



the life-changing  
magic of NOT GIVING A F\*CK

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

A PRACTICAL PARODY

sarah knight

NEW YORK TIMES bestselling author of  
**GET YOUR SHIT TOGETHER, YOU DO NOW,**  
**SHUT UP THE F\*CK DOWN**

Sarah Knight

The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide)



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THE "GENIUS" (Cosmopolitan) NATIONAL BESTSELLER ON THE Artwork OF CARING LESS AND GETTING MORE--FROM THE AUTHOR OF GET YOUR SH\*T TOGETHER AND YOU Perform YOUAre you stressed out, overbooked, and underwhelmed by life? Sick and tired of pleasing everybody else before you please yourself?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 members drama Having a "bikini body" Iceland Co-workers' opinions, pets, and children And other bullsh\*t! This brilliant, hilarious, and practical parody of Marie Kondo's bestseller The Life-Changing Magic of Tidying Up explains how exactly to rid yourself of undesirable obligations, shame, and guilt--and provide your f\*cks instead to people and items that make you happy. It is time to stop offering a f\*ck. And it will free you to invest your time and effort, energy, and money on the things that really matter. Stop giving a f\*ck and begin living your best life today! So what are you waiting for?



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cringe-worthy I had picked this up at the train station in London before a flight, as the subtitle sounded interesting (and it had been in the bestseller list). Right from the start I hoped the reserve wouldn't overuse the F-word like it does about the first handful of pages. It's 2018 as I create this, but I'd state it has already aged poorly. In fact, I just hoped for good writing, but general I was disappointed with the publication for three reasons. 1) The writer uses the f-word so liberally, that it gets annoying fast. I usually can find the nice generally in most books, but this one is so hard. I get she's trying to end up being cute and edgy, which may work for a post or two, but not for a complete book. Bought this for my mom for Christmas. Better "me-time" If you're not embarrassed by the F-word then that is an excellent fun read! I understand it's said to be funny, but easily want funny with "bad" language, I'll view Richard Pryor stand-up. Maybe you shouldn't have added so many people you don't care about as "friends. Hold your horses there Jackie, you're not waiting in collection for emergency medical treatment, you're standing in Starbucks, a location between home and work where you're said to be able to relax. 3) The author comes across as unlikable. If you do not want to go to your "friend's" wedding ceremony, fine, don't go there, but you don't need to be so rude when saying no. You have irritating stuff in your facebook timeline? For instance, in the hypothetical situation of someone taking too long to order at Starbucks, you're supposed to ask them whether they're shortsighted and need help reading, because in the time they've been standing up there "you" could have read the menu three times. "Here's a summary of the book, to save lots of you the 13 pound. I actually really adored the Life-Changing Artwork of Tidying Up and this parody was full of insightful advice. Make another list of activities that drain your energy. Find a way to remove items from the next list. If you want to take the author's route, be deceptive, hurtful, and make the additional party feel bad about it. She is a multi-colored storyteller, but I'm not really buying it! Ultimately, it's my fault for buying this publication without at least reading the first chapter. How this may possibly be considered a best-seller is beyond me. Overrated! EASILY could figure out how to follow the advice then I might have a few less "friends" but a very much richer life with real "me-time"! However; Bought most of Sarah's books due to such great reviews and Bought most of Sarah's books because of such great critiques and, unfortunately, this one is not great. If swear words offend you Not your kind of book. It's a good idea behind the publication but don't feel like it had been executed well. Of training course caring about and assisting people are very important and useful pursuits, but the "F" phrase makes a strong statement which can only help you really feel the necessity to highly rid your life of useless cr\*p! but she actually loves it and says it has been super helpful. BEST GIFT EVER!. Forcing myself to learn a book is under no circumstances a good sign. 2) With regards to actually useful suggestions, the book is very thin. I anticipated it to be mainly a tale, but she in fact loves it and says it has been super useful. Also, I believe there can be an overuse of the F phrase. the idea that you can strongly not value points that you can't control, or must have small affect on your life is truly life-changing. It's somewhere within cringe-worthy and roll-eyes territory. Love this publication!. It provides helped her forget about the junk in her past due mom's storage unit, back off of my adult siblings' poor decisions in like and life, and invite my teenage nieces to make their own mistakes. Pseudo clever nonsense This book was published in 2015. There's a lot of "tips" in the book, yes, but a lot of it is just trying to be therefore edgy that it's ultimately useless for folks that don't want to come off as rude and inconsiderate. I tended to improve the word in my head to a less offensive word. If you're timid and want a slap in the facial skin, this is normally for you. I recommend it to anyone who lets their life be wasted by various other peoples problems, influences and meddling. I actually really cherished the Life-Changing Art of Tidying Up which parody ... Think about what you love doing in your daily life and compose it down. It helped me not worry so very much about small things, and concentrate on being kind instead of being nice. Don't be distracted by the "F" word You might not like the "F" word and which will definitely turn you off to the book. The writer builds on a good premise but provides very lfew substantive reasons as to the reasons her logic should work in many

situations. For me, you're better off becoming honest and polite, but that's simply me. My life has changed dramatically since employing the concepts established in this little but informative book. Nevertheless great content. Love Love Funny self help book self-help book Enlightened and Hopeful This is actually the first book I have finished in years, it was tough to align with initially, but sure does now! It has helped her let go of . if you spend time, energy or profit ways that don't bring you joy, this it life changing. plenty of efs but written in a very human and realatable fashion. Meh The author possesses up some useful advice on saying no to obligations without feeling guilty however the whole book might have been condensed to 1 chapter. It was too cutesy and childish and got frustrating very fast. I was in a publication store after all. I don't mind if you swear before cows get back, but just because the F word is in the title it doesn't mean you should employ it on every web page. I'm far from a prude. I'd write even more, but I don't provide a f# %. If you mention "yes" to way too many things, this reserve is for you. This book is actually witty, and offers plenty of motivation to really get your life free from unwanted obligations. I'm a pretty blunt person, and didn't actually learn anything new by this approach. Nah thank you Redundant rather than really full of sound advice. It is taken me months and I am have only completed two chapters. Worth it for sure! Does a great job of putting things into perspective and offers practical/useful tips on how to incorporate these strategies into your life!



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