

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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THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF THE LIFE-CHANGING MAGIC OF NOT GIVING A F*CK AND YOU DO YOU

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

Sarah Knight's first book, *The Life-Changing Magic of Not Giving a F*ck*, has been published in more than twenty languages, and her TEDx talk, "The Magic of Not Giving a F*ck," has more than four million views. All of the books in her *No F*cks Given Guides* series have been international bestsellers, including *Get Your Sh*t Together*, which was on the New York Times bestseller list for sixteen weeks. Her writing has also appeared in *Glamour*, *Harper's Bazaar*, *Marie Claire*, *Red*, *Refinery29*, and elsewhere. After quitting her corporate job to pursue a freelance life, she moved from Brooklyn, New York, to the Dominican Republic, where she currently resides with her husband, two feral rescue cats, and a sh*tload of lizards.

You can learn more and sign up for her newsletter at nofucksgivenguides.com, follow Sarah on Twitter and Instagram @MCSnugz, and follow the books @NoFucksGivenGuides (Facebook and Instagram) and @NoFucksGiven (Twitter).

"We've all been there before: using self-sabotage and poor excuses to delay accomplishments is an easy way to screw our future selves. If that sounds like you, then *Get Your Sh*t Together* is the book you need to unf*ck yourself. As you may have guessed, this book is a genius guide to getting out of your own way in order to finally get your sh*t together. Unlike most self-help books, this one is written with a brutal honesty that truly resonates to the core. Since the content is both witty and frank, it's a great book for anyone in dire straits but finds motivational books too self-indulgent. This book is more like getting a stern, inspiring lecture from Parks and Rec's Leslie--and we could all use something like that in our lives. Fortunately, with this book, you can achieve greatness without the thoughtful b.s."-Bustle

"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

"Knight addresses such topics as ways to manage anxiety, turning negative thinking positive and tackling self-sabotage with wry, chuckle-worthy humor and a practicality that will appeal to those who prefer to dip their toe in the transforming your life pond rather than jumping in naked."-Shelf Awareness

"[Get Your Sh*t Together] helped me stop psyching myself out and showed me how to break tasks up into small, manageable chunks... This one really helped set my tone for 2017. If you feel upside down and like you're being tossed around with no sense of direction, GYST is the slap in the face you need to wake up and realize, you can do this (with the action plan to actually do it)." -PopSugar

"Just what 2017 needs. Try it to make this year's resolutions stick."-Red

"Life-affirming... This no-holds-barred book has your back."-SheerLuxe

"A must-buy."-The Debrief

Other Books

Rich dad, poor dad.

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