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What You

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back You thought, you could keep
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gave 'em head Now you're askin'
for me back You're just another
hack, look elsewhere 'Cuz you're
done with ...

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The "fuck you, I won't do what you tell me" scream from the Killing in the name of song of Rage against the machine

Fuck you, I won't do what you tell me - YouTube

Saying Fuck It is like massage for

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the mind - relaxing you, releasing tension, giving up on things that aren't working. This title argues that saying Fuck It is a spiritual act: that it is the perfect western expression of the eastern ideas of letting go, giving up and finding real freedom by realising that

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things don't matter so much (if at all).

*F**k It: The Ultimate Spiritual
Way by John C. Parkin*

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John & Gaia have been running
Fuck It Retreats in Italy for 15
years. They wrote the
international bestselling Fuck It /
F**k It books. They live with their

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sons near the beach in Italy –
spending their time walking on
the beach and helping people
around the world find freedom
through a brilliant profanity.

*The home 'Fuck It' aka 'F**k It',
for the bestselling ...*

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Fuck you, I won't do what you tell me - Rage Against The ...

Fuck you. 2. Deadwood/South Park. Deadwood and South Park are equally good shows, so they're tied on our list as the

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second-best shows of all time. It's honestly pretty incredible that a show as good as Deadwood came from HBO, the subpar network that gave us mediocre drivel like The Sopranos. South Park and Deadwood are both perfect shows to watch if you've already

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watched Family Guy a ...

*Fuck You: We're Putting 'Family
Guy' At Number 1 On This ...*
So You Think You Can Fuck With
Me Do Ya Lyrics: There you go,
you listen and that's how you
know / Why don't you show some

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sympathy in letting go? / It's plain to see, that there is nothing ...

A recent Gallup poll in the US found that 70% of those in work didn't enjoy their job. In his latest

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book, John C. Parkin brings the power of saying 'F**k It' to the subject of doing what we love. In this highly entertaining and motivational book, John sets out to prove that when we do what we love, we're actually more likely to be happier, healthier,

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wealthier and more successful. He addresses the significant blocks that people experience when they consider doing what they love, including: 'Doing what you love is for time-off, not work', 'Doing what I love would be selfish', 'I just don't know what I

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love' and 'I could never make a living from doing what I love'. Through no-nonsense ideas, fascinating facts and motivating calls to action, John brings us from pessimism to inspiration, so that our trail of thought becomes powered by 'F**k it, I can't waste

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any more of my life', 'F**k it, I will find a way to make this work', 'F**k it, I will do what I love'. F**k It: Do What You Love is not just a book: it's a call to action to get every single person to spend their precious time on this planet doing what they love.

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A recent Gallup poll in the US found that 70% of those in work didn't enjoy their job. In his latest book, John C. Parkin brings the power of saying "F**k It" to the subject of doing what we love. In this highly entertaining and

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motivational book, John sets out to prove that when we do what we love, we're actually more likely to be happier, healthier, wealthier, and more successful. He addresses the significant blocks that people experience when they consider doing what

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they love, including: "Doing what you love is for time off, not work", "Doing what I love would be selfish", "I just don't know what I love" and "I could never make a living from doing what I love". Through no-nonsense ideas, fascinating facts and motivating

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calls to action, John brings us from pessimism to inspiration, so that our thoughts become powered by "F**k it, I can't waste any more of my life", "F**k it, I will find a way to make this work", "F**k it, I will do what I love". F**k It: Do What You Love is not just a

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book: it's a step-by-step map to get every single person to spend their precious time on this planet doing what they love.

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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

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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

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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

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time-poor and psycho-babble
intolerant." MARIE CLAIRE

#1 New York Times Bestseller
Over 1 million copies sold In this
generation-defining self-help
guide, a superstar blogger cuts
through the crap to show us how

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to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have

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to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the coddling, let's-all-

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feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving

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our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your

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fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage,

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perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what

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you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not*

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Giving a F**k is a refreshing slap for a generation to help them lead contented, grounded lives.

With his first (and bestselling) book, 'F**k It: The Ultimate Spiritual Way', John C. Parkin established that saying 'Fuck It'

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was a spiritual act: helping us let go and realise that things don't matter so much after all. This book packs a similar punch in wisdom and style, but with fewer words and more illustrations. Full of quick tips with big effects, with lines such as 'Say Fuck It to being

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happy: just doing that will cheer you up no end'. This is a unique book: quick and easy to read but potentially huge in its effect on people's lives.

The "fuck you" book. The most simple book that says all u want

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to say to your ex gf/bf or your
BOSS! ;)

If every therapist and
psychotherapist on the planet
could repeat this to their clients,
like a mantra, again and again,
there would be fewer therapists

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and psychotherapists. Because it works. Very quickly. Realising that what you're worrying about and stressing over doesn't really matter so much in the grand scheme of things is the door to freedom and healing. And the little profanity 'F**k It' is the key

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to that door. Ask anyone who's come close to death, or lost someone close to them, or discovered they have a serious disease and they'll say the same thing: that the little things don't matter, F**k It... enjoy life in every moment for what it is, not

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what you want it to be... worry less, live more... remember what's important and forget the rest. John and Gaia have taught F**k It Retreats in Italy and around the world since 2005. They have taught thousands of people how to say F**k It: how to

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ease up, let go, and feel the natural flow in their lives. F**k It Therapy makes available for the first time the process they teach during their week-long retreats. With their six-part process, you are guided through how to deeply relax and let go, then how to

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carry this out into your life. You find out about the F**k It State and how to access it, you learn the principles of F**k It Training and then discover what F**k It Living really is, and how you can live every moment in a free, relaxed and F**k It way.

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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 YOU Are
you stressed out, overbooked,

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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

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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

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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

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living your best life today!

The top reason for being unhappy and stressed in life is 'being over here, but wanting to be over there'. The gap between how life really is and how we'd like it to be, hurts. This gap is, in fact, the

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primary cause of pain and misery for most people. In this light-hearted, funny, yet deeply wise book, bestselling self-help author John Parkin looks at how we can close this gap: not through improving ourselves or making changes in our lives, but through

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saying 'F**k it' and making peace with life, just as it is. Written with relatable wit and humour, this book is full of wisdom that will give you a refreshing new perspective on life. John will guide you through all the common pitfalls of the modern search for

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happiness and will show you that going with the flow of things, exactly how they are, is the most effective pain reliever there is. By the end of the book, you'll see that being at peace with life is not necessarily to be peaceful, it's certainly not to be passive; it is to

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