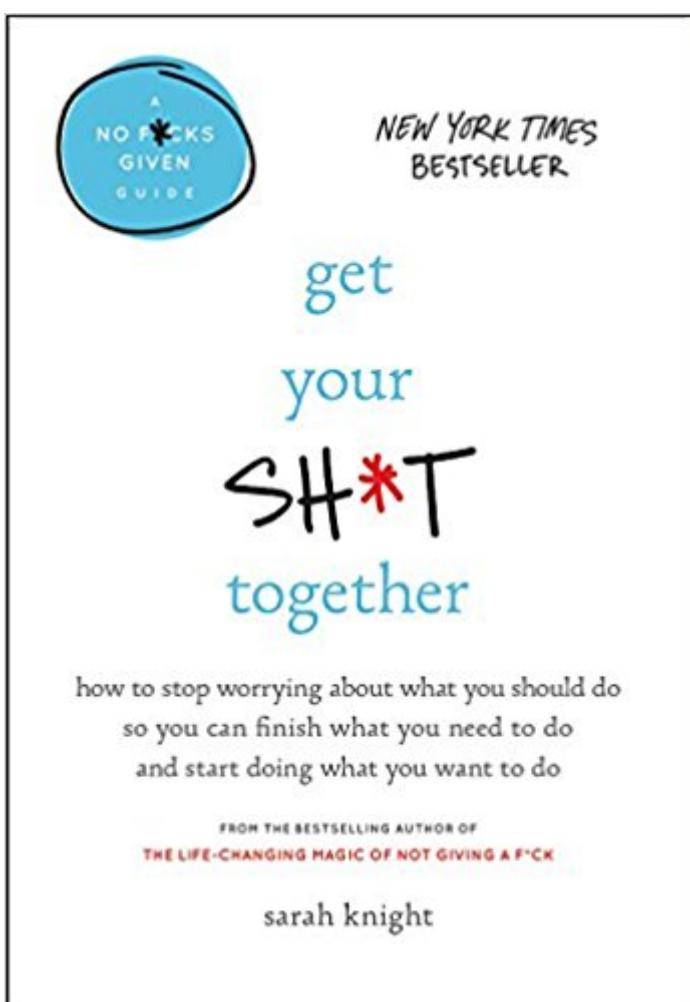


The book was found

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 (A No F*cks Given Guide)





Synopsis

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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"An honest, prescriptive guide to skipping the self-sabotage and, frankly, getting off the couch and getting going on all those things you've always wanted to do but seem to perpetually put off." —Parade "Genius... Get Your Sh*t Together is more of Knight's special brand of anti-self-help self-help, peppered with profanity and witty pop culture references. But this time, she focuses on tactically organizing your life and...wading through the sea of everyday sh*t you have to do and finally prioritizing the things you actually want to do." —Vogue

Sarah Knight is the internationally bestselling author of *The Life-Changing Magic of Not Giving a F*ck* and *Get Your Sh*t Together*. She lives in the Dominican Republic with her husband and a sh*tload of lizards. You can follow her on Twitter and Instagram @MCSnugz and learn more about the books at sarahknightauthor.com.

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