



A JOURNAL FOR PRACTICING THE
MINDFUL ART OF NOT GIVING A SH*T

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Zen as F*ck: A Journal for Practicing the Mindful Art of Not Giving a Sh*t



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A beautiful, uplifting guided journal for when you merely don't provide a f*ckThe road to serenity is ahead, and it's paved with a f*ck-ton of profanity. When noiseless meditation and peaceful mantras aren't more than enough to lower through the bullsh*t and brighten your day?hold close the web pages of Zen as F*ck. Journal your way through positive affirmations and cathartic-as-f*ck activities on your liberating journey toward something pretty near happiness. On every single page, you can give the good around you a warm f*cking hug and kick the bad on its ass. • Begin sparkling just like the f*cking gem you are • Learn to rise, shine, and kick ass • Cast your soul-shining light in others and spread some f*cking beauty Sprinkle, scatter, or tripped a glitter-bomb of happy vibes on your trail of tranquility with Zen as F*ck!



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Must have a tolerance for profanity but awesome I'm a therapist who wished an instrument to manage my personal stress.. I bought another even more "tame" gratitude journal to work too, but this one. I love this. It creates me laugh and makes me think. The novelty of this makes it a great gift but it's got a whole lot of good tools in it. A light in the dark I've not used this book, but my teen granddaughter loves everything about any of it, beginning with the name. I nearly hate to utilize it and destroy it because it is also very gorgeous. I'm extremely excited and this is going to be considered a great present for a co-worker as I'm planning on investing in a second copy now that I understand it's useful, beautiful, and hilarious. Great novelty. Not much writing space.. Smaller than I believed but a lot of fun. Not much writing room for journaling though. This is more of a novelty and much less of a journal. Just reason for the 4 superstars is insufficient writing area. Would make an excellent gift for someone who likes to cuss and meditate. I liked it thus much I've gotten it as a gift .. I gave it to my girl and it is really fun to learn and perform the exercises. Hilarious positive guided journal, I liked it so much We've gotten it as something special for several friends who've enjoyed in addition, it. I'm taking it to work today to allow my coworkers take a look and am sure the types who as sarcastic as I am will be thankful and desire one, but this one's mine.. Colorful and fun way to arrange your thoughts Sometimes journaling may feel like a chore, with this journal not only do you are feeling motivated to keep turning the web pages to start to see the next to tongue in cheek telling the exercises are ones that I have seen be greatly effective at assisting to organize and de-stress your thoughts.? This book rocks !! Actually Nice and Fun! Absolutely love this journal.. Cool Love this! I LOVE THIS BOOK I REALLY LIKE THIS BOOK! It makes me giggle and think. Self Care! OH Guy!. Sick and tired of being sick and tired?! I take advantage of this along with my regular journal in days in uncertain what to reveal. This book! Small cost to pay for the advancement of her introspective qualities.. Awesome overall.....where do I begin? Can't wait to give it to her!.. Excellent Book of BS-Free Affirmations This book is fairly entertaining, it's gets the perfect approach for anyone who is looking for their zen in a global consumed in Bullsh*t... it really is great!not really your average paperback but one with such great quality.. Yay!from the pages to the illustrations... Great prompts and lovely photos..my goodness!. Good to give a loved friend support I got this for a pal as something special.I continue reading it again and again with passion so I develop genuine thoughts.my question is usually, because there are activities on almost every web page are they suppose to be done daily?...or you may complete whatever you like? Great gift for close friends! Bought this for a family member for christmas. Was told it had been "The very best gift ever" OMG! This publication places a hilarious spin on self treatment and appreciation. I do wish the publication was just a little larger, just for writing and ease of use purposes, however the smaller size actually doesn't take anything away from it.. Hilarious!! She's continuously up in arms and generally anxious. yes! Finally a journal I can enter!the exercises seem soooo much fun to do. Totally recommend! I often find that I need a little more space to write therefore I continue along in my own normal journal. Makes you laugh but also enables you to think. Hilarious spin on personal care and appreciation Love this!it is just an all around MUST HAVE!. I was looking for a gratitude journal, but noticed this and couldn't help myself. She's going through a tough period, but this produced her laugh. Love this! Great gift to self or someone else! Funny and inspirational for those who have a good sense of humor and revel in profanity. I've order a couple currently. The illustrations are beautiful and fun. Awesome book. Would make an excellent gift



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