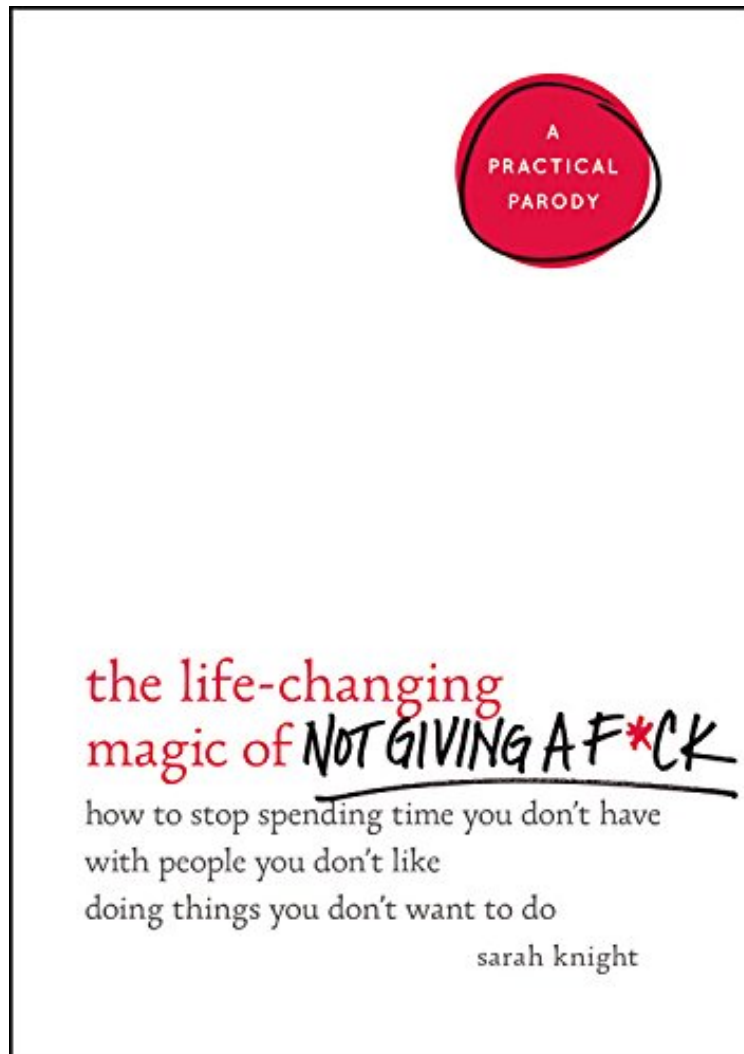


[Free read ebook] The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide)

# The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide)

Sarah Knight

ePub | \*DOC | audiobook | ebooks | Download PDF



[Download](#)

[Read Online](#)

#2142 in Books Knight Sarah 2015-12-29 2015-12-29 Original language: English PDF # 1 7.38 x .88 x 5.38l, .0 #File Name: 0316270725224 pages The Life Changing Magic of Not Giving A F ck How to Stop Spending Time You Don t Have with People You Don t Like Doing Things You Don t Want to Do | File size: 60.Mb

Sarah Knight : The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Life-Changing Magic of Not Giving

a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide):

771 of 817 people found the following review helpful. cringe-worthyBy Dieter BI had picked this up at the train station in London before a flight, because the subtitle sounded interesting (and it was on the bestseller list).Right from the start I hoped the book wouldn't overuse the F-word like it does on the first couple of pages. I'm far from a prude. Actually, I just hoped for good writing, but overall I was disappointed with the book for three reasons.1) The author uses the f-word so liberally, that it gets annoying fast. It's somewhere between cringe-worthy and roll-eyes territory. I get she's trying to be cute and edgy, which may work for a blog post or two, but not for a whole book.2) In terms of actually useful advice, the book is very thin. There's a lot of "advice" in the book, yes, but much of it is just trying to be so edgy that it's ultimately useless for people that don't want to come off as rude and inconsiderate. I know it's supposed to be funny, but if I want funny with "bad" language, I'll watch Richard Pryor stand-up.For example, in the hypothetical situation of someone taking too long to order at Starbucks, you're supposed to ask them whether they're shortsighted and need help reading, because in the time they've been standing there "you" could have read the menu three times. Hold your horses there Jackie, you're not waiting in line for emergency medical treatment, you're standing in Starbucks, a place between home and work where you're supposed to be able to relax.3) The author comes across as unlikableIf you don't want to go to your "friend's" wedding, fine, don't go there, but you don't need to be so rude when saying no. You have annoying stuff in your facebook timeline? Maybe you shouldn't have added so many people you don't care about as "friends."Here's a summary of the book, to save you the 13 pound. Think about what you enjoy doing in your life and write it down. Make another list of activities that drain your energy. Find a way to eliminate items from the second list. If you want to take the author's route, be deceptive, hurtful, and make the other party feel bad about it. In my opinion, you're better off being honest and polite, but that's just me.Ultimately, it's my fault for buying this book without at least reading the first chapter. I was in a book store after all.5 of 5 people found the following review helpful. Nah thank youBy Sarah CraneRedundant and not really full of sound advice. It's a good idea behind the book but don't feel like it was executed well.0 of 0 people found the following review helpful. I thought it would be better and the format would be more interesting but it's ...By JoanyIt's cheaper on than Barnes and Noble that's for sure.The book is okay. I thought it would be better and the format would be more interesting but it's not what I expected.

THE "GENIUS" (Cosmopolitan) NATIONAL BESTSELLER ON THE ART OF CARING LESS AND GETTING MORE--FROM THE AUTHOR OF GET YOUR SH\*T TOGETHER AND YOU DO YOUAre you stressed out, overbooked, and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f\*ck. This brilliant, hilarious, and practical parody of Marie Kondo's bestseller The Life-Changing Magic of Tidying Up explains how to rid yourself of unwanted obligations, shame, and guilt--and give your f\*cks instead to people and things that make you happy.The easy-to-use, two-step NotSorry Method for mental decluttering will help you unleash the power of not giving a f\*ck about: Family drama Having a "bikini body" Iceland Co-workers' opinions, pets, and children And other bullsh\*t! And it will free you to spend your time, energy, and money on the things that really matter. So what are you waiting for? Stop giving a f\*ck and start living your best life today!

"You'll feel liberated"?Shape"[A] mix of Oprah Winfrey-style mantras and Amy Schumer-esque obscenities."?ELLE (Australia)"Self-help with an edge."?Vogue"Genius."?Cosmopolitan"The Life Changing Magic of Not Giving a F\*ck is every women's handbook."?Evening Standard (London)"A funny take on that very popular cleaning up book, but so much more. It's about taking care of yourself and not giving a f\*ck what people think of your choices (but without being an a\*\*hole). This book is kicking ass all over bestseller lists. Buy it. You won't be disappointed."?Jen Kirkman, stand-up comedian and author of I Can Barely Take Care of Myself"[An] hilarious guidebook aims to rid your mind of annoying coworkers, family issues, and body pressures... In the process you'll lighten your spirit and clear your calendar, freeing up time and energy for yourself (and your Netflix account)."?Real Simple"This kind-of-genius parody of The Life-Changing Magic of Tidying Up might actually change your life."?Women's Health"The self-help equivalent of a Weird Al parody song. (That's a compliment.)"?Molly Young, The New York Times Book "Self-help to swear by... Knight's admittedly profane and giddy advice book is pretty darn useful."?The Boston Globe"If 2015 was the year of learning how to tidy up our lives, 2016 is the year of learning not to give a f\*ck. . . . Where the KonMari Method is concerned with possessions, Knight's NotSorry Method - "deciding what you don't give a fuck about [and] not giving a fuck about those things" - is about all the cares we hold onto that stand in the way of our best lives. . . . Despite its definitive R-rated streak, The Life-Changing Magic of Not Giving A F\*ck is not about rudeness or being jackass. In fact, being honest and polite are your key concepts for embracing your best life with as little f\*cks to be had. I don't know about you, but I'm ready to race into 2016 with a little more concern and care for myself than the things around me."?Sarah Galo, Bustle"She's become my new Oprah."?Lucy Sykes, bestselling author of The Knockoff"Hilarious... [and] truly practical. Expect demand!"?Booklist"This how-to book grabs us with its catchy title,

no doubt inspired by Marie Kondo's bestseller, but delivers by empowering us to learn to say no and banish the word 'should' from our lives."?Parade"A parody of the wildly popular The Life-Changing Magic of Tidying Up . . . Knight's take also deals in a kind of spiritual enlightenment, but with far more wit and profanity. . . . There really is some life-changing potential here. . . . In a world that seems to demand more of our time and attention every day - and makes us feel like we should apologize when we just don't have enough - we could all benefit from a little schooling in the fine art of just 'not giving a f\*ck.'"?The Globe Mail (Canada)"I spend most days in terror, wondering who on earth is going to email me next, crushing me, oppressing me, making demands. The best book I have read recently is The Life-Changing Magic Of Not Giving A F\*\*k, by Sarah Knight. Absolutely blinding. Read it. Do it."?Liz Jones, The Daily Mail (UK)"After reading this book cover-to-cover and compiling a list of ten things I don't give a f\*\*\* about (Kanye West and exfoliation figured pretty highly), I realise how wonderfully liberating it is to stop apologising for things I'm not sorry about."?Red (UK)"I love Knight's book before I even start reading it"?Sunday Times Magazine (UK)"My new saviour...hilarious."?Psychologies (UK)"This unashamedly funny, honest and practical book promises to show you 'how to stop spending time you don't have with people you don't like doing things you don't want to do', which sounds pretty darn tempting to us. You'll learn how to shrug off debilitating things such as guilt, misguided obligation and shame, and embrace the things that really make you happy. And it makes you laugh. Bring it on!"?Heat (UK)"While organisational guru Marie Kondo has turned millions of people on to the importance of 'sparking joy' by tidying up their physical space, a new book is turning attention to the need to declutter one's mental space. The Life-Changing Magic of Not Giving a F--k is a self-help book for people who don't do self-help books...[it] stands out from the self-help pack not only for its frank language and sense of humour, but also because it is about less in a culture of more."?Daily Life (Australia)About the AuthorSarah Knight's first book, The Life-Changing Magic of Not Giving a F\*ck, has been published in eighteen languages and counting, and her TEDx talk, "The Magic of Not Giving a F\*ck," has more than two million views. The second book in the No F\*cks Given guides series, Get Your Sh\*t Together, is a New York Times bestseller. Her third, You Do You, will be published in November 2017. Her writing has also appeared in Glamour, Harper's Bazaar, Marie Claire, Red, Refinery29, and elsewhere.