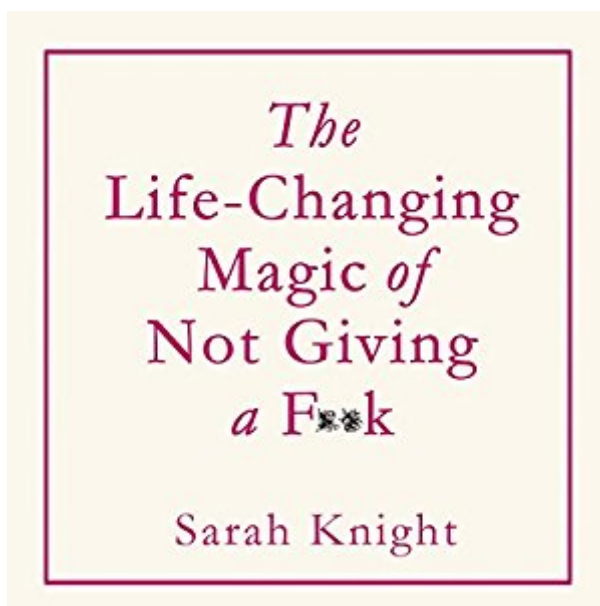


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The Life-Changing Magic Of Not Giving A F**k



Synopsis

A brilliant, hilarious homage to *The Life-Changing Magic of Tidying Up*, showing how to shed your mental clutter for good. Aimed at overachieving but dissatisfied people everywhere. Sarah's inspirational two-step 'NotSorry' program shows how unleashing the power of not giving a f**k will help you shed unwanted guilt and obligations to redirect time, energy and enthusiasm to your true priorities. Sarah reveals why giving a f**k about what other people think is your worst enemy - and how to stop doing it; how to sort your f**ks into four essential categories; simple criteria for whether or not you should give a f**k (i.e., 'Does this affect anyone other than me?'); and the two keys to successfully not giving a f**k without also being an asshole. So, get rid of the mental clutter, ditch the perfectionism and create the life you want - for good.

Book Information

Audible Audio Edition

Listening Length: 3 hours 53 minutes

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Whispersync for Voice: Ready

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in Books > Humor & Entertainment > Humor > Parodies #1186 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

This is a very interesting book and even the language may put some people off, it truly challenges us to make decisions about what we want to do and not be intimidated by other people's agendas. I have recommended this book to several persons whose lives are very busy and they have truly enjoyed this and are applying the principles which this book describes. a good read for those of us who are busy, busy.

If you feel overwhelmed by your life, if you feel like you can't make everybody happy (not for lack of effort), not even you are happy... give this book a spin, you may find yourself living a happier life

Easy way to understand how to prioritise your time and deepen your understanding of yourself so you can live a life that is fulfilling and without regret. This is going to sound weird because I knew what I was getting into from the title but the constant use of the f bomb wore me down a bit and detracted from the great message that this book brings. Read the book, skim the f* and let your life enjoy the gift this book is offering.

I enjoyed this book, our whole office has read it and everyone loved it.

Not good for kindle as diagrams not readable

Very nice and fun book. One year later a surprisingly (!!!) similar book appeared which is now a bestseller. However, I recommend this one from Sarah Knight because I loved it more than the sample I read from the other.

Easy, funny, slightly vulgar and off the cuff. But if you're looking for self help, the author could spend more time cultivating a better method of overcoming the yes man default setting that some of us have built in. I was more amused than actually educated.

Funny and somewhat informative but becomes a boring repetitive read

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