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Ck Yourself Get

Out Of Your Head

And Into Your Life

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Out Of Your
Head And
Into Your
Life***

A New York Times
Bestseller From Dr.
Phil show regular

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And Into Your Life

and author of the
New York Times
bestselling Best
Self: Be You, Only
Better, a plan for
taking immediate
steps to improving
your life Foreword
by Dr. Phil McGraw
It is estimated that
we make 35,000
decisions every day.

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Right now, at least one decision we make will have a powerful ripple effect across all aspects of our life. But One Decision isn't about taking one overwhelming big step; it's about starting with a single, important

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choice we can make every day: the decision to be authentic. It is the decision to know who you are, to be who you are, and express yourself authentically.

Whether you find yourself up against a new challenge,

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deciding on a
change in direction,
or in need of a total
reinvention, Coach
Mike has created a
powerful blueprint
to help you connect
with your
authenticity so that
your life reflects
who you truly are.
With the tools in

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this book, you can transform what the obstacles in your life into new opportunities. He shows you how to stop constantly overthinking the "big" decisions and reconnect with your gut instincts and make all of your

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decisions with
confidence and
peace of mind. And,
this book helps you
navigate the forces
that routinely drive
your decision
making, ensuring
that you're
motivated by facts
instead of fears,
clarity over

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confusion, and
evidence over
emotion. One
Decision is an
inspiring and
practical action plan
to help you improve
your life, find your
purpose, improve
your mental health
and relationships,
work on your

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physical health, and
even make more

money. Drawing on

twenty years of

experience helping

individuals from all

walks of life make

real and lasting

change, Coach

Mike has a

refreshing approach

for motivating you

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to take a risk, be bold, and take real action toward a

better life. A

PENGUIN LIFE

TITLE

A raw and inspiring how-to guide that will help you

recommit to your life, find your drive, and take action to

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And Into Your Life
stay bold, honest,
and accountable for
lasting happiness.

"If it's time to make
a bold and

courageous shift in
your life, Stop

Living on Autopilot
is the guide you

need."--Marie

Forleo, #1 New
York Times

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And Into Your Life

bestselling author of
Everything Is

Figureoutable Take

stock of your life:

Based on your last

30 days of work (or

marriage, or

parenting), would

your company

rehire you? Would

your partner

immediately

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recommit to you?

And Into Your Life

Would your

children want you to

continue to be their

parent? The easy

answer is,

"Absolutely!" But

it's probably not the

honest answer. Your

life might read like

a success story, and

your parents and

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friends might even think you have it all figured out, but you have a secret:

You've stopped caring about much of anything. You feel out of place in your own life. You'd rather binge-watch Netflix than think about what's next.

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You're living on
autopilot. You have
two choices:

Experience a slow
self-destruction, or
commit to a course
correction. The
good news is, it's
never too late to find
your drive again.

Popular speaker
and success coach

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Antonio Neves is here to offer hard-won lessons and remind you that you do have a say--that you can reboot your life and find fulfillment right where you are. You don't have to quit your job or move to Bali to follow your

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passion. You do,
however, need to
shift your
perspective and
commit to living
courageously,
replacing passivity
with boldness. Stop
Living on Autopilot
will guide you to
confront hard truths
about where you are

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and how you got there, inviting compassion, honesty, and accountability.

There's no better time than now to reevaluate your life and lay a stronger foundation for your next 30 days. Step by step, you can

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And Into Your Life
become an active
player in your own

life and rediscover
what makes you
great.

Unfu*k Yourself:

Get Out of Your

Head and Into Your

Life is Gary John

Bishop's first book,

published in 2016.

Bishop is a personal

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development expert
and this book came
as a result of years
of experience,
traveling, meeting
various people from
all walks of life.

Many people spend
a lot of their time in
their heads, often
wasting time on
negative and

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unproductive

thoughts, instead of focusing on the very life they live.

Recognizing this as one of the greatest problems for finding motivation and achieving success, Bishop presented seven personal assertions that can

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change that
standstill,
explaining them
with bits of
philosophy and vivid
examples. First
chapter gets the
reader into the
subject and talks
about the power of
thoughts and the
language we use

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while speaking to ourselves. Chapters two through eight are dedicated to the personal assertions:

"I Am Willing", "I Am Wired to Win", "I Got This", "I Embrace the Uncertainty", "I Am Not My Thoughts; I Am

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What I Do", "I Am Relentless" and "I Expect Nothing and Accept Everything". Each chapter goes into great detail what lies behind the given assertion and how can it influence the willingness to take action and do the things that will

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bring achievement
and success in life.

The final chapter
presents an
overview of the
entire book,
conclusions and
final advices from
the author. Looking
at these personal
assertions, you
might think "This is

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And Into Your Life
yet another typical
self-help book".

You would be
somewhat right,
because those ideas
are not new, but on
the other hand,
Bishop's direct, no
bullsh*t attitude
gives the book its
special flavor.

Bishop dabbles the

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ideas already presented in many self-help books, but offers a more pragmatic and gritty perspective which makes this book stand out from the others in the same genre.

The New York Times bestseller

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from the author of
The Life-Changing
Magic of Not Giving
a F*ck and You Do
You. The no-f*cks-
given, no-holds-
barred guide to
living your best life.
Ever find yourself
stuck at the office-
or even just glued to
the couch -- when

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you really want to
get out (for once),
get to the gym (at
last), and get started
on that "someday"
project you're
always putting off?
It's time to get your
sh*t together. In
The Life-Changing
Magic of Not Giving
a F*ck, "anti-guru"

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Sarah Knight introduced readers to the joys of mental decluttering . This book takes you one step further -- organizing the f*cks you want and need to give, and cutting through the bullsh*t cycle of self-sabotage to get

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happy and stay that way. You'll

discover: The Power of Negative

Thinking Three

simple tools for

getting your sh*t

together How to

spend less and save

more Ways to

manage anxiety,

avoid avoidance,

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Out Of Your Head

and conquer your
fear of failure And

tons of other

awesome sh*t!

Praise for Sarah

Knight: "Genius."

-- Cosmopolitan

"Self-help to swear

by." -- The Boston

Globe "Hilarious...

truly practical." --

Booklist

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And Into Your Life

Most new business owners, particularly the creative types, don't get into entrepreneurship so they can play lawyer and accountant. For most, these are the most stressful and boring areas.

Unf*ck Your Biz

doesn't promise to

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make you an
overnight legal
scholar and tax
aficionado, but what
it does do is break
down the most
frequently asked
questions in easy to
understand ways.

This book will
provide you with a
five-step framework

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to stay out of - or
remedy - back tax

issues, in addition to
helping you shore
up the legal

foundations of your
business. Now you
could outsource this
all, but at the end of
the day, you are the
CEO of your own
biz. You need to

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know the basics to
audit the work,
know the numbers,
and build the
business of your
dreams. Unf*ck
Your Biz teaches a
five-step framework.
The book will teach
you key legal and
tax concepts in step
1 like how much

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you should be saving for quarterly taxes. Step 2 covers back taxes and business formation mistakes and how to fix them. Step 3 helps you properly form or reform your business through LLC and s corp structures. Step 4

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touches on cash
flow management

and automating tax
savings, and Step 5

dives into the
remaining legal and
tax legalities like
bookkeeping and
contracts.

The First Step to a
Better Life

Unf*ck Yourself

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And Into Your Life
The Subtle Art of
Not Giving a F*ck:

A Counterintuitive
Approach to Living
a Good Life

Unfuck Your
Boundaries

Get Your Sh*t
Together

Change Your Brain
to Break Bad
Habits, Overcome

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Addictions, Conquer

Self-Destructive

Behavior

Make More Money,

Get in Better Shape,

Create Epic

Relationships and

Control Your Life!

The perfect gag

gift for anyone who

appreciates a little

toilet humor! Don't

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let number 2 stop
you from being
number 1 on the
job. Face the facts.
You poop every
day-more or less-
but making a
misstep when
you've got to go at
the office could
land you in some
serious doo-doo.

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How to Poo at

Work is the

ultimate guide to

handling a range

of potentially

awkward

situations,

including what to

do when: • The

boss is in the next

stall • The toilet

gets clogged • A

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colleague follows
you into the
bathroom •

There's no toilet
paper Flush with
useful diagrams,
this handy book
can save your
career from going
down the toilet.

Overcome
negative thought

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patterns, reduce stress, and live a worry-free life.

Overthinking is the biggest cause of unhappiness.

Don't get stuck in a never-ending thought loop. Stay present and keep your mind off things that don't

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matter, and never
will. Break free of
your self-imposed
mental prison.

Stop Overthinking
is a book that
understands
where you've
been through, the
exhausting
situation you've
put yourself into,

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And Into Your Life

and how you lose
your mind in the

trap of anxiety and
stress. Acclaimed

author Nick

Trenton will walk

you through the

obstacles with

detailed and

proven techniques

to help you rewire

your brain, control

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Out Of Your Head

And Into Your Life

your thoughts, and
change your
mental habits.

What's more, the
book will provide
you scientific
approaches to
completely change
the way you think
and feel about
yourself by ending
the vicious thought

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patterns. Stop
agonizing over the
past and trying to
predict the future.
Nick Trenton grew
up in rural Illinois
and is quite literally
a farm boy. His
best friend growing
up was his trusty
companion
Leonard the

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dachshund. RIP
Leonard.

Eventually, he
made it off the
farm and obtained
a BS in
Economics,
followed by an MA
in Behavioral
Psychology.
Powerful ways to
stop ruminating

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and dwelling on
negative thoughts.

-How to be aware
of your negative
spiral triggers

-Identify and
recognize your
inner anxieties

-How to keep the
focus on relaxation
and action -Proven
methods to

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overcome stress

attacks -Learn to

declutter your mind

and find focus

Unleash your

unlimited potential

and start living.

Have you ever felt

like a hamster on a

wheel, furiously

churning your way

through life but

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somehow going
nowhere? Like the
happiness you
seek, the
relationship you
crave or the career
you've always
wanted are
constantly out of
reach? If the
answer to these
questions is yes,

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then you are a
victim of your own
self-doubt. And
now is the time for
you to unf*ck
yourself. This is not
the usual self-help
book. This is blunt
force trauma to the
way you think life
has to be for you.
Most importantly, it

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is designed to give you an authentic leg up - one that feels genuine and right for you, and can propel you to new levels of greatness. It will teach you not to look to the outside world for answers, but inside yourself.

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You will learn how to take full responsibility of your life, the highs and the lows, and you'll actually feel good about it - no, in fact, you'll feel f*cking great about it!

The #1 New York Times bestseller.

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Over 4 million
copies sold! Tiny
Changes,
Remarkable
Results No matter
your goals, Atomic
Habits offers a
proven framework
for
improving--every
day. James Clear,
one of the world's

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leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having

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trouble changing
your habits, the
problem isn't you.
The problem is
your system. Bad
habits repeat
themselves again
and again not
because you don't
want to change,
but because you
have the wrong

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system for change.
You do not rise to
the level of your
goals. You fall to
the level of your
systems. Here,
you'll get a proven
system that can
take you to new
heights. Clear is
known for his
ability to distill

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complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide

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for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders,

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life-saving
physicians, and
star comedians
who have used the
science of small
habits to master
their craft and
vault to the top of
their field. Learn
how to: • make
time for new habits
(even when life

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gets crazy); •
overcome a lack of
motivation and
willpower; • design
your environment
to make success
easier; • get back
on track when you
fall off course;
...and much more.
Atomic Habits will
reshape the way

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you think about
progress and
success, and give
you the tools and
strategies you
need to transform
your
habits--whether
you are a team
looking to win a
championship, an
organization

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hoping to redefine
an industry, or

simply an

individual who

wishes to quit

smoking, lose

weight, reduce

stress, or achieve

any other goal.

Award-winning

clinical

psychologist and

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TV personality Dr. Judy Ho helps you stop the cycle of self-sabotage, clear a path to lasting happiness, and start living your best life in this a must-have guide perfect for fans of You Are a Badass, Unf*ck

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Yourself, and How
to Stop Feeling

Like Sh*t. Have

you ever had a

deadline for a big

work project, only

to find yourself

down to the wire

because you spent

too much time on

social media? Or

gotten excited

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about meeting
someone new,
only to convince
yourself he isn't
really interested?
How many
Januarys have you
resolved that this
is the year you're
finally going to
lose the weight,
only to abandon

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your diet in just a few weeks? If

these scenarios

sound familiar, you

are stuck in a cycle

of self-sabotage.

At one point or

another, we've all

done something

that undermines

our best interests

and intentions.

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Even the most successful people get in their own way—often without realizing it. In *Stop Self-Sabotage*, licensed clinical psychologist, tenured professor, and television personality Dr. Judy Ho takes a

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fresh look at self-sabotage to help us answer two vital questions: Why do we do it? How do we stop?

Combining therapeutically proven strategies with practical tools and self-assessments, Dr.

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Judy teaches you how to identify your triggers, modify your thoughts and behaviors, find your true motivation, and unlock your willpower to stop this vicious cycle in its tracks. Practical

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and
And Into Your Life

transformative,

Stop Self-

Sabotage is your

ultimate guide to

jumpstart lasting,

positive change

and start living the

life you want.

IT'S ALL IN YOUR

HEAD

Summary: Unf*ck

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Yourself
And Into Your Life

Easyread Large
Bold Edition
Build Better
Relationships
through Consent,
Communication,
and Expressing
Your Needs
Six Steps to
Unlock Your True
Motivation,

File Type PDF Unf
Ck Yourself Get
Out Of Your Head
And Into Your Life
Harness Your
Willpower, and Get
Out of Your Own
Way
Unf*ck Your
Habitat
Get Out of Your
Head and into
Your Life

*This is a Journal,
Planner and Notebook
For Your Best Ideas*

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*daily, weekly or as often
as you wish. There is
plenty of space to write
as much as you want,
whenever you want.*

*Start jotting down your
ideas, big and small,
and make your goals
and dreams come true.*

*If you want to increase
the positive effects, get a
copy for a friend and
share to inspire each
other.*

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*Christmas Gift for
female employee,
coworker or friend.*

*Makes a great employee
appreciation gifts for
women. page (s): 100*

*Lined Dimensions: 6" x
9". Custom Designed
Glossy Cover. Click on
Awesome Notebooks
(Author) for more
awesome gifts.*

*The only self-help book
you'll ever need, from a*

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*psychiatrist and his
comedy writer daughter,
who will help you put
aside your unrealistic
wishes, stop trying to
change things you can't
change, and do the best
with what you can
control—the first steps to
managing all of life's
impossible problems.
Need to stop screwing
up? Feel like you're
under a loser's curse?*

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*Work with an ass? Want to clear your name or get justice, rescue an addicted person, get closure after childhood abuse, get a lover to commit, not ruin your kid? Although other self-help books claim to reveal the path to happiness, F*ck Feelings warns that convincing yourself that there is such a path will*

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actually lead you to feel like a true failure. What the Bennetts can promise you is that you can manage any situation life throws at you if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior, and do what you think is right. Life is hard. It's not fair. Our

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*feelings cloud our
rationality, and we
become tangled in our
efforts to achieve the
impossible or change
the unchangeable. In
this groundbreaking,
entirely sensible, and
funny book, the Bennetts
open the shrinks' secret
solution manual and
show you how to find a
new kind of freedom by
working toward realistic*

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goals and doing the best with what you can

control. They address the most common

problems Dr. Bennett's

patients bring to his

private

practice—problems with

family, love, work, self-

esteem, garden variety

assholes, and more—and

give you a script for

going forward. With no-

bullshit advice from a

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*Harvard-educated
shrink freed of all
jargon and
patronization by his
smart-ass, comedy
writer daughter, F*ck
Feelings is the cut-to-
the-chase therapy
session you've been
looking for.*

*"The perfect
housekeeping guide for
somebody who is
overwhelmed with their*

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Out Of Your Head
*mess and can't figure
out how to start."*

*–Lifehacker "An
accessible guide on how
to clean for normal
people." –Livestrong "It
actually changed my life
and my home; I'm
serious." –Book Riot
Finally, a housekeeping
and organizational
system developed for
those of us who'd
describe our current*

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*living situation as a
“f*cking mess” that
we're desperate to fix.
Unf*ck Your Habitat is
for anyone who has
been left behind by
traditional aspirational
systems. The ones that
ignore single people
with full-time jobs;
people without kids but
living with roommates;
and people with mental
illnesses or physical*

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limitations. Most organizational books are aimed at traditional homemakers, DIYers, and people who seem to have unimaginable amounts of free time. They assume we all iron our sheets, have linen napkins to match our table runners, and can keep plants alive for longer than a week. Basically, they ignore

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*most of us living here in
the real world!*

*Interspersed with lists
and challenges, this
practical, no-nonsense
advice relies on a 20/10
system (20 minutes of
cleaning followed by a
10-minute break; no
marathon cleaning
allowed) to help you
develop lifelong habits.
It motivates you to
embrace a new lifestyle*

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*in manageable sections
so you can actually start*

applying the tactics as

you progress. For

everyone stuck between

The Life-Changing

Magic of Tidying Up

and Adulting, this

philosophy is more

realistic than

aspirational, but the

goal is the same: not

everyone will have a

showcase of a home, but

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Out Of Your Head

And Into Your Life

*whatever your habitat,
you deserve for it to
bring you happiness, not
stress.*

*PLEASE NOTE: This is
a key takeaways and
analysis of the book and
NOT the original book.
Start Publishing Notes'
Summary, Analysis, and
Review of Gary John
Bishop's Unf*ck
Yourself: Get Out of
Your Head and Into*

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*Your Life includes a summary of the book, review, analysis & key takeaways, and detailed "About the Author" section. PREVIEW: Gary John Bishop's Unf*ck Yourself is a self-help book that provides coaching and strategies for achieving life goals. In particular, it advises discipline and an end to negative self-talk. You*

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spend a huge amount of time everyday talking to yourself. The kind of thoughts you direct at yourself can have a powerful effect on your attitude and how you perceive the world.

Positive self-talk increases happiness and productivity; negative self-talk reduces both.

You cannot change the external world, but you

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*can control your own
thoughts and attitudes.*

*Anxiety is natural. Calm
is learned. If you didn't
learn yesterday, you can
learn today. It's not
easy, of course. Once
your natural alarm
system is triggered, it's
hard to find the off
switch. Indeed, you
don't have an off switch
until you build one.*

Tame Your Anxiety

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shows you how. Readers learn about the brain chemicals that make us feel threatened and the chemicals that make us feel safe. You'll see how your brain turns on these chemicals with neural pathways built from past experience, and, most important, you discover your power to build new pathways, to enjoy more happy

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chemicals, and reduce threat chemicals. This book does not tell you to imagine yourself on a tropical beach. That's the last thing you want when you feel like a lion is chasing you. Instead, you will learn to ask your inner mammal what it wants and how you can get it. Each time you step toward meeting a survival need,

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you build the neural pathways that expect your needs to be met. You don't have to wait for a perfect world to feel good. You can feel good right now. The exercises in this book help you build a self-soothing circuit in steps so small that anyone can do it. Once you learn how it's done, and how it can help ease

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your anxiety, you will learn how to handle situations in which you feel threatened or anxious. Understanding the underlying mechanisms will help you stop them before they get ahead of you.

*Unf*ck Yourself - Get Out of Your Head and Into Your Life by Gary John Bishop*

Atomic Habits

Page 96/297

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Pleasure Activism

*Love Unfu*ked*

How to Change Your

Mind for Good in 21

Days

Rewire

Five Pillars of the

Freedom Lifestyle: How

to Escape Your Comfort

Zone of Misery

Unfu*k

Yourself Get Out

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And Into Your Life

and into Your
Life HarperCollin

s

How do we
make social
justice the most
pleasurable
human

experience?

How can we
awaken within
ourselves

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desires that
make it
impossible to
settle for
anything less
than a fulfilling
life? Editor
adrienne maree
brown finds the
answer in
something she
calls "Pleasure

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Activism," a
politics of
healing and
happiness that
explodes the
dour myth that
changing the
world is just
another form of
work. Drawing
on the black
feminist

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tradition,
including Audre
Lourde's
invitation to use
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Cade Bambara's
exhortation that
we make the
revolution
irresistible, the
contributors to

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this volume take up the challenge to rethink the ground rules of activism. Writers including Cara Page of the Astraea Lesbian Foundation For Justice, Sonya Renee Taylor, founder of This

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Body Is Not an
Apology, and
author Alexis
Pauline Gumbs
cover a wide
array of
subjects—from
sex work to
climate change,
from race and
gender to sex
and drugs—they

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create new
narratives about
how politics can
feel good and
how what feels
good always has
a complex
politics of its
own. Building on
the success of
her popular
Emergent

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Strategy, brown
launches a new
series of the
same name with
this volume,
bringing readers
books that
explore
experimental,
expansive, and
innovative ways
to meet the

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challenges that
face our world
today. Books
that find the
opportunity in
every crisis!

"The funny,
defiant memoir
of Sarah

Ramey's years-
long battle with
a mysterious

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illness that
doctors thought
was all in her
head--but
wasn't. A
revelation and
an inspiration
for millions of
women whose
legitimate
health
complaints are

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ignored. In her darkly funny and courageous memoir, Sarah Ramey recounts the decade-long saga of how a seemingly minor illness in her senior year of college turned into a prolonged

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and elusive condition that destroyed her health but that doctors couldn't diagnose or treat. Worse, as they failed to cure her, they hinted that her problems were all in her head.

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The Lady's
Handbook for
Her Mysterious
Illness is a
memoir with a
mission: to help
the millions of
(mostly) women
who suffer from
unnamed or
misunderstood
conditions:

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autoimmune illnesses like fibromyalgia and chronic fatigue syndrome, chronic Lyme disease, chronic pain, and many more. Sarah's pursuit of a diagnosis and cure for her own

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mysterious
illness becomes
a page-turning
medical mystery
that reveals a
newly emerging
understanding
of modern
illnesses as
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nature. Her book
will open eyes,

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change lives,
and ultimately
change

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Do you go

through life

experiencing a

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of the blahs, or

struggle with the

constant feeling

you're destined

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for more- only
you don't know
what that
"more" is? Or
perhaps you feel
stuck in a job
that is less than
fulfilling and
doesn't allow
you to fully
invest in your
relationships

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and your self-care? If so, international coach and speaker Curt Mercadante wrote this book for you. In *The Five Pillars of the Freedom Lifestyle*, Curt lays out the

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reasons so

many

individuals are

trapped in what

Henry David

Thoreau called a

life of "quiet

desperation"

and provides the

antidote in the

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pillars of the

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freedom
lifestyle. You'll
learn how to
design your
lifestyle, make
better career
decisions, level
up your
relationships,
and improve
your mental and
physical health

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by unleashing
your

superpowers,
crafting a clear
life vision,
aligning your
life, defining key
outcomes every
day, and living
in a state of
flow.

For a scientist

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similar to the
way you are

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contacting this material. For example, several studies evaluated the impact of short passages drawn nearly word for word from ACT materials (very similar to what you've read)

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that were recorded on audiotape, read aloud by a research assistant, or were presented to the participants to read. Typically, these studies focused on the

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ability of participants to tolerate distress of various kinds, such as gas-induced panic-like symptoms, extreme cold, extreme heat, or electric shock. A few studies looked at the

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distress
produced by
difficult or
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relevant anxiety.
Some were done
with patients,
others with
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populations. The

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specific ACT
components
that have been
examined so far
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and values. The
techniques
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exercises,

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metaphors, and
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including several
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metaphor, the

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Chinese finger trap metaphor, and so forth).

Thus, it seems fair to say that it is known that at least some of what you've read can be helpful at least some of the time outside of

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the context of a
therapeutic
relationship,
when presented
in a form similar
to the form in
which you have
contacted this
material.

Summary

Get Out of Your

Own Way

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Stop Saying

You're Fine

Overcoming Self-

Defeating

Behavior

Get Out of Your

Head and Into

Your Life

How to Stop

Feeling Like Sh*t

Life Leverage

You are just

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*one small step
away from the
life you know
you deserve.*

*It's time to
leverage your
life. Life*

*Leverage means
taking control
of your life,
easily*

balancing your

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*work and free
time, making
the most money
with the
minimum time
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living a
happier and
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successful
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Rob Moore's

remarkable

Life Leverage

model, you'll

quickly banish

& outsource

all your

confusion,

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and stress &

live your

ideal,

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*globally
mobile life,
doing more of
what you love
on your own
terms. Learn
how to: - Live
a life of
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passion &*

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*profession -
Make money &
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banishing work
unhappiness -
Use the fast-
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the new tech-
rich -
Maximise the*

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time you have;

don't waste a

moment by

outsourcing

everything -

Leverage all

the things in

your life that

don't make you

feel alive

'This book

shows you how

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*to get more
done, faster
and easier
than you ever
thought*

possible. A

great book

that will

change your

life'. Brian

Tracy,

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author of *Eat*
And Into Your Life

That Frog

Nothing is

exempt from

the power of

guidance that

Gary offers in

this book.

Divorce, loss,

failure,

burden,

health...

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*There is no
circumstance
or concern
that won't be
affected and
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Within the
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*find the power
you've given
away and use
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the veil that
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find yourself*

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helping the
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Summary:

Unf*ck

*Yourself - Get
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Head and Into

Your Life by

Gary John

Bishop with

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*offers an in-
depth look*

into the

popular novel

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*Bishop "Unf*ck*

Yourself" so

you can

appreciate the

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contains many

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*ately! *note:*

*This is an
unofficial
companion book
to Gary John
Bishop's
popular novel
"Unf*ck
Yourself"- it
is meant to
enhance your
reading*

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experience and
is not the

original

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Yourself: Get

Out of Your

Head and into

Your Life by

Gary John

Bishop was

published in

October 2016.

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*It includes
nine chapters,
talking about
seven personal
assertions
that inspire
the reader to
take action
and change his
life for the
better. The
book is*

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*written in an
easy-going,
but direct, no-
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*style. Bishop
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*their life for
the better. The*

book contains

an abundance

of very direct

advices and

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Bishop took

the basic

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*offered a more
down-to-earth
and realistic
approach.*

*Bishop doesn't
present
anything new
or
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outlook and
direct style*

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make this read
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*refreshing. He
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*the realm of
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*action. This
book is not
for the faint
of heart - it
is for those
who are brave
enough to face
themselves and
are willing to*

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make a real

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The Subtle Art

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*Approach to
Living A Good
Life by Mark
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) Many of us

are bombarded

by society's

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telling us who

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*f**kworthy."* –
Mark Manson

*Many a times,
we are
hesitant to
reject
requests from
others and
often end up
in a situation
that we never
wanted to be*

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*in the first
place, helping
other people
at the expense
of ourselves.*

*The Subtle Art
of Not Giving
a F**k reminds
us that we all
have choices,
and we must
choose what we*

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*want to care
about. Death
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choose how we
want to spend
it; on
f**kworthy or
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things? P.S.*

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*Gain a totally
unique*

perspective

towards life

as you learn

to live a

fulfilling

life which you

will enjoy

P.P.S. This is

a ZERO-RISK

investment.

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the original
coffee price
of \$3.99, get
a REFUND
within 7 days!
The Time for
Thinking is
Over! Time for
Action! Scroll*

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Delivers*

Amazing

Knowledge

Awesome

Refresher

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original book
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*http://amzn.t
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*Our brains are
doing our best
to help us
out, but they
can be real
assholes
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seems like*

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*a mind of its
own. That's
where this
book comes in.
With humor,
patience, and
lots of
swearing, Dr.
Faith shows
you the
science behind
what's going*

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talks you

through the

process of

retraining

your brain to

respond

appropriately

to the non-

emergencies of

everyday life.

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*If you're
working to
deal with old
traumas, or if
you just want
to have a more
measured and
chill response
to situations
you face all
the time, this
book can help*

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*you put the
pieces of the
puzzle*

*together and
get your life
and brain*

*back. Here's an
excerpt from
the*

*book: Knowing
what's going
on up in your*

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*brain is HUGE.
So much of how
we interact
with the world
around us is a
completely
normal
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we take into
account our
past
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and how our
And Into Your Life
brains work. •

*Freaking the
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*Avoiding
important shit
we need to
take care of •*

*Feeling pissed
off all the
time • Being a
dick to people*

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we care about
• Putting shit
in our bodies
that we know
isn't good for
us • Doing
shit we know
is dumb or
pointlessNone
of these
things are
fucking

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helpful. But they all make sense. Your brain has adapted to the circumstances in your life and started doing things to protect you, bless it. It's not

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*TRYING to fuck
you over (even
though it
totally is, at
times). As we
navigate the
world, nasty
shit happens.
The brain
stores info
about the
nasty shit to*

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try to avoid

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Sometimes

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Sometimes the

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become a

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than the

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trauma?

Adaptive

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bad habits,
and funky
behaviors all
wire in
similar ways.*

*And research
is showing
that these
issues are
actually some
of the easier*

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And Into Your Life

ones to treat

in therapy ...

if we address

what's really

going on,

rather than

just the

symptoms.

A Counterintui

tive Approach

to Living a

Good Life

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And Into Your Life

*A Step-By-Step
Framework to*

Get Your Legal

and Tax Shit

Legit

*F*ck Feelings*

Get Out of

Your Mind and

Into Your Life

Rewiring Your

Brain for

Happiness

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Mind Hacking

How to Stop

Worrying About

What You

Should Do So

You Can Finish

What You Need

to Do and

Start Doing

What You Want

to Do

This is just a

Page 185/297

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And Into Your Life

*workbook
designed to help
you understand
the power of the
mind and actualize
your goals as
posited by Gary
John Bishop in his
book, "Unfu*k
yourself: Get out of
your head and into
your life." Note that*

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And Into Your Life

*this book is NOT
the main book*

*originally written by
Gary John Bishop
on Unfu*k*

*yourself."*However,

*this workbook is
designed to help*

you understand

*how to get the best
of yourself. Unfu*k*

yourself is a

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And Into Your Life

*practical
empowering book
that is base on
seven personal
assertions namely;
* I am willing. * I
am wired to win. * I
got this. * I
embrace the
uncertainty. * I am
not my thoughts; I
am what I do. * I*

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And Into Your Life

*am relentless. * I
expect nothing and
accept nothing.*

*Gary John Bishop
emphasized on the
power of the mind
and thinking and
exposes how they
affect our
productivity in what
we aim to achieve.
The book is a mind*

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*challenging tool
that focuses on
changing the
narrative on what
and how success
should be viewed
as.*

*Joining the ranks
of The Life-*

*Changing Magic of
Not Giving a F*ck,
The Subtle Art of*

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And Into Your Life

*Not Giving a F*ck,
You Are a Badass*,
and F*ck Feelings*

comes this

refreshing, BS-

free, self-

empowerment

guide that offers

an honest, no-

nonsense, tough-

love approach to

help you move

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And Into Your Life

*past self-imposed
limitations. Are you
tired of feeling
fu*ked up? If you
are, Gary John
Bishop has the
answer. In this
straightforward
handbook, he
gives you the tools
and advice you
need to demolish*

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And Into Your Life

*the slag weighing
you down and
become the truly
unfu*ked version
of yourself. "Wake
up to the miracle
you are," he
directs. "Here's
what you've
forgotten: You're a
fu*king miracle of
being." It isn't*

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And Into Your Life

*other people that
are standing in
your way, it isn't
even your
circumstances that
are blocking your
ability to thrive, it's
yourself and the
negative self-talk
you keep telling
yourself. In Unfu*k
Yourself, Bishop*

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*leads you through
a series of seven
assertions: I am
willing. I am wired
to win. I got this. I
embrace the
uncertainty. I am
not my thoughts; I
am what I do. I am
relentless. I expect
nothing and accept
everything. Lead*

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Out Of Your Head

And Into Your Life

*the life you were
meant to*

*have—Unfu*k*

Yourself.

*Have you ever
wished you could
reprogram your
brain, just as a
hacker would a
computer? In this
3-step guide to
improving your*

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And Into Your Life

*mental habits,
learn to take
charge of your
mind and banish
negative thoughts,
habits, and anxiety
in just twenty-one
days. A seasoned
author, comedian,
and entrepreneur,
Sir John Hargrave
once suffered from*

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*unhealthy
addictions,
anxiety, and poor
mental health.*

*After cracking the
code to unlocking
his mind's full and
balanced potential,
his entire life
changed for the
better. In Mind
Hacking, Hargrave*

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*reveals the formula
that allowed him to
overcome*

*negativity and
eliminate mental
problems at their*

*core. Through a
21-day, 3-step
training program,
this book lays out*

*a simple yet
comprehensive*

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*approach to help
you rewire your
brain and achieve
healthier thought
patterns for a
better quality of
life.*

From the New

York Times

bestselling author

*of Unfu*k Yourself*

comes tough-love

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And Into Your Life

*that explains what
makes*

relationships work:

you taking

responsibility to fix

yourself. "Love is

patient, love is

blind. . ." Until it's

not. Then what?

No matter how

much advice we

get or how much

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*work we do on our
“stuff,” nothing
ever seems to
make the
difference. The
truth of it is, you’re
woefully ill-
equipped for one
of the most life-
defining things you
will ever take
on—being in a*

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committed
And Into Your Life
relationship.

*Whether you're
currently in one,
want to be in one,
half in–half out,
getting over one,
married, single,
separated,
divorced, or just
overwhelmed with
the whole thing,*

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Out Of Your Head

And Into Your Life

*let's cut through
the morass of
relationship schtick
and put you back
in charge. No
flowery BS, no
woo-woo
strategies,
systems, or
techniques, just
real talk, for real
people who want a*

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And Into Your Life

*real relationship in
their life that
actually works.*

*Is your daily life
chaotic and out of
control? Do you
struggle with
work/life balance?*

*Does it feel like
there are never
enough hours in
the day to*

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accomplish all your goals? Does it feel like no matter how hard you try it's never good enough? Are you looking for a simple yet executable roadmap to create the life you've always desired? If

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*you answered
"yes" to any of
these questions,
then you
need...HOW TO
MAKE SH*T
HAPPEN."Core 4
has brought order
to chaos. Every
time I veer off from
it, the shit storms
appear" - Ed*

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*Eisenbeck "CORE
4 has opened up
my mind more
than anything I
have done in my
life. It has shown
me that I control
my time, my
relationships, my
body, business,
and altogether my
life. I'm no longer*

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*just along for the
ride. In any aspect
of life." - Bryan*

Hooley

Stop Living on

Autopilot

Stop Doing That

*Sh*t*

A Memoir

Do the Work

Underground

How to Poo at

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*Work
Take*

*Responsibility for
Your Life and
Rediscover a
Bolder, Happier
You*

Why do you act the way you do? Do you ever feel like you get stuck in destructive cycles that hold you

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back from living the
life you really want?

In a dynamic,
compelling and aha-
filled journey, Stop
Doing That Sh*t
helps you connect the
dots of your

“ stuff ” all the way
from your past to the
present. You ’ ll
make sense of

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yourself as you
uncover how to
interrupt those
destructive cycles of
yours and make the
kind of profound
shift needed to get
your life on track. If
you can ' t save
money, if you keep
ending up in the same
types of toxic

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relationships, if you feel unloved, don't fit in, not enough or any one of the myriad of ways that a human being trashes an otherwise good life, this is the book for you. Written in the same irreverent, in-your-face style that resonated with the

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hundreds of
thousand of fans who
read Unfu*k

Yourself, Stop Doing
that Sh*t skillfully
reveals our deepest
subconscious
machinery, with a real-
world approach to
powerfully translate
our most negative
thoughts and

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behaviors into a
vitalizing, sabotage-
free future. “ Stop
indulging yourself
with fantasies and
dramas and
unresolved issues.

Wake the hell up! ”

Bishop writes. Look,
you might have
fu*ked up in the past,
so what? Stop Doing

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That Sh*t reveals how you can break free of those deep-seated patterns to live the life you always knew you wanted but could never quite seem to have. As Bishop says, “ The future has arrived. Now what the hell are you going to do about it? ”

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Boundaries are the
ways we

communicate our
needs. They are what
allow us to feel safe
among strangers, in
everyday interactions,
and in our closest
relationships. When
we have healthy
boundaries, we have a
strong foundation in

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an uncertain world.

And when someone

crosses your

boundaries, or you

cross someone else's,

the results range from

unsettling to

catastrophic. In this

book, bestselling

author Dr. Faith

Harper offers a full

understanding of

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issues of boundaries and consent, how we can communicate and listen more effectively, and how to survive and move on from situations where our boundaries are violated. Along the way, you'll learn when and how to effectively say "no"

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(and "yes"),
troubleshoot conflict,
recognize abuse, and
respect your own and
others' boundaries
like a pro. You'll be
amazed at how much
these skills improve
your relationships
with friends,
strangers, coworkers,
and loved ones.

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Instant National
Bestseller! Wall Street
Journal bestseller;
USA Today
bestseller; Publishers
Weekly bestseller;
international
bestseller. An
inspirational book by
self-made musical
superstar, Russ,
reminding you that it

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starts with YOU, to believe in yourself, and to get out of your own way. Twenty-seven-year-old rapper, songwriter, and producer Russ walks his own path, at his own pace. By doing so, he proved that he didn ' t need a major label to

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surpass over a billion
streams on

Spotify/Apple Music,

get on Forbes ' 2019

“ 30 Under 30, ”

make the Forbes ‘

“ 30 Under 30 Cash

Kings ” at number

20 for most earned,

sell out arenas across

the U.S. and around

the globe, and

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become one of the most popular and engaged rappers right now. His method was simple: love and believe in yourself absolutely and work hard no matter what. In this memoir, Russ inspires readers to walk to their individual rhythms

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And Into Your Life
and beat their biggest
obstacles: themselves.

With chapters named
after his most

powerful and popular
songs, IT'S ALL IN

YOUR HEAD will

reflect on the lessons

he ' s learned from

his career, family, and

relationships. He ' ll

push readers to bet

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on themselves, take those leaps of faith, and recognize struggles as opportunities. With illustrations throughout consistent with the brand Russ has built and his fan base loves, **IT'S ALL IN YOUR HEAD** will give

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readers an inside-look at the man and the motivation behind the music. A lover of books like The Alchemist and The Seven Spiritual Laws of Success, Russ delivers a short, potent, inspirational, raw, and honest book that gives readers a

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way to find self-belief and unlock their potential. Fans already rely on Russ as an inspiration of confidence; now, he is taking it to the next level with this book, which will contain lyrics from his music and visuals that reflect his inimitable style.

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For everyone who
loved You Are a
Badass and The
Subtle Art of Not
Giving a F*ck -- a cut-
through-the-crap
guide to quitting the
self-destructive habits
that undermine
happiness and
success How to Stop
Feeling Like Sh*t is a

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straight-shooting
approach to self-
improvement for
women, one that
offers no-crap truth-
telling about the most
common self-
destructive behaviors
women tend to
engage in. From
listening to the
imposter complex

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and bitchy inner
critic to
catastrophizing and
people-pleasing,
Andrea Owen -- a
nationally sought-
after life coach --
crystallizes what's
behind these
invisible,
undermining habits.
With each chapter,

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she kicks women's
gears out of autopilot
and empowers them
to create happier,
more fulfilling lives.
Powerfully on-the-
mark, the chapters
are short and
digestible, nicely
bypassing weighty
examinations in favor
of punch-points of

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awareness.

“ [A] winningly
obsessive history of
our relationship with
underground
places ” (The
Guardian), from
sacred caves and
derelict subway
stations to nuclear
bunkers and ancient
underground

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cities—an

exploration of the
history, science,
architecture, and
mythology of the
worlds beneath our
feet NAMED ONE
OF THE BEST
BOOKS OF THE
YEAR BY NPR

When Will Hunt was
sixteen years old, he

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discovered an abandoned tunnel that ran beneath his house in Providence, Rhode Island. His first tunnel trips inspired a lifelong fascination with exploring underground worlds, from the derelict subway stations and

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sewers of New York
City to sacred caves,
catacombs, tombs,
bunkers, and ancient
underground cities in
more than twenty
countries around the
world. Underground
is both a personal
exploration of
Hunt ' s obsession
and a panoramic

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study of how we are all connected to the underground, how caves and other dark hollows have frightened and enchanted us through the ages. In a narrative spanning continents and epochs, Hunt follows a cast of

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subterraneaphiles
who have dedicated
themselves to
investigating
underground worlds.

He tracks the origins
of life with a team of
NASA

microbiologists a mile
beneath the Black
Hills, camps out for
three days with urban

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explorers in the
catacombs and sewers
of Paris, descends
with an Aboriginal
family into a
35,000-year-old mine
in the Australian
outback, and
glimpses a sacred
sculpture molded by
Paleolithic artists in
the depths of a cave

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in the Pyrenees. Each
adventure is woven
with findings in
mythology and
anthropology, natural
history and
neuroscience,
literature and
philosophy. In
elegant and graceful
prose, Hunt cures us
of our “ surface

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chauvinism, ”
opening our eyes to
the planet ’ s hidden
dimension. He
reveals how the
subterranean
landscape gave shape
to our most basic
beliefs and guided
how we think about
ourselves as humans.
At bottom,

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Underground is a meditation on the allure of darkness, the power of mystery, and our eternal desire to connect with what we cannot see. Praise for Underground

“ A mesmerizingly fascinating tale . . . I could not stop reading this

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beautifully written
book. ” —Michael

Finkel, author of *The
Stranger in the*

Woods “ Few books
have blown my mind

so totally, and so
often. In *Will*

Hunt ’ s nimble
hands, excursion

becomes inversion,
and the darkness

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turns luminous.

There are echoes of Sebald, Calvino, and Herzog in his elegant and enigmatic voice, but also real warmth and humor. . . . An intrepid—but far from fearless—journey, both theoretically and terrestrially. ” —Rob

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ert Moor, New York

Times bestselling

author of On Trails

Using Science to Get

Over Anxiety,

Depression, Anger,

Freak-outs, and

Triggers

An Easy & Proven

Way to Build Good

Habits & Break Bad

Ones

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A Human History of
the Worlds Beneath

Our Feet

SUMMARY and

ANALYSIS:

UNF*CK

YOURSELF; Key

Takeaway and

Analysis by Gary

John Bishop

End Self-Sabotage

and Demand Your

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And Into Your Life

Life Back

How to Make Sh*t

Happen

The Official

Unrepentant, Ass-

Kicking, No-

Kidding, Change-

Your-Life Sidekick to

Unfu*k Yourself

Based on the

New York Times

bestseller

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Yourself comes
an all new
book of
prompts,
questions, and
exercises,
giving you the
tools to
intentionally
commit to
finally

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unfu*king your
life. In

Unfu*k

Yourself, Gary

John Bishop

inspired

people to put

his words into

action to

transform

their fu*king

lives. Through

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seven paradigm
shifting

assertions

such as: “I am
wired to win,”

“I embrace the
uncertainty”

and “I expect
nothing and

accept

everything,”

Bishop helped

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millions of
readers to

move past

their self-

imposed

limitations.

Still, Bishop

knows it's

hard to go

from reading

the book,

feeling

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inspired, and
then actually
doing the
necessary
work. That's
where Do the
Work comes in:
it's the kick
in the ass you
need to get
moving and
create the

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life you want.
The workbook
drills down
into three
categories –
self, people,
and purpose –
to help you
identify and
remedy the
challenges
that frustrate

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and often

And Into Your Life

cripple us.

Filled with

entirely new

material,

including

personalized

prompts and

exercises with

ample lined

space to

journal and

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process, Do
And Into Your Life
the Work

expands the
lessons in
Unfu*k
Yourself,
giving you the
tools to
intentionally
commit to
taking on your
life. "This is

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And Into Your Life

a personal
workshop for
your brain, a
legit resource
where you can
work your life
out, what
matters to
you, what's
going to make
the biggest
difference and

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empower you to
act in ways

that make some
palpable

change to the
direction your

life is

currently

taking.” The

truth will set
you free,

right? So what

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are you
And Into Your Life
waiting for?

Unfu*k

Yourself by

Gary John

Bishop | Book

Summary |

Abbey Beathan

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the original

book. If

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limitations
through tough-
love. Unfu*k
Yourself
brings an
interesting
style to the
table.

"Communicating
everything as
directly as
possible is

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key to making
And Into Your Life
the reader

understand and

provoke an

action", the

book follows

this train of

thought. So in

this guide,

you won't read

fluff words

that don't

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amount to
And Into Your Life
anything, or a
dishonest
opinion about
something.

Unfu*k

Yourself digs
in deep and
without any
inhibition, it
explains how
to get rid of

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your negative
thoughts that
are preventing
you from
growing.

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summary is
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and published
by Abbey
Beathan. It is
not affiliated

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with the
original

author in any
way) "You have
the life
you're willing
to put up
with." - Gary
John Bishop
Bishop leads
you to his
seven

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assertions you
must take to

heart in order
to Unfu*k

Yourself, each
one of them

addresses a
common self-
limitation

commonly
suffered by

anyone. If you

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are looking
for help to
stop feeling
sorry for
yourself and
start
improving your
life, then
this one is
the right
match for you.

Gary John

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Bishop
developed an
effective
method in
order to
improve as a
human being
and get things
done, are you
ready to start
now? P.S.

Unfu*k

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Out Of Your Head

And Into Your Life

Yourself is an
awesome book

dedicated to

help any

person who is

being limited

by his self-

imposed

limitations.

P.P.S. It was

Albert

Einstein who

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famously said
that once you
stop learning,
you start
dying. It was
Bill Gates who
said that he
would want the
ability to
read faster if
he could only
have one

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Out Of Your Head
superpower in
And Into Your Life
this world.

Abbey

Beathan's
mission is to
bring across
amazing golden
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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**

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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 Fk is his antidote to the coddling, let's-all-feel-good mindset that has**

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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

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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,

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**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**

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**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
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