

How To Be F Cking Awesome

From the author of best-selling journal ZEN AS F*CK Embark on a glittering journey of self-exploration in Find Your F*cking Happy! Along your trek, shed the weight of other people's bullsh*t and fill your soul with a fresh f*cking perspective. Take st beauty that surrounds you, and embrace the sh*tload of spectacular opportunities ahead. On each page of this delightfully p journal, you can scribble away the negativity, and open your arms wide to the positivity that you deserve. Give your spirits a a down-to-earth approach to mindfulness journaling! • Explore a f*ck-ton of funny and thoughtful journaling ideas • Give the negativity around you a swift kick in the butt • Pop a cork of bubbly emotions and celebrate the good sh*t around you!

Blending memoir and blistering social observations, the author of The F*ck It Diet looks back at her desperate attempts to he hunger, anxiety, and imperfections through extreme diets, culty self-help methods, and melodramatic bargains with the unive Offering a frank and funny critique of the cultural forces that are driving us mad, Caroline Dooner examines how treating our like never ending self-improvement projects is a recipe for burnout. We have become unknowingly complicit in perpetuating o exhaustion because we are treating ourselves like machines. But even phones need to f*cking recharge. Caroline takes a goo at the dark side of self-help, and explains how she eventually used a radical period of rest to push back against cultural expe and reclaim some peace. Tired As F*ck empowers us to say no to the things that exhaust us. It inspires us to carve out time down, feel okay about doing less, and honor our humanity. This is not a self-help book, it's a cautionary tale. It's an honest lo dogma of wellness and spiritual self-improvement culture and revels in the healing power of rest and letting shit go.

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a young vice president at Cor Central who was called "ahead of her time" by Jordan Peele "Compelling, persuasive, and useful no matter where you are in y life."--Chelsea Handler, #1 New York Times bestselling author of Life Will Be the Death of Me "A bracingly honest, funny read Wild meets You Are a Badass."--Adam Grant, #1 New York Times bestselling author of Give and Take, Originals, and Option B E the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for The Daily Show with Jon and helped launch Key & Peele to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath th veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been pa depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom v drunk-dialed her therapist pleading for help. Buy Yourself the F*cking Lilies is the story of Tara's path to re-parenting herself becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows h

- * fake gratitude until you actually feel gratitude
- * excavate your emotional wounds and heal them with kindness
- * identify yo
- limiting beliefs, kick them to the curb, and start living a life you choose
- * silence your inner frenemy and shield yourself from
- criticism
- * carve out time each morning to start your day empowered, inspired, and ready to rule
- * create a life you truly, to

f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid,

hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a throw-up-in-your-mouth-it's-so-cheesy way.

History that doesn't suck: Smart, crude, and hilariously relevant to modern life. Those who don't know history are doomed to fail. Too bad it's usually boring as sh*t. Enter The Captain, the ultimate storyteller who brings history to life (and to your life) in a hilarious, intelligent, brutally honest, and crude compendium to events that happened before any of us were born. The entries are compulsively readable book bridge past and present with topics like getting ghosted, handling haters, and why dog owners ruin cat people). Along the way you'll get a glimpse of Edith Wharton's sex life, dating rituals in Ancient Greece, catfishing in 500 BC, medieval flirting techniques, and squad goals from Catherine the Great. You'll learn why losing yourself in a relationship will make you crazy--like Joanna of Castile, who went from accomplished badass to Joanna the Mad after obsessing over a guy known as the Handsome. You'll discover how Resting Bitch Face has been embraced throughout history (so wear it proudly). And you'll learn it's never a good idea to f*ck with powerful women--from pirate queens to diehard suffragettes to Cleo-f*cking-patra. People in the past were just like us--so learn from life's losers and emulate the badasses. The Captain shows you how.

Stop Playing Small. Transform Your Life.

The Ins and Outs of Proper F*cking

You Are the Fucking Shit

F*cking Good Content

A Touch-and-Feel Book for Stressed-Out Adults

How to F*ck a Woman

How to Swear Effectively, Explained in Detail with Numerous Examples Taken From Everyday Life

Here's another Activity Book for all you Bitches! Buy this shit now so you can stop being bored as hell. Featuring 100 Adult Activities Such As: Word Searches, Dot-to-Dot, Mazes, Fallen Phrases, Math Logic, Spot the Difference, Word Tiles, Word Scramble, Cryptogram, Sudoku, Draw the Squares, Hidden Image and Games to Play with a friend. ****Contains Inappropriate Language****

- You know the key to having more energy has nothing to do with crystals and chakras... and everything to do with how much sleep you get. - You know that neglecting your friends will leave you destitute and lonely... but you're still too damn lazy to pick up your phone and get in touch. - You know you could get through your to-do list in half the time... yet you're still stalking your ex on Facebook. - You know you just need a kick up the backside... and that's what you'll find within the pages of this book. Get A F*cking Grip is the self-help book for people who hate self-help, offering simple no-nonsense advice that you can implement into all areas of your life, allowing you to get on with everything you've always wanted to do. Learning how to get a f*cking grip is the key to taking back control of your life.

Come As You Are meets How to Date Men When You Hate Men in this sex handbook for the millennial feminist on how to own your body and sexuality, and use that confidence to take charge of your life "This bold, sex-positive book delivers on its promise." –Publishers Weekly Stop Apologizing for Your Sexuality and Take Charge of Your Life If you've ever wished you had a big sister or older cousin who could show you all the ropes of womanhood, look no further: Gigi Engle has done it all and is here to tell you all about it in All the F*cking Mistakes, a practical handbook for all the slutty and wanna-be-slutty women out there. It is the ultimate sex-talk book, demystifying female sexuality without any of the awkwardness of "the talk." From learning how to take back your confidence in a world full of slut shaming, to discovering and owning your sexual empowerment through masturbation, to demanding the love you really deserve, this book is an ode to the women of the world who deserve to be empowered, sexually and otherwise, without guilt. Offering bite-sized lessons that incorporate Gigi's own special brand of no-nonsense advice to provide clarity and guidance on all things slutty, sexually normative and non-normative, and everything that falls between the cracks of these brackets, this book is your how-to guide to living your sexy AF, fabulous life.

A self-care guided journal for when you realize buying a scented candle isn't actually going to make you feel f*cking better Ah, self-care. Yoga classes, green juice, bubble baths, face goop. F*ck that. The new self-care is all about taking care of yourself in whatever way you need to feel good. Whatever your paycheck or location, your identity, social class, race, gender--self-care belongs to YOU. Self-care isn't just for the Insta-influencers doing all the yoga in their 150\$ athleisure while eating their acai bowls and touting their skincare routine. Self-care is for all of us--it's for the busy bitches, the stressed-out queens, the women who are doing it all and just need a minute for themselves. It's for the anxiety-ridden, the wellness-challenged, the people who need a break to focus on their own mental health. It's about identifying your core values and making the time to nurture them. It's about taking a look at the tough stuff--anxiety, mental health, self-love, boundaries, empowerment--and finding concrete ways to help. Self-care is about truly feeling f*cking radiant. With guided prompts, swears sayings, and an empowering AF attitude, this is the perfect journal for readers who are over the bullsh*t and are ready to take their self-care into their own hands.

A True Story

How to Get Your Life Back on Track

F#cking Wake Up

The Biography of Chris Cornell

You Have to Fucking Eat

The Field Guide to F*CKING

Do the F*cking Work

The book is structured to take you through each stage of proper fucking, with detailed information on every step. In this book you will learn how to Express Your Authentic Sexual Desires with your partners, and why this is key to building sexual energy, and intimacy. Find out how to transform “Rush and Fumble Sex” into intimate, erotic exchanges by using time and space to “Slow the Fuck Down”. Learn how to “Speak the Language of Pussy”, and the importance of how, when, and where to touch her body and private parts while coaxing and beguiling your partners to pleasure. Proper Entry is crucial, for both you and her. Clear, step-by-step instructions on how to properly enter your woman to ensure a successful journey. In order to experience the magic beyond the 20-minute mark, strategies and techniques are given to manage your intense sexual energy. Achieving Personal Milestone #3, of holding off through her orgasm, or ending a proper session of intercourse without ejaculating, is the result of all your hard work. It is at this point where Personal Milestone #4, becoming a post-ejaculatory man, and having non-ejaculatory, tantric orgasms is ready to be realized. With the completion of this book you will be the new Post-Ejaculatory Man, ready to meet the new, modern woman, and the intense sexual interactions which await. May you go forth and spread joy and fulfillment with every encounter you experience!

*Your astrological makeup is no f*cking joke. Amelia Wood's What's Your F*cking Sign? is your opportunity to better relate to your managers, coworkers, love interests, friends, and family and know why they do all the sh*t they do. If you have ever wondered why your Aries boss is such a hard-ass, been convinced that a Virgo in your life sleeps with a label maker under their pillow, or tried to get your Capricorn friend to lighten the f*ck up, just look to the stars. Full of sun-sign-specific details about all twelve members of the zodiac, you can discover all the right ways to attract, befriend, love, and otherwise handle the people in your life based on their cosmic DNA. When your Pisces friend is emoting, show them a little love! When that Aquarius in your social feed is on their soapbox, have a listen! And when your Leo lover wants the spotlight, know they'll give you plenty of warmth from that glow, too. Embrace all the incredible ways astrology is there to guide you through your batsh*t interactions, curious crossroads, and sweetest moments with each and every sign. So, What's Your F*cking Sign?*

*Like a yoga class you can hold in your hand, a beautiful, full-color guide to letting sh*t go Our world is filled with annoyances, and sometimes you need a little dose of humor to cope with the news cycle, your irritating co-worker, or that telemarketer who won't stop calling. This refreshingly honest self-help book will guide you through a meditation to “breathe in strength, and breathe out bullsh*t.” An excellent gift for yourself or others, F*ck That is the very embodiment of modern-day self-care. May it help you find peace with the challenges that surround you...because they are f*cking everywhere. Based on the viral video that had everyone from yogis to workaholics raving, F*ck That is the completely truthful and oddly tranquil guide to relieving stress and achieving inner peace. Sweary meets simple in this fun and useful cookbook! Get a f*cking amazing meal on the table without all the bullsh*t. With Zoe Gifford's Tasty as F*ck, you can whip up some seriously good food—hold the crazy ingredients, hassle, and perfection. These easy*

*recipes are sorted into sensible chapters, like “Sh*t You Can Eat with Your Hands” for lazy meals done right, “Healthy Sh*t That Tastes Unhealthy” for those days you want to be good but not at the expense of actual flavor, and “Easy, Impressive Sh*t” for when you know you have people coming over who definitely require those red carpets. Check out super f*cking forgiving recipes like: • F*ck, That’s Good, Spicy Fish Tacos • Hell Yeah Falafel with Tzatziki • Classy as Hell Blackberry-Peach Grilled Cheese • Butter Me Up Butter Chicken • I Can’t Even Lemony Salmon • Now, That’s a F*cking Steak • OMFG Chicken and Zucchini Whether you are a new cook, a tired cook, or a cook who just doesn’t give a f*ck anymore, you can find something to devour that won’t waste your time. Get your hands on recipes that are easy as f*cking pie and pat yourself on the back for skipping food delivery with Tasty as F*ck!*

*What's Your F*cking Sign?*

*Tired as F*ck*

*Pet This F*cking Puppy*

Lowbrow Advice for High-Level Creativity

*F*ck That*

*A Journal to Help Pave the Way for Positive Sh*t Ahead*

*Find Your F*cking Happy*

Your content's probably shit. Don't panic. You're not alone. Most people, and companies for that matter, produce content that's about as effective as a crepe paper condom. Take a look at the social accounts of brands. At company blogs. At promoted content that appears on your feeds. The majority of the stuff you look at will have very little engagement, and from the engagement the content did get, very little of it will be from that company's ideal customer. Why? Because it's probably one of two things (or often both). It's either more boring than bird watching with Bill Oddy, or it's trying to sell something. And nobody wants to be sold to. So how do you make sure your content stands out? How do you use your social accounts, blogs and eBooks to drive new customers? Well, you're about to read the thoughts of content marketer, Dan Kelsall. He swears a lot, comes up with fucking weird analogies, and makes highly inappropriate jokes. But he knows his stuff and, in a world where people are crippled by a fear of being truly honest, he says it how it is. He may not be everyone's cup of tea, but when it comes to building a personal brand, and writing engaging content, his techniques and tips can work for anyone. This book is a refreshingly raw take on content marketing, with just one simple aim: To help you transform your mindset and start creating fucking good content.

Here's the third amazing book of sh*t to do in case you're STILL F*CKING BORED! Now you don't have to waste away the hours pleasuring yourself, wishing there was a f*cking better way to keep your mind and hands busy. Featuring 100 F*cking Adult Activities: Coloring, Sudoku, Dot-to-Dot, Word Searches, Mazes,

*Fallen Phrases, Math Logic, Word Tiles, Spot the Difference, Where the F*ck did the Other Half Go, Nanograms, Brick-by-F*cking-Brick, Word Scramble, and Much More! **Contains Inappropriate Language***
Great book for adults who love activities and want a laugh.

*Change is hard. And when you want to transform your life, change can be even harder. But it doesn't have to be. Brett Moran knows from experience what it's like to feel trapped in your own life, by your circumstances and by your environment – but he also knows that you can break free. That you can find happiness, purpose and passion for life if you have the right tools. From inside his prison cell Brett made these changes to his own life, visualising and then achieving his own transformation. Now he invites you to join the revolution for change, and make your own life one epic adventure. In this free introduction to Wake the F*ck Up, you'll learn about Brett's story but also find some practical advice on taking those first steps towards changing your life for the better.*

*A no-holds-barred chronicle meets self-help guide from the bestselling author, rapper, artist, and chef Action Bronson From the New York Times bestselling author, chef-turned-rapper, and host of Viceland's F*ck, That's Delicious and The Untitled Action Bronson Show, F*ck It, I'll Start Tomorrow is a brutally honest chronicle about struggles with weight, food addiction, and the journey to self-acceptance. In his signature voice, Action Bronson shares all that he's learned in the past decade to help you help yourself. This isn't a road map to attaining a so-called perfect body. Instead, Bronson will share his journey to find confidence, keep the negative vibes at bay, stay sane, chill out, and not look in the mirror hoping to see anyone but yourself. F*ck It, I'll Start Tomorrow is not about losing weight—it's about being and feeling excellent regardless of your size or shape. It's about living f*cking healthy, period.*

Burnout at the Hands of Diet, Self-Help, and Hustle Culture

Transform Your Life Into One Epic Adventure

*Wake the F*ck Up*

*Buy Yourself the F*cking Lilies*

*Love This F*cking Journey for Me*

An Honest Meditation

*How to Be Fan-F*cking-tastic!*

Men Are from Mars, Women Are from Venus for a new generation? a profane, wildly funny, and deeply insightful guide to sex and relationships from a woman who loves women too.

The New York Times bestselling author David Duchovny is back Ted Fullilove, aka Mr. Peanut, is not like other Ivy League grads. He shares an apartment with Goldberg, his beloved battery-operated fish, sleeps on a bed littered with yellow legal pads penned with what he hopes will be the next great American Novel, and spends the waning days of the Carter administration at Yankee Stadium, waxing poetic while

slinging peanuts to pay the rent. When Ted hears the news that his estranged father, Marty, is dying of lung cancer, he immediately moves back into his childhood home, where a whirlwind of revelations ensues. The browbeating absentee father of Ted's youth tries to make up for lost time, but his health dips drastically whenever his beloved Red Sox lose. And so, with help from Mariana—the Nuyorican grief counselor with whom Ted promptly falls in love—and a crew of neighborhood old-timers, Ted orchestrates the illusion of a Boston winning streak, enabling Marty and the Red Sox to reverse the Curse of the Bambino and cruise their way to World Series victory. Well, sort of. David Duchovny's richly drawn Bucky F*cking Dent explores the bonds between fathers and sons and the age-old rivalry between Yankee fans and the Fenway faithful, and grapples with our urgent need to persevere—and risk everything—in the name of love. Culminating in that fateful moment in October of '78 when the mighty Bucky Dent hit his way into baseball history with the unlikeliest of home runs, this tender, insightful, and hilarious novel demonstrates how life truly belongs to the losers, and that the long shots are the ones worth betting on. Bucky F*cking Dent is a singular tale that brims with the mirth, poignancy, and profound solitude of modern life.

How to Be F*cking Awesome Rethink Press

#1 NEW YORK TIMES BESTSELLER The Try Guys deliver their first book—an inspirational self-improvement guide that teaches you that the path to success is littered with humiliating detours, embarrassing mistakes, and unexpected failures. To be our best selves, we must become secure in our insecurities. In *The Hidden Power of F*cking Up*, The Try Guys - Keith, Ned, Zach, and Eugene - reveal their philosophy of trying: how to fully embrace fear, foolishness, and embarrassment in an effort to understand how we all get paralyzed by a fear of failure. They'll share how four shy, nerdy kids have dealt with their most poignant life struggles by attacking them head-on and reveal their - ahem - sure-fail strategies for achieving success. But they're not just here to talk; they're actually going to put their advice to work. To demonstrate their unique self-improvement formula, they'll each personally confront their deepest insecurities. A die-hard meat-lover goes vegan for the first time. A straight-laced father transforms into a fashionista. A perpetually single sidekick becomes the romantic lead. A child of divorce finally grows more intimate with his family. Through their insightful, emotional journeys and surprising, hilarious anecdotes, they'll help you overcome your own self-doubt to become the best, most f*cked up version of yourself you can be!

A Hands-on Manual to Getting Great Sex

F*ck Your Diet

I Am F*cking Radiant

Total F*cking Godhead

100 Animals That Can F*cking End You

Easy Recipes for When You're Really F*cking Hungry The Subtle Art of Not Giving a F*ck

A self-discovery journal for inspiration, growth, and celebrating your own f*cking brilliance! Do you know who you are? No, truly, do you know yourself down to your very roots? Where you're going from here? Who you're meant to be? Why the f*ck not?! Celebrating yourself isn't selfish. It isn't self-indulgent or arrogant--it's empowering as hell! We've all been in situations where our imposter syndrome tells us we're not good enough, where others define us, where we're not sure where we're going on our own path. No more! It's time to reflect and reconnect with our own inner bad*ssery. With concrete exercises that help us reflect on who we are from the inside out, *Love This F*cking Journey for Me* is a positive self-help book for women looking to: Celebrate who you've been: With sections on self-discovery and self-awareness, understand all the things that make you, YOU! Throw a party for the mistakes you've made: Because growth mindset makes every failure a chance to grow Love the person you are: Self-love and confidence are not to be ignored. And build the future of your f*cking dreams: Have fun with that inspirational dream life With guided prompts, swears, and an empowering AF spirit, this is the perfect journal for readers who are ready to unpack their own greatness. The ideal self-love journal, positivity journal, or guided journal to get you through, this book will get you to stand up and declare, "I love this f*cking journey for me!"

A much-needed voice of encouragement for every woman who had a baby and lost her mind Sometimes, motherhood feels never-ending. A child is born, chaos ensues, and it seems like life will never return to normal. In *You Are a F*cking Awesome Mom*, award-winning journalist and Instagram star Leslie Anne Bruce acknowledges that, yes, motherhood is a total mind f*ck—but then she offers the self-empowerment lessons new mothers need to get through the psychic upheaval and emerge stronger than ever. After childbirth, a woman's body, her relationships, and her very sense of self are tested like never before. Bruce encourages readers to look past the sugarcoated truisms about the miracles of child-rearing in order to embrace the real joys of motherhood, spit-up stains and all. Loaded with unfettered support from a mom who has been through it all, *You Are a F*cking Awesome Mom* offers a lifeline of encouragement, inspiration, and community for the new mama who got a baby, lost her mind, and desperately wants to find herself again.

A wake-up call for creatives who need that inspiring kick to finally create the thing they've been meaning to make, while celebrating the journey of trying, learning, and failing. Over the last eight years, Jason Bacher and Brian Buirge of Good F*cking Design Advice (GFDA) have made a name for themselves in the international design community, inspiring creatives, artists, and entrepreneurs with their products, weekly e-mails, and most important, their unorthodox advice about work ethic and the creative process. *Do the F*cking Work* is a collection of 100 beautifully packaged pieces that showcase their irreverent advice—inspiration that will help unstick even the most dedicated procrastinators. Covering everything from drinking your morning coffee to handling productive criticism, from embracing failure to rejecting the status quo, their insights upend conventional thinking and teach you to embrace and celebrate the journey of creation—the joy of trying, failing, learning, and sometimes failing again. To make something good we have to make some mistakes.

Bacher and Buirge teach you to embrace the unknown and to f*cking laugh at yourself during the process. There is a method to their madness—a surprising reassurance that is baked into their bluntness. We 're all trying, messing up, and trying again. And there 's joy to be found in that—something we often overlook in our rush to get everything done and get it right the first time. With personal insights, actionable advice, stylish visuals, and lots of colorful language, Do the F*cking Work will leave you feeling renewed and inspired, and will make you see that the value of work is as much about the process as the outcome.

Give boredom the middle finger with this fun, hilarious and slightly profane activity book. Who gives a sh!t about solving puzzles anymore? Say " eff you " to boring activity books with this irreverently vulgar upgrade. Including everything from crude crosswords and off-color coloring pages to wickedly funny word searches and salacious scrambles, this book is full of over 100 impolite activities guaranteed to make you giggle as you kill time and enjoy the activities on an entirely new level. The perfect gift for someone who enjoys both puzzles and slightly naughty humor, The Best F*cking Activity Book Ever will surprise and amuse those special potty mouths who bring the most creative and colorful language into your life. Cheeky with profanity, this is not your grandparents ' activity book. So strap the f*ck in and tell boredom to eff off!

A Self-Discovery Journal to Drop the Imposter Syndrome and Celebrate Your D*mn Self

F*cking History

You're F#cking Worthless and You F#cking Know It

Get a F*cking Grip

111 Lessons You Should Have Learned in School

A Counterintuitive Approach to Living a Good Life

Heal Your Anxiety, Anger and Depression from the Ground Up!

Warning this Anti self-help book is the extremely EXPLICIT version of "You're Worthless And You Know It". If you can't handle harsh language then buy the clean version. With this book you'll finally be able to find acceptance in what a worthless person you are. "You're F#cking Worthless And You F#cking Know It" is a parody on the popular Self Help genera to become the world's first truly De-Motivational book. This satire will help you identify your personal worthlessness, learn acceptance, and ultimately how to live in harmony with your worthless self. Along the way you'll also be relentlessly insulted. Self-help books would have you imagine yourself as someone who's capable of limitless achievement. Sadly all that does is set you up for limitless disappointment when you fail to achieve anything because of how worthless you are. I want you to be happy as a worthless individual. You're Worthless And You Know It is

a quick read and makes the perfect gift for all the worthless people in your life. Having said that it's small enough to leave under your ex's windshield wiper after you've superglued the door shut and slash the tires (not that I've ever done that or that you could prove it was me or that I'm condoning those specific actions). Author Will Jordan lays out such groundbreaking work because believe it or not he has a history of worthlessness. His writing is to the point, humorous, and informative. You'll hardly notice your self-esteem, confidence, and dignity dropping faster than your I.Q.

This first-ever touch-and-feel book for grown-ups is the perfect interactive and calming gift for any stressed-out adult. Which is every adult. A board book with six touch-and-feel (or smell!) elements that punctuate simple illustrations, this hilarious novelty book provides today's hardworking grown-up different tactile, visual, or smelly ways to, well, calm the f*ck down. Bright, bold images of puppies, blankets, rainbows, sunsets, and more, each complemented with a different texture or interactive element, are designed to give readers moments of quiet respite from the onslaught of real-world angst and responsibilities. Guaranteed to calm anyone from a neurotic New York businessperson to a harried soccer parent to anyone who watches the news, Pet This F*cking Puppy will make people smile long enough to feel a little better.

Wake up and tap into something truly epic - your life!! Always 'keeping it real', this book is a manifesto for personal change, presented with humour and wisdom from one of life's spiritual gangstas. Humorous and wise, gritty and real, Brett Moran is a spiritual gangsta and knows the score about transformation. In Wake the F*ck Up he shares the tools and techniques he's learnt on his journey so you can do the same. Whether you're looking to overhaul your health and energy, achieve your goals, or overcome negative behaviours and patterns, Wake the F*ck Up will show you how to: Tap into the natural highs of life by using meditation and mindfulness to help you overcome negative thoughts and feelings before creating a vision for what you want to achieve. Move from lost to alive by learning how to smash negative habits and re-engineering your energy through healthy lifestyle habits and by creating a positive mind-set. Be successful and happy no matter what life throws at you through simple gratitude practices and living more authentically. Real-life stories throughout will inspire you to think big and achieve even bigger while tough questions will help you overcome beliefs and conditioning that may have been keeping you caught in a life you didn't consciously choose and then help you stay on the right track. When you wake the f*ck up and start living the life you want, every day becomes an epic

adventure. "I'm a big fan of Brett's work. He speaks with an authenticity that inspires you to truly be yourself" Dr David Hailton, bestselling author

*A Goodreads Choice Awards Finalist *Named Best Comedy Book by the African American Literary Awards Show Fans of Issa Rae and Phoebe Robinson will love this collection of laugh-out-loud funny and insightful essays that explore race, feminism, pop culture, and how society reinforces the message that we are nothing without the perfect body. By the time Chloé Hilliard was 12, she wore a size 12—both shoe and dress—and stood over six feet tall. Fitting in was never an option. That didn't stop her from trying. Cursed with a "slow metabolism," "baby weight," and "big bones,"—the fat trilogy—Chloe turned to fad diets, starvation, pills, and workouts, all of which failed. Realizing that everything—from government policies to corporate capitalism—directly impacts our relationship with food and our waistlines, Chloé changed her outlook on herself and hopes others will do the same for themselves. The perfect mix of cultural commentary, conspiracies, and confessions, F*ck Your Diet pokes fun at the all too familiar, misguided quest for better health, permanent weight loss, and a sense of self-worth.

Tasty as F*ck

The Most Explicit Anti Self-Help Book Ever

Irreverent (and Slightly Vulgar) Activities for Adults

And Other Things My Thighs Tell Me

A Novel

Watch Your F*cking Language

How am I doing? I'm fan-fucking-tastic of course! I've always been an optimistic person. That optimism has led me to countless both personal and professional that have given me more success than I had ever dreamed of. Through the years I have accumulated wisdom that serve me each and every day. This simple book contains some of that wisdom in hopes of helping YOU create a abundant life - a life that is fan-fucking-tastic! Each time you pick up this book, something new may resonate and help you in your life that needs a little something. Be sure and keep it close by for those days you need it

In the English language, swearing is essential to effective communication. In this hilarious and illuminating guide, you will learn it - no f*cking problem. Whether you want to succeed in business, school, or social circles, a strong command of vocabulary is necessary. Just imagine a stranger to our shores, trying to comprehend the following conversation: John: Mary, would you like to go to the opera this evening? Mary: F*cking-A. should I wear my black dress? John: Why the f*ck not? Mary: F*cked if I know-Oh, f*ck! I forgot to remember. It got f*cked up in the wash. John: Well, f*ck the opera. Let's stay home and f*ck. Mary: Good f*cking idea. English F*cking Language (ESF*L) is the perfect way for nonnative speakers to learn the basics of swearing. At the same time, it also

speakers a wide variety of twists and new refinements. Page after page, ESF*L provides a smorgasbord of swearing synonyms to boost your vocabulary-everything from the conventional d*mn and sh*t to a host of more inventive terms that would make a blush. And when you're finished reading, our Final F*cking Exam is the perfect test of your swearing skills. You'll be surprised at what you've learned! "Great f*cking book!" —Stephen King

If you've been looking for a kick up the backside to finally launch that business, start a new project you've been putting off or just want to be awesome, this book is for you. So, if you are sick of the usual guru bullsh*t advice, and want to make your life truly awesome, this book from cover to cover, and do every single thing Dan says.

'NOOR HIBBERT IS A FORCE OF NATURE AND HER BOOK IS A CANDID, NO-BULLSH*T BLUEPRINT FOR LIVING YOUR MOST AMAZING LIFE. INVIGORATING AND INSPIRING!' Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Giving a F*ck 'A ROUSING GUIDE ON HOW TO BUILD MOMENTUM TOWARDS YOUR GOALS, QUASH YOUR INNER DOUBTS AND CHARGE AT WHAT YOU REALLY WANT' , RED Magazine JUST F*CKING DO IT will take you on a mind-altering journey of self discovery and personal transformation using an approach which combines psychological rigour with spiritual power - helping you to become the best version of yourself and create a life of happiness and abundance. True personal development can only be achieved by changing your mindset and interact with the world. This book, by the creator of the hit 'Think It, Get It' podcast, will demonstrate that, alongside practical steps to improve your life, you have the power to multiply your success and happiness by harnessing the Law of Attraction. No matter what obstacles you face, this book will show you how to stop thinking small, make positive changes and live the life you deserve.

Bucky F*cking Dent

I'm Still F*cking Bored

A Self-Care Journal to Help You Ditch the Face Masks, Quit the Bullsh*t, and Actually Feel F*cking Better

A Free Introduction to Wake the F#ck Up

F*ck It, I'll Start Tomorrow

The Book of F*cking Hilarious Internet Memes

How to Be F*cking Awesome

WHAT THE HECK IS AN INTERNET MEME? Meme (pronounced meem): An idea, belief or element of social behavior spread that is transmitted from one person or group of people to another. This word was coined in the '70s by Richard Dawkins, the atheist godman worshipped by neckbeards everywhere. Simply put, Internet memes are memes that spread on the Internet through social networking sites, blogs, email, news sources, and so on. In the real world they're called "ideas," but pseudo-intellectuals prefer "memes." **WHERE DO INTERNET MEMES COME FROM? Amongst all the stupid crap on the Internet are hilarious gems of wit and wisdom. Most of the best memes start as images shared on the Web and, by some great misfortune, they find their way into the lecherous hands of drunken basement trolls who mutate these images into the hilarious, the lame, and sometimes the downright bizarre. WHAT IS THIS BOOK? This book will take you on a bizarre journey through the bilges of the Internet and introduce you to 23 of its funniest and most popular memes, complete with a sh*tload of images that might just make you wet your panties. "On this**

*journey you will share lulz with unsavory characters like..." "Foul Bachelor Frog" "Socially Awkward Penguin" "Paranoid Parrot" "Courage Wolf" "Advice God" "Joseph Ducreux" "Hipster Kitty" "Inglip" "Successful Black Man" "Forever Alone" "Bill O'Reilly" "And more..." Scroll up and click the "Buy" button now to laugh your a** off at the twisted hive mind of the Internet underworld..." "Emily Dubberley is a refreshing and thorough coach, taking students by the hand and various other parts of their anatomy in this most crucial area of human interaction. The Field Guide to F*CKING is a valuable new take on the subject, giving life lessons in life-making (if you're not careful about it). So many treatises of this kind are dreary and dull but this has a wit and sparkle to keep the reader, ahem - eager student, happily at his or her education. It reminds one of the Survivor's Guide series, actually brimming with facts and unusual 'I never knew that's', but a rollicking fun read too, to keep you riveted."—Robert Page, Member AASECT, SSSS, WAS and BASE, and Creator and Producer of the award winning Lovers' Guide, the world's number one brand for sex and relationships "In these liberated times, we students of the wonderful subject of Sex might think we know it all. But if we want to gain true mastery of our subject we will want to not only hone our practical skills, but also need be totally au fait with the underpinning of theory - to know about the latest research, explore new understandings, and benefit from the plethora of studies that have been done on the topic in recent years. It can seem a daunting task - but sexpert Emily Dubberley has made that task easy and enjoyable. In her new book The Field Guide to F*CKING, she uses the 'study guide' model to pack in the facts, expose the fictions and tell us absolutely everything we need to know about our special topic. Every page contains not only full coverage of the basics, but a whole heap of little-known facts, new insights and inspirational suggestions. And all this done it in such a humorous way that one is left smiling while all the time learning. Thought you'd seen it all with sex manuals? Well, now you have!"—Susan Quilliam, coauthor of The Joy of Sex, published by Octopus Field guides to birds, bees, and trees abound. However, until now, there has been no handy reference to the wildest creature of all (the horny human) in his natural habitat (the bedroom). The Field Guide to F*CKING is a hilarious encyclopedia that shows how to identify physical characteristics and bizarre seduction rituals of the creatures that are likely to be encountered during sexual forays. Hey, even members of the same species can have anatomical differences, right? What does one do when encountering a mushroom-headed penis or a hooded clit? Each entry cross-references which techniques for fucking go best with each genital size, shape, and quirk. For example, if you run across a large, thick penis, avoid positions where the female's legs are over her head—unless she doesn't mind having her cervix bumped. The Field Guide to F*CKING teaches you how to map out your partner's primary erogenous zones and decode sexual signals based on body language, kissing, and touch techniques. Sex has attracted many adventurers in search of its oft-elusive pleasures. The Field Guide to F*CKING is your indispensable guide to navigating the rocky terrain of mating and seduction with ease. Let the squeamish beware! Watch Your F*cking Language takes a no-holds-barred approach to taboo words and expressions. It shows you how to use them to your advantage -- and have fun doing so. Building on the lessons learned in English as a Second F*cking Language, this book emphasizes traditional English swears as well as powerful (and hidden) expressions from other cultures and languages. Through numerous examples, it puts the real language of real people into context: FLOYD: I just heard a Dan Quayle speech. It was really f*cking confusing. RUBY: I just got back from a Mongolian cluster f*ck. It was really confusing f*cking. The name of the game is communication, and Watch Your F*cking Language shows readers how to hammer home their messages with confidence and gusto. Among its features: *Numerous examples of proper (and so-called improper) usage *An*

Idioms section that emphasizes the niceties of swearing *A "Need to Know, "Nice to Know," and "Forget It" system for identifying swear words *A Final F*cking Exam

This is an emotional toolkit that will help you unlock your emotional power, called F.I.S.T. (Feel-Identify-Separate-True Self). To understand the F.I.S.T. process first know that "problems bring feelings in us that existed before the problem ever happened." Your first goal is to IDENTIFY your FEELINGS, which remember are never true, but you are just pulling out the weeds so they don't overtake your yard. After you SEPARATE from what does not belong to you can honor the power of your true self.

F*ck I'm Bored! #2 Activity Book for Adults

The Best F*cking Activity Book Ever

And Other Rituals to Fix Your Life, from Someone Who's Been There

English as a Second F*cking Language

A Guide to Sex, Love, and Life

Just F*cking Do It

You Are a F*cking Awesome Mom

A wittily informative field guide to the deadliest animals on Earth from "AnimalTok" star @mndiaye_97 Ever wonder how to tell if a moose is about to subtract you? Curious why you should be terrified of cassowaries, the "velociraptor that time forgot?" Questioning whether that cute baby hippo is actually a homicidal maniac in the making? Yea, so was Mamadou Ndiaye . . . and now he's got your answers. 100 Animals That Can F*cking End You is the ultimate countdown to merk by animal, featuring everything from tiny bugs that can turn you into a hashtag to animals so massive they can murder you by accident. These include: • The massive Southern elephant seal, which "is built like a truck with the personality of a Spring Break frat boy" • Sperm whales with a call so strong it can vibrate you to death • A golf-ball-sized octopus that can erase twenty-six people with one bite • Hyenas, which have no qualms eating their prey while it is still alive • A snake so quick it can strike you three times before you blink You'll learn not only which animals to avoid, but which ones can beat you in a footrace, which ones create surprisingly high body counts, and which ones will give you a good reason never to venture into the ocean. Mamadou also offers the occasional survival tip, even if it is just to make peace with your higher power. This dynamic, fact-filled, occasionally disturbing book is perfect for animal lovers and anyone perplexed by the natural world.

"Total F*cking Godhead brings Chris Cornell, the voice of a generation, alive on the page. Impressively researched and compulsively readable, Godhead pulls no punches in recounting Cornell's remarkable life and prolific career. It's an inspired chronicle of an impassioned soul. Read it!" —Greg Renoff, author of Van Halen Rising With input from those who knew and worked with him—together with his own words—Total F*cking Godhead recounts the rise of Chris Cornell and his immortal band Soundgarden as they emerged from the 1980s post-punk underground to dominate popular culture in the '90s alongside Pearl Jam, Alice In Chains, and Nirvana. "From his days as a struggling Seattle musician at the forefront of the grunge scene to becoming a global icon, Total F*cking Godhead thoroughly chronicles the life story and prolific output of one of the greatest and most influential singers of all time. You will discover the man and his music all

over again.” —David de Sola, author of *Alice in Chains: The Untold Story* Seattle resident and rock writer Corbin Reiff also examines Cornell’s dynamic solo career as well as his time in Audioslave. He delves into his hard-fought battle with addiction, and the supercharged reunion with the band that made him famous before everything came to a shocking end. “For those of us still trying to sort out the tragedy of Chris Cornell's death comes this loving look back at the man's life and music. I wrote my own book about grunge, and I still learned a lot from this excellent biography.” —Mark Yarm, author of *Everybody Loves Our Town: An Oral History of Grunge*

From the author of the international best seller *GO THE FUCK TO SLEEP* comes a book about the other great parental frustration: getting your little angel to eat something that even vaguely resembles a normal meal. Profane, loving and deeply cathartic, *You Have to Fucking Eat* breaks the code of child-rearing silence, giving mums and dads new, old, grand- and expectant a much-needed chance to laugh about a universal problem. You probably shouldn't read it to your children. #1 New York Times Bestseller Over 10 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we’ve been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let’s be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn’t sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F**k* is his antidote to the coddling, let’s-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—“not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault.” Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F**k* is a refreshing slap for a generation to help them lead contented, grounded lives.

All the F*cking Mistakes

The Hidden Power of F*cking Up

So Embrace the Chaos, Get Over the Guilt, and Be True to You

Practical Advice on How to Stop Sucking at Life and Start Being Fan-F*cking-tastic!

How to swear effectively, explained in explicit detail and enhanced by numerous examples taken from everyday life

Swear Astrology for You and Me