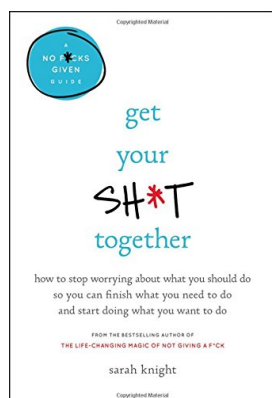


# [PDF] Get Your Sh\*t Together: How To Stop Worrying About What You Should Do So You Can Finish What You Need To Do And Start Doing What You Want To Do (A No F\*cks Given Guide)

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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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