

From the New York Times bestselling author of CALM THE F*CK DOWN

the
life-changing
magic of
*National
Bestseller*
not
A PRACTICAL PARODY
giving
a f*ck

SARAH KNIGHT

**how to stop spending time you don't have
with people you don't like
doing things you don't want to do**

Life Changing Magic Not Giving Spending

Lei Shi



Life Changing Magic Not Giving Spending:

The Life-Changing Magic of Not Giving a F*ck Sarah Knight, 2015-12-29 The genius national bestseller on the art of caring less and getting more from the author of *Calm the F*ck Down* and *F*ck No* Cosmopolitan Are you stressed out overbooked and underwhelmed by life Fed up with pleasing everyone else before you please yourself It's time to stop giving a f*ck This brilliant hilarious and practical parody of Marie Kondo's bestseller *The Life Changing Magic of Tidying Up* explains how to rid yourself of unwanted obligations shame and guilt and give your f*cks instead to people and things that make you happy The easy to use two step NotSorry Method for mental decluttering will help you unleash the power of not giving a f*ck about Family drama Having a bikini body Iceland Co workers opinions pets and children And other bullsh*t And it will free you to spend your time energy and money on the things that really matter So what are you waiting for Stop giving a f*ck and start living your best life today Discover more of the magic of not giving a f*ck with *The Life Changing Magic of Not Giving a F*ck Journal*

*The Life-Changing Magic of Not Giving a F**k* Sarah Knight, 2017-06-01 The bestselling book everyone is talking about revealing the surprising art of caring less and getting more Genius Cosmopolitan The best book I have read recently Absolutely blinding Read it Do it Daily Mail The anti guru Observer Are you stressed out overbooked and underwhelmed by life Fed up with pleasing everyone else before you please yourself Then it's time to stop giving a f*ck This irreverent and practical book explains how to rid yourself of unwanted obligations shame and guilt and give your f*cks instead to people and things that make you happy With a bonus section on how to save your sanity over the holiday season the simple NotSorry Method for mental decluttering will help you unleash the power of not giving a f*ck and will free you to spend your time energy and money on the things that really matter I love Knight's book before I even start reading it Sunday Times Magazine Life affirming The key practice she advocates is devising for yourself a fuck budget It's a beautiful way of streamlining your psyche Guardian OUT NOW Get Your Sh*t Together Sarah Knight's must have follow up to *The Life Changing Magic of Not Giving a F*ck*

No F*cks Given Sarah Knight, 2022-11-01 A beautifully packaged collection of inspirational quotes with a hilariously explicit twist from Sarah Knight's beloved *No F*cks Given* Guides series In *The Life Changing Magic of Not Giving a F*ck* Sarah liberated you from people and things that don't make you happy with *Get Your Sh*t Together* she provided a tough love push towards getting organized to achieve your goals *You Do You* offers a roadmap to embracing your individuality *Calm the F*ck Down* delivers practical solutions for managing ever more stressful times and *F*ck No* teaches you to set boundaries and stick to them with confidence and flair with advice such as *Get your shit together* is not an admonition It's a rallying cry Stop letting other people tell you what to do how to do it or why it can't be done Good things come to those who delegate *Calm the fuck down* and deal with it Control what you can and accept what you can't so you can stop freaking out and get on with your life Stop saying yes when you want to say no *No F*cks Given* *Naughty Words to Live By* gathers the very best of this no bullsh*t life changing advice into one must have gift book that enlightens and

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