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

The
Life-Changing
Magic of
Not Giving
*a F**k*

Sarah Knight



Synopsis

'Genius' Cosmopolitan 'Self-help with an edge' Vogue 'I love Knight's book before I even start reading it' Sunday Times Magazine The 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

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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.

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