It should be required reading in school ... Sarah Knight is like a modern-day Mary Poppins for mental clutter ... And her spoonful of sugar is her wicked sense of humour. Every household needs her ... or at least a copy of her book ... Outstanding How to GYST

About Sarah Knight

Sarah Knight is the author of two humorous self-help books: *Get Your Sh*t Together* and *The Life-Changing Magic of Not Giving a F**k*, which was an international bestseller and has been translated into fifteen languages and counting. Her work has also appeared in *Glamour*, *Harper's Bazaar*, *Refinery29*, *Book Riot*, *Medium*, and elsewhere, though her most widely-circulated piece to date is a 'Should I Give a Fuck?' flow chart. After quitting her corporate job and leaving New York in early 2016 to start a freelance career, she now resides in the Dominican Republic with her husband and a shitload of lizards. www.sarahknightauthor.com Follow Sarah Knight on Twitter and Instagram @MCSnugz Sign up for Sarah Knight's No-F*cks-Given Newsletter: tinyletter.com/sarahknight