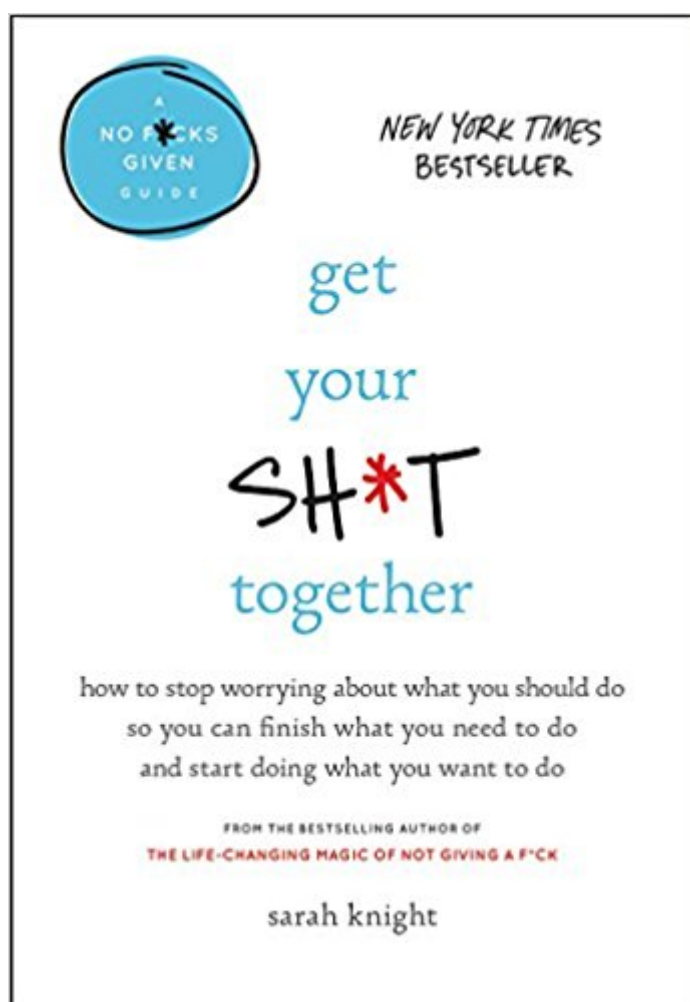


The book was found

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

Customer Reviews

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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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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 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) Zero F*cks Given: Black Background Adult Coloring For the Rest of Us (Beautiful Adult Coloring Books) (Volume 54) Learn What To Expect In Your Divorce So You Can Stop Worrying: Experienced New Jersey Divorce Attorneys Explain How To Protect What Matters Most To You How to Stop Worrying and Start Living: Time-Tested Methods for Conquering Worry Como Suprimir las Preocupaciones y Disfrutar de la Vida [Stop Worrying and Start Living] How to Stop Worrying and Start Living How To Stop Worrying and Start Living: What Other People Think Of Me Is None Of My Business Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying The 9 Steps to Financial Freedom: Practical and Spritual Steps So You Can Stop Worrying Ask and It Is Given - Part 1: The Law of Attraction (Ask and It Is Given) (Pt.I) How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk 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 I Need to Stop Drinking!: How to Stop Drinking and Get Your Self-Respect Back The Awesome Guide to Life: Get Fit, Get Laid, Get Your Sh*t Together It's Not All in Your Head: How Worrying about Your Health Could Be Making You Sick--and What You Can Do about It Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1)

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