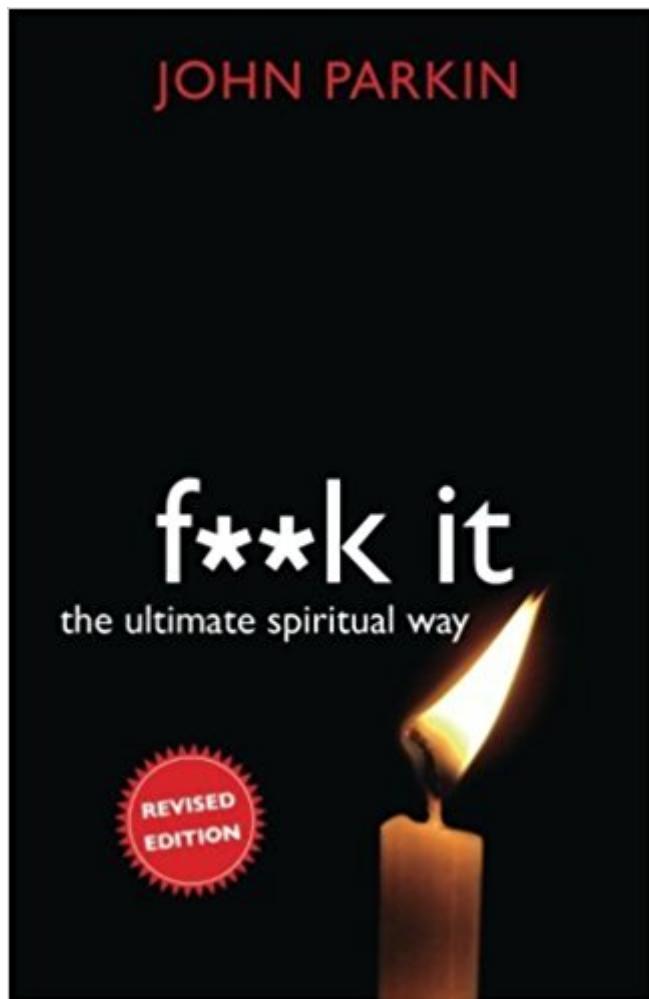


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# F\*\*k It: The Ultimate Spiritual Way



## Synopsis

In this inspiring and humorous book, John C. Parkin suggests that saying F\*\*k It is the perfect Western expression of the Eastern spiritual ideas of letting go, giving up, and finding real freedom by realizing that things don't matter so much (if at all). It's a spiritual way that doesn't require chanting, meditating, or wearing sandals. And it's the very power of this profanity that makes it perfect for shaking us Westerners out of the stress and anxiety that dominate our daily lives. With the help of this book, people around the world are now saying F\*\*k It to their worries and concerns, to the "shoulds" and the "oughts" that dominate their lives, and finally doing what they want to, no matter what others might think. "Self-help for the time-poor and psycho-babble intolerant." —MARIE CLAIRE

## Book Information

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## Customer Reviews

Everyone can relate to F\*\*K It. The Times John combines Wayne Hemingway's style with Eddie Izzard's flights of surrealism. The Guardian The perfect book to help. Now Magazine This year, dare to say F\*\*\* It... I did it. I relaxed, let go, told the truth, did what made me happy and accepted everyone... I don't feel like a martyr and I had real fun. -- Suzy Greaves Red Magazine A Western take on the Eastern idea of letting go... I've felt stress kicking in, and thought 'F\*\*k It!'. There is real freedom in that. The London Paper Something making you unhappy? One man's F\*\*k It therapy teaches us to let go. Metro --This text refers to an out of print or unavailable edition of this title.

The son of Anglican preachers, John Parkin realized that saying F\*\*k It was as powerful as all the Eastern spiritual practices he'd been studying for 20 years. Having said F\*\*k It to a top job in London, he escaped to Italy with his wife, Gaia, and their twin boys, where they now teach their famous F\*\*k It Retreats in various spectacular locations (such as on the volcano of Stromboli). He spends his days spreading the F\*\*k It message, on the retreats, in F\*\*k It eCourses and even with F\*\*k It Music, then says F\*\*k It himself and naps by the pool. [www.thefuckitlife.com](http://www.thefuckitlife.com)

Before I get on with the meaty part of the review, it's worth mentioning that my first review was rejected by for violating their profanity policy... because it mentioned the title of the book. This is... really dumb, to say the least. So in order to comply with this ridiculousness, I will use the abbreviation F.I. whenever I want to say, well, the title of the book. Jeez. But moving on. I'll get my one beef with this book out of the way: John C. Parkin seems to have never gotten over his adolescent rebellion when it comes to Christianity. Objecting to Christianity is fine; some people have made a career out of it. But his sniping seems a tad bitter. Everything else about this book is incredible. I'm a hypochondriac, which in real life is nowhere near as zany as Bill Murray makes it seem in *What About Bob?* In real life, hypochondria - or health anxiety, if you prefer - is sort of a living death, since your own death is what you contemplate every waking moment. If you think hypochondriacs are hard to be around, I promise it's way harder being one. Since I had a miscarriage last year, my health anxiety has gotten pretty bad. A few weeks ago, sobbing into my husband's shirt in a hospital parking lot after yet another panicked visit to the ER (I'll spare you the suspense: my diagnosis was "panic attack") I said, "I just want to be normal." And never in my life have I meant words more. That night, I stopped praying for healing, and started praying for "something - anything - that will help." I had stumbled across this book months ago in a bookstore in Mississippi, but didn't buy it because I was too po'. Somehow it stuck in my craw, though, and a couple days after my last ER visit I randomly decided to buy it on . I devoured it in two sittings. Saying "it changed my life" may seem trite, but it's true. Even sitting here I feel like a different person. The Bible tells me 364 times to not be afraid. It tells me to observe the lilies of the field and the birds of the sky and be as carefree as they are. But it doesn't tell me how - at least not in language that works for me. The F.I. Way is, basically, Taoism in modern language. You don't have to be any particular religion, or any particular non-religion, for this to work for you. Anybody of any faith can understand the value of accepting that life ends, that everything ends, that all is temporary, and that when you let life just flow through you, everything starts to make sense. Once you realize the impermanence of all things and - most importantly - let go of it, healing begins. My

favorite tool in the book - and there are lots of good ones - is the mantra "I am safe no matter what I'm feeling." Because it's true. Whatever I am going through, I will get to the other side of it, even if it's the other side of my own death. In those moments, knowing that all is temporary becomes a relief. The F.I. out-breath is my second favorite tool. I use it many times a day. It's the reason I'm sitting here, after a frustrating day at work, feeling hopeful and good and relaxed instead of worried and knotted and dreadful. I can't recommend this book enough for anyone who has fear, worry, or stress in their life - which is to say, everyone. And if you're struggling with an anxiety disorder, do yourself perhaps the most important favor of your life and buy this book right now.

Starting from the title, you can already get an idea of the tone and language used in this book. The author does not disregard in this point. There is plenty of use of the f\*\*k word along with one other four letter word. In fact, this book had the most use of those 2 four letter words than I have ever read in any book so far. Having said that, this book is also surprised me with the insight that was in the book. Parkin (the author) goes where other self-help books won't go and uses language that most self-help gurus won't use, but the action leads to something interesting (at least for me) an "awakening". After reading this book, you come to realize that all of the tension about everything from work, to family, to your hobbies can really weigh you down. This book is here offer a moment of reprieve, shocking, but effective, through identifying why we let things weight down and what we should do about. If you read the title, you know his answer. Expect a reading adventure where you won't know where the author is going next or what he will say... I recommend this book for people who are tired of trying to be "perfect" and just want to deal with this world as themselves and not what they hope to be. ProsIn-your face, honest and authentic language used throughout the whole bookInsightful content-Parkin's books touches on a little of everything, so there is something you can find to relate to in this book. You will find yourself agreeing with lot of what Parkin has to sayHumorous content- As long as you gets Parkin's humor, most of the book will make you laughConsOveruse of coarse language/irreverent content-This is the chief negative of this book. If you are offended by the title, the content does not help in that regard. Parkin's humor is also irreverent to societal standards, so some readers might offended by his humor.Slightly applicable content- The concept of the philosophy is so simple, most readers will probably wonder how a book was published from it. In either case, Parkin does a decent job of putting together a workable philosophy or attitude toward life. This book does not address the problem how to realistically and consistently apply that philosophy. In other words, you learn in this book why it's important to let go of people's perceptions of you. Good, insightful content is given, but nothing insightful is given on

exactly how to do this. Tone-Parkin strikes a somber and almost nihilistic point of view in the book. The book does a good job of putting at ease, but in quite a few sections the material is depressing.

I was duped by the funny title - read a few pages before you buy it

Oh so easy read, I will again and again too. Not that I can't retain all the hilarious nuggets of wisdom. It's BECAUSE of the hilarious nuggets of wisdom that I will return.

Why use so many words to get the message across? The message is not too bad in itself, but it could be more powerful if condensed.

came highly recommended but honestly couldn't get into it. Didn't enjoy the format

The author is somewhat sloppy in his writing style, but I think he was applying the principles explained in the book and avoiding being too organized and neat. Most of the time it was enjoyable to read though, he makes funny jokes frequently. But the most important thing is the principles turned out to be very useful for me. Everyone knows the idea that you should not worry about things and just act, but this book finally convinced me that this idea would really work. Returning assignments late when you don't "feel like" finishing in time, making your own decisions when other people force their opinions on you, are some examples. I am happy that I read the book and had a less stressful life (for now).

F\*\*k It was given as a gift to a friend embroiled in kemo and radiation treatments. Every time we spoke f\*\*k it streamed her speech and I was reminded of this title and had it shipped to her. She 'loves' it. "It is perfect and it's funny." I quote her. Now I've noticed her speech pattern has changed and acceptance inserted. She doesn't 'like' what is happening to her, on the other hand, she is loving herself through it.

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