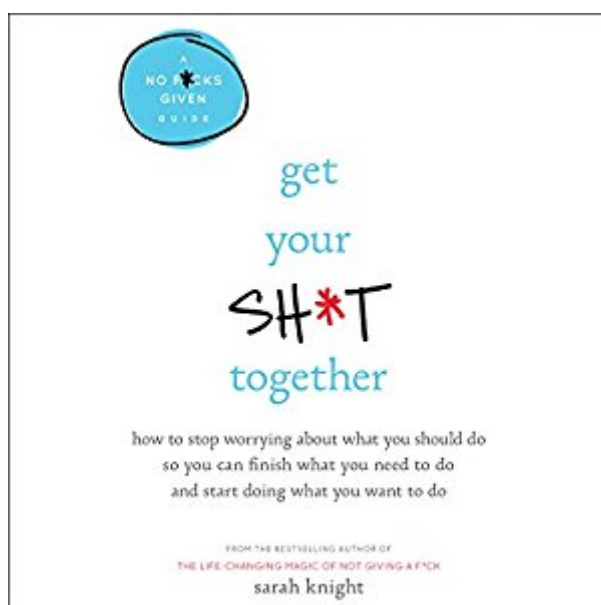


The book was found

Get Your Sh*t Together: How To Stop Worrying About What You Should Do So You Can Finish What You Need To Do And Start Doing What You Want To Do



Synopsis

The no-f--ks-given, no-holds-barred guide to living your best life Ever find yourself stuck at the office - or even just glued to the couch - when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? You need to Get Your Sh*t Together. In The Life-Changing Magic of Not Giving a F--k, "anti-guru" Sarah Knight introduced listeners to the joys of mental decluttering. This book takes you one step further - organizing the f--ks you want and need to give and cutting through the bulls--t cycle of self-sabotage to get happy and stay that way. You'll discover: The power of negative thinking Three simple tools for getting your s--t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome s--t!

Book Information

Audible Audio Edition

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Audible Audiobooks > Humor #121 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

Another hit from the author of last year's best self help parody. Whether you want a light read full of hilarious insights, or actually need a kick in the ass to get your "life" together, this book has what you're looking for. This is the type of book that you buy someone as a gag gift, and then read and keep for yourself because it was more honest and insightful than you ever expected. Highly recommend to the well-put-together and deviant alike.

I'm a fan of this author. Her casual open style mixed with common sense and life lessons really speaks to me. I've purchased this and her other book with for my friends to share the easily digested knowledge.

This book was easy to read and made a lot of sense. I have since put this into practise and it has helped heaps. Thanks Sarah for making it all make sense. Down to earth.

Love this book. Even better than her other one.

More than I expected. Love it. Messages and quotes are right on time.

Funny read, and good advice that we all need to hear over and over and over....

this really puts things in perspective

The (succinct) book is proverbial "swift kick in the arse" we all need on a periodic basis.

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