



The Life-Changing Magic of Not Giving a F**k: Gift Edition (Hardback)

By Sarah Knight

Quercus Publishing, United Kingdom, 2016. Hardback. Condition: New. Gift ed.. Language: English . Brand New Book. The bestselling book everyone is talking about, revealing the surprising art of caring less and getting more. Genius Cosmopolitan The best book I have read recently . . . Absolutely blinding. Read it. Do it Mail on Sunday The anti-guru Observer Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Then it s time to stop giving a f**k. This irreverent and practical book explains how to rid yourself of unwanted obligations, shame, and guilt - and give your f**ks instead to people and things that make you happy. With a bonus section on how to save your sanity over the holiday season, the simple NotSorry Method for mental decluttering will help you unleash the power of not giving a f**k and will free you to spend your time, energy and money on the things that really matter. I love Knight s book before I even start reading it Sunday Times Magazine Life-affirming . . . The key practice she advocates is devising for yourself a fuck budget . . . It s a...



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