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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 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

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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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The Life-Changing Magic of Not Giving a F**k Summary - The Life Changing Magic of Tidying Up: By Marie Kondo -The Japanese Art of Decluttering and Organizing (The Life Changing Magic of Tidying Up ... Paperback, Audiobook, Audible, Japan) A New Way to Win: How To Resolve Your Child Custody Dispute Without Giving Up, Giving In, or Going Broke Into the Magic Shop: A neurosurgeon's true story of the life-changing magic of compassion and mindfulness Changing the Game: The Parent's Guide to Raising Happy, High Performing Athletes, and Giving Youth Sports Back to our Kids The Baine Chronicles Series, Books 1-3: Burned by Magic, Bound by Magic, Hunted by Magic Not Giving Up Contemporary Romance BWWM Romance (Book 1) The Life-Changing Magic of Tidying: A simple, effective way to banish clutter forever Key Takeaways, Analysis & Review: The Life-Changing Magic of Tidying Up by Marie Kondo: The Japanese Art of Decluttering and Organizing I Was Busy Now I'm Not: Changing the Way You Think About Time What Your Doctor May Not Tell You About(TM) IBS: Eliminate Your Symptoms and Live a Pain-free, Drug-free Life (What Your Doctor May Not Tell You About...(Paperback)) What Your Doctor May Not Tell You About(TM): Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) I Like Giving: The Transforming Power of a Generous Life 29 Gifts: How a Month of Giving Can Change Your Life Giving Life, Inspirational Stories of Hope for Organ Donors and Recipients The Life-Giving Sword: Secret Teachings from the House of the Shogun Nonviolent Communication: A Language of Life, 3rd Edition: Life-Changing Tools for Healthy Relationships (Nonviolent Communication Guides) Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Magic the Gathering Strategy and Deck Building Tips: A Complete Guide to Building a Magic Deck that Wins! The price of playing jund in Magic: IF 8,000 PEOPLE READ THIS, I CAN BUY THIS MAGIC DECK

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