



LET THAT SH*T GO

A JOURNAL FOR LEAVING
YOUR BULLSH*T BEHIND AND
CREATING A HAPPY LIFE

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**Let That Sh*t Go: A Journal for Leaving Your Bullsh*t Behind and Creating
a Happy Life**



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Journal the right path to a better f*cking day. Harboring grudges and plotting revenge take a large amount of energy. Within these really charming web pages, you'll find ways to forget about the bullsh*t and lift your spirit just a little f*cking higher. With Allow That Sh*t Move, you'll find moments of profanity-laced catharsis and joy through journaling actions and inspirations that are positive as f*ck. While the wait for one true instant of schadenfreude noises oh so sweet, accurate bliss can be found in simply not giving a f*ck.



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Fantastic I've been struggling with anxiety and despair and it comes in waves. Lately it hit full power so I was looking at motivational reading. I ran across these prompted journals and bought three. I recommended it to my finest friend and she also loves it. The coloring pages are a nice method to give my human brain a break from considering and just relax... I definitely recommend offering it a try! This Book CAN TRANSFORM Your Life I LOVE this reserve. ask my husband I was on a TIRADE yesterday! By the time I was completed the first exercise, I felt a lot more at peace. The exercises are highly relevant to my lifestyle plus they encourage me to believe deeper and have myself some important queries. I replaced "cellular phone" amount of time in bed with utilizing this journal and it helped replace mental poison therefore I didn't go to bed in a foul mood. I can honestly say that this book helped me escape a funk and obtain my joy and confidence back again. I'm right now buying copies for my close friends. Practical and Hilarious! This book really helps you if you want to start out living a better more carefree life. Love it! Also extremely funny and practical. I started this one yesterday and am very pleased so far. Very enlightening and multi-colored writing Really Puts Your Focus In Perspective! Cute prompting journal Not much for free journaling but it gives you prompts of things to write &! Will most likely buy a few as Christmas gifts. Great journal! Greatest journal ! has funny sayings Five Stars Laugh aloud funny, recipient loved it. Great ideas Fun way to create! This book pushed you in today's and edgy, fun way. It can help you analyze what you're offering the wrong attention to. Fun way to do your homework Gift for friend of the family members to inspire Great to get rid of negativity Perfect journal for a occupied mom or any active woman, who wants to let negativity go Childish Silly



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