

## **Bullsh T Free Guide To Iron Condors**

After a remarkable weight loss, Dr. Steven Vanni reveals advice, observations and recipes for losing weight and keeping it off.

WINNER OF BUSINESS BOOK OF THE YEAR AWARD 2020: LEADERSHIP FOR THE FUTURE A Financial Times Business Book of the Month 'A brilliant set of leadership tools that will help you succeed whatever your goal' - Sir Clive Woodward 'A punchy, plainly written guide, offering a readable and enlightened view of what leaders do and how they should do it' - Financial Times 'A new rubric on leadership' - Evening Standard Inspiration behind the No Bullsh\*t Leadership Intelligence Squared podcast Leadership is not some special club, open only to elites. It's not a gold star given only to those with expensive degrees. Leadership is for everyone. Based on the author's hard-won experience as a Global CEO, this smart, fun book delivers a step-by-step working manual on how to lead - for anyone. Full of simple and direct approaches, it demystifies an over-analysed subject to get to the heart of modern leadership: the life-changing, career-transforming power to get stuff done. These principles and actionable steps apply to every field, from small businesses to community initiatives, from schools to sports teams to global enterprises. No matter your goal, this book will show you how to: - make effective decisions - build a world-class team - take care of yourself and others - achieve results

A #1 NEW YORK TIMES BESTSELLER One of the most salient features of our culture is that there is so much bullshit. Everyone knows this. Each of us contributes his share. But we tend to take the situation for granted. Most people are rather confident of their ability to recognize bullshit and to avoid being taken in by it. So the phenomenon has not aroused much deliberate concern. We have no clear understanding of what bullshit is, why there is so much of it, or what functions it serves. And we lack a conscientiously developed appreciation of what it means to us. In other words, as Harry Frankfurt writes, "we have no theory." Frankfurt, one of the world's most influential moral philosophers, attempts to build such a theory here. With his characteristic combination of philosophical acuity, psychological insight, and wry humor, Frankfurt proceeds by exploring how bullshit and the related concept of humbug are distinct from lying. He argues that bullshitters misrepresent themselves to their audience not as liars do, that is, by deliberately making false claims about what is true. In fact, bullshit need not be untrue at all. Rather, bullshitters seek to convey a certain impression of themselves without being concerned about whether anything at all is true. They quietly change the rules governing their end of the conversation so that claims about truth and falsity are irrelevant. Frankfurt concludes that although bullshit can take many innocent forms, excessive indulgence in it can eventually undermine the practitioner's capacity to tell the truth in a way that lying does not. Liars at least acknowledge that it matters what is true. By virtue of this, Frankfurt writes, bullshit is a greater enemy of the truth than lies are.

'She's street-smart and hard-headed. If Roxy Jacenko has a tip, I want to know about it.' Helen McCabe, Digital Content Director, Nine 'Roxy never fails to deliver and this book is an easy, interesting read that people in a lot of professions (not just PR) could learn something from.' Jackie O, Radio Personality, KIIS Network 'As the saying goes, "If you want something done, ask a busy person", or just ask Roxy! When the totally tenacious PR and brand-building expert delivers her industry-insider advice, you listen. If you're growing your own brand, or you're a budding PR dynamo, Roxy's Little Black Book of Tips & Tricks might just become your bible.' Emily Taylor, Editor, InStyle Australia The fact that I'm sitting here writing a business book when, at school, I was the student who read the crib notes rather than the actual books is rather ironic. However, if I've proved anything over the years, it's that you needn't be the smartest girl in the room or get the highest marks (heck, I didn't even go to uni!) to succeed in PR or business. If I can do it, anyone can. The trick is to be willing to give up your excuses and consistently put in the work. Roxy Jacenko built a PR empire on intuition, common sense and an unbreakable work ethic. Now she's passing on her best business advice, tips and tricks in a handsome handbag-sized volume that's perfectly sized for the millennial worker on the run. From writing a stand-out application to building your brand to generating killer social media buzz, Roxy's Little Black Book of Hints & Tips is a must-read resource for aspiring publicists and business builders, and for anyone already in the PR industry.

Why the World Needs More Everyday Leaders and Why That Leader Is You

Getting to Good Riddance

The Smart Seeker's Guide to Spiritual Bullshit

Social Media Is Bullshit

Bullshit Jobs

Beyond Bullsh\*t

Witchcraft Therapy

*Cut the Bullsh\*t, Land the Job is an all-inclusive guide to identify why you're not getting your dream job and will walk you through the process of fixing the problem. With simple, step-by-step instructions, this book will cut the bullshit from the job search process and show you how to: Job search effectively and find the roles you want Create a killer resume and tailored cover letter that lead to job interviews Build a professional network and get job referrals Develop an eye-catching LinkedIn profile that captures recruiters' attention Nail interviews with impressive, high-impact answers Negotiate the salary you deserve and more! Stop making the same mistakes which make you miss out on amazing job opportunities! Instead, use this guide to jump straight to the step that's holding you back from landing your dream job and start seeing results today!*

*Originally published in Great Britain in 2017 by Oneworld Publications as The angry chef.*

*Lying is a normal part of human communication and is sometimes necessary to protect someone's feelings. At the same time, there are also malicious lies meant to deceive, cheat, and defraud. Especially in today's world, in which technology, media, and the government have blurred the lines between fact and fiction, you can't always rely on what comes out of someone's mouth or what you see on the internet or television. It doesn't take mind-reading superpowers to be able to tell when someone is lying—but it does take special skills and a little practice. In How to Become a Human Shit Detector, international expert in undercover operations Dr. David Craig provides readers with an easy-to-follow guide on applying lie-detection skills to your everyday life. From the simple skills of bargaining, making a purchase, or dealing with children, to the more serious business of negotiating a contract, identifying infidelity, or understanding lies in politics, Craig delivers simple but effective tips and techniques we can all use to see behind the façade and find our way to the truth. The culmination of more than twenty years of practical criminology and hundreds of hours of academic research, this book is the premier guide to the art of lie-detecting. Split into three parts, the book looks at understanding lies and how to detect lies, and it includes an easy reference section that summarizes all the main points. The mystery of what a person is really thinking is finally unlocked in this fascinating and informative book.*

*Bullshit isn't what it used to be. Now, two science professors give us the tools to dismantle misinformation and think clearly in a world of fake news and bad data. "A modern classic . . . a straight-talking survival guide to the mean streets of a dying democracy and a global pandemic."—Wired Misinformation, disinformation, and fake news abound and it's increasingly difficult to know what's true. Our media environment has become hyperpartisan. Science is conducted by press release. Startup culture elevates bullshit to high art. We are fairly well equipped to spot the sort of old-school bullshit that is based in fancy rhetoric and weasel words, but most of us don't feel qualified to challenge the avalanche of*

*new-school bullshit presented in the language of math, science, or statistics. In Calling Bullshit, Professors Carl Bergstrom and Jevin West give us a set of powerful tools to cut through the most intimidating data. You don't need a lot of technical expertise to call out problems with data. Are the numbers or results too good or too dramatic to be true? Is the claim comparing like with like? Is it confirming your personal bias? Drawing on a deep well of expertise in statistics and computational biology, Bergstrom and West exuberantly unpack examples of selection bias and muddled data visualization, distinguish between correlation and causation, and examine the susceptibility of science to modern bullshit. We have always needed people who call bullshit when necessary, whether within a circle of friends, a community of scholars, or the citizenry of a nation. Now that bullshit has evolved, we need to relearn the art of skepticism.*

*A Lexicon*

*Bullshit*

*It's All Bullsh\*t*

*The No Bullsh\*t Guide for Getting Your Creative Dreams Off the Ground*

*Cut the Bullsh\*t Land the Job*

*Fake President*

*The No Bullshit Guide to Living Your Best Life*

Often calculus and mechanics are taught as separate subjects. It shouldn't be like that. Learning calculus without mechanics is incredibly boring. Learning mechanics without calculus is missing the point. This textbook integrates both subjects and highlights the profound connections between them. This is the deal. Give me 350 pages of your attention, and I'll teach you everything you need to know about functions, limits, derivatives, integrals, vectors, forces, and accelerations. This book is the only math book you'll need for the first semester of undergraduate studies in science. With concise, jargon-free lessons on topics in math and physics, each section covers one concept at the level required for a first-year university course. Anyone can pick up this book and become proficient in calculus and mechanics, regardless of their mathematical background.

#1 International Bestseller Anxiety transforms from a crutch into an ally with this empowering self-help guide to mastering fear Caroline Foran is not here to "cure" your anxiety. When crippling panic attacks upended her job, her health, and her life, she tried everything—from Cognitive Behavioral Therapy to acupuncture, and yoga to medication. She found that there's no such thing as a stress-free life . . . but, armed with the right tool kit, she could live with anxiety, and not spend her days running away from it. In Own It., Caroline shares her hard-earned knowledge and kick-\*ss strategies, including: A panic attack rescue guide The Assess & Address technique (how to get to the root of the problem) The brain chemistry behind anxiety (and how to outsmart it) How to break down the negativity bias. Drawing on her lived experience, plus insights from mental-health professionals, Caroline will help you ditch your fear and anxiety—and own it! An irreverent lexicon of the seemingly infinite ways we call bullshit, written by a McSweeney's columnist and etymologist, illustrated by a New Yorker-contributing cartoonist. What's the difference between "balderdash" and "drivel"? Where did "mumbo-jumbo" come from? How should you use "meadow mayonnaise"? What's "felgercarb" and which popular TV show coined it? There are hundreds of common and rare terms for bullshit in English, including borrowings from German, turn-of-the-century sailors, The Simpsons, and beyond. Bullshit is everywhere, but not all of it is created equal. Mark Peters's Bullshit: A Lexicon is the handy guide to identifying and calling BS in all of its many forms, from "bunk" and "claptrap" to "applesauce" and "gobbledygook." Packed with historical facts, pop culture tidbits, and definitions for each term, Bullshit is perfect for humor readers, language lovers, and anyone looking to describe life's everyday annoyances.

"But I can't . . ." "There's no way . . ." "It's impossible . . ." Enough. Get off your ass and make your "someday" goals a priority—today. After years of coaching and consulting hundreds of startup rookies as well as seasoned entrepreneurs, executives, and CEOs, Bedros Keuilian realized that most people who want to start a business, grow an existing business, author a book, make more money, or make a bigger impact usually take the long, slow, painful way to get there . . . and more than 80 percent of entrepreneurs never get to their desired destination or achieve their full potential in business. They treat their dream as if it were merely a hobby and dip their toes in the water, but they never commit to diving in—you get the idea. It's time to cut the bullshit excuses. Everyone has a gift, a purpose. It's your duty to figure out what your gift is and how you're going to share it with the world. Man Up: How to Cut the Bullshit and Kick Ass in Business (and in Life) is your guide to doing exactly that. Keuilian, founder and CEO of Fit Body Boot Camp and known as the "hidden genius" behind many of the most successful brands and businesses throughout multiple industries, will show you how to break out of the sea of mediocrity, get singularly focused on your purpose, and do what it takes—not only to achieve but dominate your goals. With Keuilian's no-nonsense approach in both business and personal spheres, you'll be able to define your purpose and have clarity of vision—and a plan—to make the quantum leap. Whether it's creating and growing a company, leaving a legacy, making a difference, or launching a new brand, you will discover how to use your passion, purpose, and sheer grit to overcome any adversity that attempts to derail your progress. If there's an area of your life in which you need to man up, this book will get you there.

*A Theory*

*Be: A No-Bullsh\*t Guide to Increasing Your Self Worth and Net Worth by Simply Being Yourself*

*A No-Bullshit Guide to the United Myths of America*

*Roxy's Little Black Book of Tips and Tricks*

*The No Bullsh\*t Guide for Women Who Lead*

*Crush the Excuses That Are Holding You Back*

*Your Guide to Banishing Bullsh\*t and Invoking Your Inner Power*

*The In-Your-Face, Results-Focused, No-"Kumbaya" Guide to Social Media for Business!* Detailed techniques for increasing sales, profits, market share, and efficiency. Specific solutions for brand-building, customer service, R & D, and reputation management. Facts, statistics, real-world case studies, and rock-solid metrics

Discover magical solutions to cope with whatever life throws your way in this fun self-help guide to invoking your inner power. Self-help is hard (and therapy is expensive!), but magic makes it easier than ever. In Witchcraft Therapy, you will learn how to use the mystical powers of intention, mindful manifestation, divination, and righteous indignation to cope with whatever life throws your way. Author

and witchy wellness guru Mandi Em offers advice in her own unique brand of positivity providing spells, rituals, and more that you can do right at home. Complete with wisdom like "Remember that 'f\*ck off' is a banishing spell," Witchcraft Therapy will have you feeling more empowered and liberated than ever.

**PREPARE TO BE BEAKED BY THE MAJESTIC EAGLE OF HISTORY** Most of us are familiar with the greatest hits and legendary heroes of US history. In *George Washington Is Cash Money*, Cory O'Brien, author of *Zeus Grants Stupid Wishes*, does away with the pomp and circumstance and calls America's history what it is: one long, violent soap opera. In his signature clever, crude, and cuss-ridden style, O'Brien reminds us that: · Teddy Roosevelt stopped bullets with his manly chest · Harriet Tubman avoided danger by having prophetic seizures. · Joseph Smith invented Mormonism by staring into a hat full of rocks. · Billy the Kid was finally defeated by the smell of fresh bacon. And there's plenty more Star Spangled stupidity where that came from.

A provocative assessment of social media discusses how to use the Internet to expand a business, challenging the claims of online authorities and marketing consultants while tracing the rise of social media and revealing the benefits of real-world connections.

Calling Bullshit

How to Bullsh\*t Your Way to Number 1

A Doctor's Guide to Understanding Weight Loss

Make Your Anxiety Work for You

The Unplugged Alpha

Not F\*ing Around

***New York Times Bestseller and Wall Street Journal Bestseller! Bar Rescue's Jon Taffer presents a new guide to getting what you want in life and business--to stop making excuses so you can get back to winning. During his many years as an entrepreneur, consultant, and star of the Paramount Network's hit show Bar Rescue, Jon Taffer has witnessed the destruction that results when people bullsh\*t themselves. Excuses are the root cause of nearly every business and personal problem, but fortunately, Jon knows how to fix your excuse habit for good. This book is almost as good as having Jon in your face on Bar Rescue, telling you the hard truths you've been avoiding. Don't Bullsh\*t Yourself! is Jon Taffer's brutally honest, no-nonsense guide to help you kick those excuses to the curb. If you can stop bullsh\*tting yourself and address your real issues, you will gain the power to turn your life around completely. Taffer breaks excuses down into six major categories, illustrating them with real-life examples such as Marcus Luttrell, the lone survivor of a SEAL team mission in Afghanistan who barely escaped Taliban territory, and Christine King, founder and CEO of Your Best Fit, who, despite being paralyzed in a horrific boating accident, went on to build a successful fitness company. These inspiring stories, combined with Taffer's own experiences, will give you the confidence to identify and face your own excuses head-on. It's Taffer Time! Time to stop bullsh\*tting yourself and start crushing it!***

***From the internationally bestselling author of Own It, an accessible and empowering self-help guide to working with your fear—not against it—to become more confident and take control of your life***

***Despite the growth in number of female leaders in business, diversity in the C-suite is still a huge challenge, as women face unspoken challenges in the workplace on a daily basis. These challenges are wide ranging from navigating the myth of work life balance, owning your career path, traversing the board room to the taboo subjects of being a female bread winner, having the confidence to say no, handling work place bullies and sexual harassment. In This Woman Can, author Janice Sutherland approaches relatable scenarios that both aspiring and existing female leaders face with candor, honesty and simplicity. Providing solutions for women to develop self-belief in their capabilities to becoming high performance leaders both at work and in their lives. Utilizing her personal knowledge as one of the Caribbean's first female CEOs and drawing on her experiences as an executive leadership coach, she provides practical answers without bullshit acronyms that women can utilize to get the job done. Each chapter provides concise bulleted applications and a list of self-reflection questions to consider that will guide women of all ages along the leadership pathway. Janice demonstrates that with pragmatic approaches, women can break expectations if they believe in, own and confidently develop their personal power and not wait for empowerment. If you put your mind to it - This Woman Can.***

***This little book burns with a mission-to inspire writers, artists, musicians and everyone else to amp up their creativity, heal their hearts and shine in the world. Get off the couch and get on the path. Tap into the cosmic heartbeat that thumps in your chest and shines in your soul. Get NFA! Includes 23 original cartoon illustrations.***

***A Guide to Resume Writing, Networking, Interviewing, LinkedIn, Salary Negotiation, and More!***

***The no-bullsh\*t guide to all things PR, social media, business and building your brand***

***How to Cut the Bullsh\*t and Kick @ss in Business (and in Life)***

***Owning it: Your Bullsh\*t-Free Guide to Living with Anxiety***

***Learn to Spot Fake News, Fake People, and Absolute Lies***

***No Bullsh\*t Leadership***

***The Art of Skepticism in a Data-Driven World***

This textbook covers the material for an undergraduate linear algebra course: vectors, matrices, linear transformations, complex techniques, geometric constructions, and theoretical foundations. The explanations are given in an informal conversational tone. The book also contains 100+ problems and exercises with answers and solutions. A special feature of this textbook is the prerequisite chapter that covers topics from high school math, which are necessary for learning linear algebra. The presence of this chapter makes the book suitable for beginners and the general audience—readers need not be math experts to read this book. Another unique feature of the book are the applications chapters (Ch 7, 8, and 9) that discuss applications of linear algebra to engineering, computer science, economics, chemistry, machine learning, and even quantum mechanics.

This book identifies eight key mechanisms that can transform a set of ideas into a psychological flytrap. The author suggests that the black holes of outer space, from which nothing, not even light, can escape, our contemporary cultural landscape contains intellectual black-holes—belief systems constructed in such a way that unwary passers-by can similarly find themselves drawn into such self-sealing bubbles of belief will most easily trap the gullible or poorly educated, even the most intelligent and educated. They are potentially vulnerable. Some of the world's greatest thinkers have fallen in, never to escape. This witty, insightful critique will

immunize readers against the wiles of cultists, religious and political zealots, conspiracy theorists, promoters of flaky alternative medicines, and others by clearly setting out the tricks of the trade by which such insidious belief systems are created and maintained. Get this: Cronus liked to eat babies. Narcissus probably should have just learned to masturbate. Odin got construction discounts for bestiality. Isis had bad taste in jewelry. Ganesh was the very definition of an unplanned pregnancy. And Abraham was totally clueless about stabbing his kid in the face. All our lives, we've been fed watered-down, PC versions of the classic myths. In reality, my life is more screwed up than a schizophrenic shaman doing hits of unidentified...wait, it all makes sense now. In Zeus Grants Stupid Wishes Cory O'Brien, creator of Myths RETOLD!, sets the stories straight. These are rude, crude, totally sacred texts told the way they were meant to be told: loudly, and with lots of four-letter words. Skeptical? Here are a few more gems to consider: • Zeus once saved an unborn fetus inside his thigh to save its life after he exploded its mother by being too good in bed. • The entire Egyptian universe was saved because Sekhmet just got too hammered to keep murdering everyone. • The Hindu universe is run by a married couple who stop murdering in order to throw sweet dance parties...on the corpses of their enemies. • The Norse goddess Freyja once copulated with a four-dwarf gangbang in exchange for one shiny necklace. And there's more dysfunctional goodness where that came from. Less than a year ago, Oobah Butler was living in a garden shed in London, struggling to pay rent and living on a diet of boiled lentils. It's safe to say that he hadn't achieved much with his life. Yet just a year on, on the back of three documentaries that have been viewed over 150m times, he's won awards, been featured on TV all over the world and has been lauded by critics, commentators and other achievers across the globe. How did everything turn for him? With an idea.

Your Bullsh\*t-Free Guide to Owning Your Fear  
Everything You Need to Know, and the Tools to Take It On  
Don't Bullsh\*t Yourself!

Believing Bullshit

No Bullshit Social Media

George Washington Is Cash Money

Bad Science and the Truth About Healthy Eating

*The Confidence Kit* Your Bullsh\*t-Free Guide to Owning Your Fear Hachette Ireland

*With honesty, humor and a bullsh\*t free perspective, Owning It is a no-frills account of anxiety from the front line. Through the filtered lens of Instagram, it may seem like life's a peach, but in reality, journalist Caroline Foran has been living with crippling anxiety since her early 20s. Here, in Owning It, she chronicles her journey from the kind of all-consuming fear where leaving the house for milk was too petrifying a prospect, and holding down a high-octane Editor job was no longer possible, to spending every day crying under her duvet, wondering how the hell she was going to pull herself through. But then she did; she owned it. For those facing the same struggle, Caroline explores exactly what anxiety is, its triggers and the various treatments. From CBT, acupuncture, diet and the often debated role of medication - she examines with honesty, humor and a bullsh\*t free perspective what worked for her and gives us a no-frills account of anxiety from the front line. 'The hardest lesson and most important I learned was that embracing your anxiety is the key to recovering from it and living a life where it doesn't define you. Don't get me wrong; I still have shitty, stressful days at work, or days when I feel a little below par (one time I was particularly exhausted, ratty and hormonal and I cried because my boyfriend ate my last chicken nugget. I'm 28, I know) - but that, dear friend, is the human experience. What I have now, however, is confidence in myself to pull through whatever life throws at me, thanks to the invisible arsenal of effective tools I keep tucked under my arm.'*

*Here's how the marketing experts want me to describe my book: The No Bullsh\*t Guide to Living Your Best Life is a straightforward, no nonsense blueprint to personal growth and self-improvement. Using personal anecdotes, timeless quotes and a little self-deprecating humor, Myndee cuts straight through the fluff to give you the tools you need to live a better life. Despite the title, this book isn't filled with curse words, aside from the deliberate overuse of the word bullshit. Here's what I really want to tell you: This book isn't the only self-help book you'll ever need. It probably won't radically change your life. That's not how this works. That's not how any of this works. After carving a path out of the forest of self-loathing and into self-acceptance, I've wanted to do nothing more than help others forge their own way. I'm not going to try to impress you with all my accolades (and frankly, I don't have that many); I want you to trust me because I'm just like you. I read personal growth books. I still need self-help. But I've been through it all now, and I'm on the other side. Take my hand. Let me walk you out of this pain. I know the way because I've been here. I spent my life in these dark, dense woods. Writing this book was part of my journey out. You may not get out of your forest with this book, but reading it will lead you closer to the peace that lies ahead. I will only be one leg on your journey, and I'm honored to be here with you. I hope my words help ease the burden you carry.*

*Funny, insightful, and relentlessly honest, this book is the manual for living with depression that everyone should have been given. It's packed with bite-sized chapters covering big-picture concepts, 60+ research-backed tools, and a friendly, no-nonsense style. This guide will get you through visits from depression and into a value-filled life.*

*On Bullshit*

*Owning it*

*Man Up*

*How Not to Get Sucked into an Intellectual Black Hole*

*Zeus Grants Stupid Wishes*

*How to Become a Human Bullshit Detector*

*The Angry Chef's Guide to Spotting Bullsh\*t in the World of Food*

**Consider this your ultimate guide to confidence. From the Number One bestselling author of Owning It: Your Bullsh\*t Free Guide To Living With Anxiety, comes The Confidence Kit, a refreshing take on something that's common to us all - fear. When journalist and author Caroline Foran published Owning It, her bullsh\*t-free account of living with anxiety, it became a phenomenal Number One bestseller. Here, in The Confidence Kit, she returns with her unique, down-to-earth style, sharing her essential toolkit for improved self-confidence. Her goal? To take our inner fears and anxieties and turn them into the**

building blocks of confidence. From understanding the fear of failure and knowing when and how to step outside your comfort zone to tools such as 'fear hacking' and the art of decision-making, **The Confidence Kit** is jam-packed with practical advice, expert input, along with the author's signature sense of humour. Consider it your ultimate guide to confidence. 'The goal of this book isn't to teach you how to become completely fearless. It's about how you can employ techniques to build your confidence, to own your fears and anxieties -- to bring you one step closer to achieving what you want in life' Caroline Foran "Read Fake President....This book can help us replace Trump with truth." —Gloria Steinem "Terrific new book. Fake President informs as it entertains." --Laurence Tribe? An incisive, witty roadmap into the disinformation and betrayals of President Trump—just in time for the impeachment hearings and the 2020 election. Donald Trump was lawfully selected as the US president...but is still a "fake" president because he simply lacks the integrity, intelligence, and stability to perform the duties of the office as the Constitution intended. "If you spend so much time golfing, tweeting, and seething," write Green and Nader, "it's understandable that a POTUS doesn't get around to appointing one-third of all agency inspector generals...Might as well expect a surgeon to be an opera singer." As the House Impeachment Inquiry unfolds based on a similar premise, **Fake President** decodes many of his worst scandals and "twistifications" (a Jefferson coinage). And it's bound to get even worse as the House gets closer to actual Articles of Impeachment and the Fall election approaches. Since it's nearly impossible to keep track of Trump's "daily lava of lies," two of America's foremost public advocates do that work for you. This is your one-stop shop that explains what the Lyin' King means to our democracy. It's a cheeky, deadly rebuke of Trump's incorrigible "fakery"...from his dishonesty about foreign policy to blatant ignorance about the environment to his messianic narcissism. **Fake President** is an essential guide to help you understand the two biggest news stories of the coming year—impeachment and the 2020 presidential election.

Do you roll your eyes at Be positive! Be happy! and Just let it go!? Are you tired of the Universe being responsible for everything? Feel like a failure because you can't manifest everything you want in an afternoon? Don't worry, you're not crazy. You may just be wriggling free from the hypnotic grip of spiritual bullshit. And fair play to you; it can be strangely compelling. The truth is that the spiritual path is as nuanced and frustrating as it is beautiful and fulfilling. The danger is that as we enthusiastically rush to share our new found spiritual wisdom, we unwittingly pass more and more bullshit around. So how do you clear the crap off your spiritual path? Join life-long spiritual seeker (and finder) Sue Fitzmaurice as she wades valiantly through a monumental pile of it in search of answers. Packed with insight and more than a few belly laughs, let **The Smart Seeker's Guide to Spiritual Bullshit** be your life raft and guide. Dear Seeker, sanity lies within.

Our organizations are flooded with empty talk. We are constantly "going forward" to lands of "deliverables", stopping off on the "journey" to "drill down" into "best practice". Being an expert at using management speak has become more important in corporate life than delivering long lasting results. The upshot is that meaningless corporate jargon is killing our organizations. In this book, management scholar the author argues we need to call this empty talk what it is: bullshit. The book looks at how organizations have become vast machines for manufacturing, distributing and consuming bullshit. It follows how the meaningless language of management has spread through schools, NGOs, politics and the media. **Business Bullshit** shows you how to spot business bullshit, considers why it is so popular, and outlines the impact it has on organizations and the people who work there. It also outlines what we can do to minimise bullshit at work. The author makes a case for why organizations need to avoid empty talk and reconnect with core activities.

**No Bullshit Guide to Linear Algebra**

**Straight-Talk at Work**

**A No-Bullshit Guide to World Mythology**

**You Got This**

**No Bullsh!t Leadership**

**This Woman Can**

**No bullshit guide to math and physics**

Build your confidence, increase your value, and make a lasting impact—a brand authenticity expert shares her most powerful secrets. Everyone in marketing is talking "authenticity." Which means making a personal or professional brand should be simpler than ever, right? What could be easier than "being yourself?" Simple? Sure. But easy? Not so much. Why? Because authenticity is unfiltered, unapologetic, and honest. Authenticity owns its imperfections and takes responsibility for mistakes. It shows up on the good and bad days. In short, authenticity feels scary. No wonder we try to brand ourselves as someone else we think will be more appealing than our real selves. Jessica Zweig founded the SimplyBe. agency to revolutionize an authenticity-first approach to branding. With **Be: A No-Bullsh\*t Guide to Increasing Your Self Worth and Net Worth** by Simply Being Yourself, she shares her most powerful secrets for building authenticity, service, and real connection into your winning brand. "I'm opening up the freakin' vault to SimplyBe.'s best-in-class, trademarked methodologies, tools, and frameworks for clearing away everything that's keeping the real you from shining through," she says, including: **Branding Reinvented** "Forget the hacks and tricks, it's time to learn what personal branding is really about. **Embracing Your Sh\*t** "All that stuff you think you need to hide? That's actually your most important resource! **Your Vibe Attracts Your Tribe** "Learn to magnetize the people who most want to support you (and they're out there). **Your Personal Brand Hologram** "SimplyBe.'s universal framework can crystallize your utterly unique brand platform. **The Supernova** "Create winning content with the secret sauce of consistency and clarity. **The Pinnacle Content Framework** "Take the stress out of strategy and find the most direct, effective path toward your goals. **Getting Social Media Right** "Stop chasing trends and learn the 10 sustainable, evergreen principles for online connection. **Living Your Brand** "Take your authentic personal brand where it matters most: offline and into your relationships, your workplace, and the way you show up in the world. "We are living at an inflection point," says Jessica Zweig. "For any brand—business or personal—the game is no longer about eyeballs, but engagement. No longer about impressions, but impact. Content is no longer king, clarity is. Your best strategy? Service and generosity. Your best solution? Authenticity." Here is a powerful guide for connecting with others, changing lives, and moving the world forward as only you can.

With honesty, humour and a bullsh\*t free perspective, *Owning It* is a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface. Here, she chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive Behavioural Therapy to acupuncture to medication - Caroline shows us how she eventually found a way of owning her anxiety so that it doesn't own her. With extensive research and help from the experts, *Owning It* is written with honesty and a bullsh\*t-free perspective; consider it your ultimate, practical guide that aims to get you feeling good again.

From bestselling writer David Graeber—a master of opening up thought and stimulating debate—(Slate)—a powerful argument against the rise of meaningless, unfulfilling jobs—and their consequences. Does your job make a meaningful contribution to the world? In the spring of 2013, David Graeber asked this question in a playful, provocative essay titled “On the Phenomenon of Bullshit Jobs.” It went viral. After one million online views in seventeen different languages, people all over the world are still debating the answer. There are hordes of people—HR consultants, communication coordinators, telemarketing researchers, corporate lawyers—whose jobs are useless, and, tragically, they know it. These people are caught in bullshit jobs. Graeber explores one of society’s most vexing and deeply felt concerns, indicting among other villains a particular strain of finance capitalism that betrays ideals shared by thinkers ranging from Keynes to Lincoln. “Clever and charismatic” (The New Yorker), *Bullshit Jobs* gives individuals, corporations, and societies permission to undergo a shift in values, placing creative and caring work at the center of our culture. This book is for everyone who wants to turn their vocation back into an avocation and “a thought-provoking examination of our working lives” (Financial Times).

'Offers a frank and funny approach to the ins and outs of anxiety - what it is, why it happens, and how to manage it. I love Caroline Foran's message of self-acceptance and leaning into mental illness rather than trying to outrun it. Highly recommended!' Sarah Knight, bestselling author of *Calm the F\*\*k Down* THE NUMBER ONE BESTSELLER - A bullsh\*t free perspective and a no-frills account of anxiety from the front line. Through the filtered lens of social media, it may seem like life's a peach, but for lots of people - journalist and author Caroline Foran included - anxiety is always bubbling beneath the surface. Here, she chronicles her experiences. From being unable to cope with the thought of venturing outside, to walking away from her fast-paced job, to the different, and sometimes controversial, treatments available - from Cognitive Behavioural Therapy to acupuncture to medication - Caroline shows us how she eventually found a way of owning her anxiety so that it doesn't own her. With extensive research and help from the experts, *Owning It* is written with honesty and a bullsh\*t-free perspective; consider it your ultimate, practical guide that aims to get you feeling good again.

The No Bullsh\*t Guide To Winning With Women & Life  
Own It.

The Confidence Kit  
Business Bullshit

The All-business, No-hype Guide to Social Media Marketing

An Unorthodox Guide to 21st Century Success from the World's #1 Fake Restaurateur and Paris Fashion Week's #1 Fake Designer

Decoding Trump's Gaslighting, Corruption, and General Bullsh\*t

*Most men today are sent off into society with a broken belief system, which they use to make choices, that get them terrible results with life and women. Men have been conditioned to be the quintessential "nice guy." They're trained to be overly humble, kind to a fault, and that just "being themselves" is enough to attract and keep the woman of their dreams. Men are told to believe that conventional masculinity is toxic, and to put women ahead of their own interests, passions, and purpose. This has led to an entire generation of men forming very unhealthy attachments to women that they, unfortunately, often make their sole focus of their lives. The playbook to women and life has changed, but most men missed the memo. Do you want to succeed, and level up in every area of your life? If so, then this book explains: - The importance of maximizing your looks, money, social status, and game. - Why it's essential to get genuine burning desire from a woman who wants to date you. - The top 20 red flags that you must vet women for a long term relationship. - How to become one of the top 20% of men that women swipe right for on online dating. - Why smart men avoid marriage. And much more. This book exposes the comforting lies you've been told throughout your life for what they really are. Enabling you to become a truly authentic Alpha that chases excellence, and leads a successful passion-filled life.*

*Get over heartbreak and move on, motherf\*cker! Psychologist Jodie Eckleberry-Hunt brings humor and tough love to proven science-based techniques in this empowering, irreverent guide to heartbreak recovery.*

*In No Bullsh\*t Leadership, Moore outlines his proven leadership principles, learned over his 33+ year career, in a clear, direct way. He sweeps away the mystical fog surrounding leadership today and lays out the essential steps for success. Moore combines this tangible advice with honest, real-world examples from his own career to provide a no-nonsense look at the skills a true leader possesses. Wherever you are in your career, No Bullsh\*t Leadership will help you develop the skills and form the habits needed to become a no bullsh\*t leader.*

*Face Your Fear. Find Your Confidence.*

*Your Bullsh\*t-Free Guide to Living with Anxiety*

*The No-Bullshit Guide to Depression*