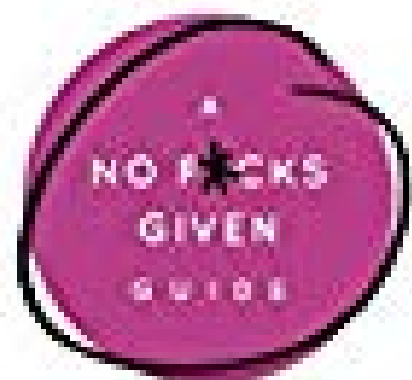


NEW YORK TIMES bestselling author of
THE LIFE-CHANGING MAGIC OF NOT GIVING A F*CK
and GET YOUR SH*T TOGETHER

sarah knight

you do you

how to be who you are
and use what you've got
to get what you want



Sarah Knight

You Do You: How to Be Who You Are and Use What You've Got to Get
What You Want (A No F*cks Given Guide)



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From the brand new York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* and *Get Your Sh*t Together* comes more straight talk wireless about how to stand up for who you are and everything you want, need, and deserve--showing when it's okay to be selfish, why it's pointless to be perfect, and how to be "difficult." Getting yourself ought to be easy, yet too many of us battle to live on other's conditions instead of our own. It's time to start putting your happiness first--and end letting other people tell you what to do, how to do it, or as to why it can't be done. Bestselling "anti-guru" Sarah Knight has three simple words for you: YOU DO YOU. Sound familiar? Rather than feeling huge and in control, we feel little and belittled.. That can be done it without losing close friends and alienating people. Knight delivers her trademark no-bullsh*t suggestions about: The Tyranny of "Just Because" The social contract and how to amend it Turning "flaws" into strengths--aka "mental redecorating" Why it's not your job to become nice Letting your freak flag fly How to take chances, silence the doubters, and verify the haters wrong Praise for Sarah Knight "Genius." --Cosmopolitan "Self-help to swear by." --Boston World "Hilarious." --Booklist And do not panic! truly practical..



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Enjoyable I am a lover of Sarah Knight's anti-guru insights and will relate much to the material, specifically mainly because a fellow child-free, recovering perfectionist. A satisfying read as usual, but I had a hard time connecting with this one, as opposed to her first two books that I LOVED. This one had a more of a strategy insinuating arrogance is bliss, and perhaps I have somewhat of a character clash here (not entirely) but I did so involve some valuable takeaways. "You need to be yourself" or "you do you," or any other variation on that theme is truly sound advice for nearly anyone.. Give yourself authorization to you need to be yourself Sarah's third book is equally funny, packed with practical advice for accepting yourself as you are (unless you're a psychopath or dub). That is by far my favorite book I've read so far. More people have to read this. Basically the same message repeated for 6 cd's "Become yourself and/but avoid being rude about it! You perform you! Love all of them. (As it happens that I had in fact read Mark Manson's The Subtle Art of Not Giving a F*, which is also good, but now I'll have to examine Sarah Knight's publication, since I enjoyed this one so very much.. As a recovering perfectionist its refreshing to hear someone say all the things I have thought, I have been practicing many of her methods before I knew she existed so its comforting to know another person out there thinks like i really do. I love Sarah Knight and within the last week possess read her 1st two books and I am already 60 pages into You Carry out You, as an anti-guru She speaks her mind and I can relate to everything she shares... and enjoys cursing as much as I do . Love Sarah and all of her guides! It definitely makes me feel like I'm not the only one who's an antisocial social :) Love Sarah Knight She really has helped me with my confidence and general attitude. I'm also take to heart to be much less judgmental of others and accepting that people are all going to like and wish different things and that's OK. Love this no B.I highly recommend it. Lots of fun and great advice I actually originally got You Do You since it was in sale and I thought I had read her first book, THE LIFE SPAN Changing Magic of Not really Giving a F***.. Have several of her books. It says everything. I certainly wouldn't examine it aloud at the job, but I came across it hilarious. She also gave a lot of really good, useful advice, while making it fun to learn. I learned a lot and was reminded of things that I already knew. She's vulnerable and shares her experiences, which made me experience heard and less alone. This is one I've struggled with since my teenagers. It was the little kick in the rear I've been requiring! I'll let you know how her various other books are when I reach them, too. I love the philosophy Hilarious and well crafted. No real compound or answers.! She has an easy to hear voice and cute personality so I listened longer than I needed to.. A validating read for for anyone who has made a decision to live your life on your terms! If swear terms offend you Not your kind of book. However great content.)This publication was hilarious. I love Sarah Knight and in the last week have read . If you're offended by foul vocabulary, you might want to skip it. It was fun and juicy during the first chapter and by the two 2 and 3 chapters a design was emerging. She hates conservatives It was ok until she trash talk our president. Keep your politics to yourself. Easy to hear Upbeat overly busy book. You need to be yourself. This narrator's (author's) voice and attitude are challenging to endure. Save your money (but moreover your precious time) and just browse the title of this book and adhere to the extremely important advice of being yourself. It had been fun and juicy through the first chapter and by the . Particularly if yourself would not buy this reserve. i did enjoy her publication entitled the artwork of not offering a f**** . Also, you would have to be drunk. didn't like it i did not like this book. Probably if you browse the book yourself instead of having it read to you by the smarmy author you could pretend you're hearing it in the voice of James Earl Jones or Judy Dench and it could become a 5-star read all of a sudden. Thus i purchased this publication thinking it might be useful but no it had been a waste of money and time to read it Must Read!

Now if I could just focus on my constant body dissatisfaction, I'd love to see Sarah write a publication delving into how to not care about society's look at of body picture.S. guide on carrying out yourself. It's a great read. I love the philosophy, since a lot of people are in each other's business. I love this book I love this book!



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