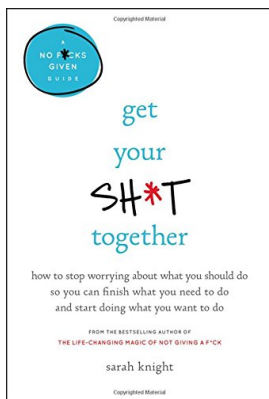


[PDF] Get Your Sh*t Together: How To Stop Worrying About What You Should Do So You Can Finish What You Need To Do And Start Doing What You Want To Do (A No F*cks Given Guide)

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Description:

NATIONAL BESTSELLER

The no-f*cks-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? **It's time to *get your sh*t together*.**

In *The Life-Changing Magic of Not Giving a F*ck*, "anti-guru" Sarah Knight introduced readers to the joys of **mental decluttering**. This book takes you one step further--organizing the f*cks you want and need to give, and cutting through the bullsh*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 sh*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 sh*t!

Praise for Sarah Knight

"Genius." --*Cosmopolitan*

"Self-help to swear by." --*The Boston Globe*

"Hilarious... truly practical." --*Booklist*

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