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# The Life-Changing Magic Of Not Giving A F\*ck: How To Stop Spending Time You Don't Have With People You Don't Like Doing Things You Don't Want To Do



## Synopsis

The surprising art of caring less and getting more. Are you stressed out, overbooked, and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? It's time to stop giving a f--k. This brilliant, hilarious, and practical parody of Marie Kondo's best seller *The Life-Changing Magic of Tidying Up* 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. The easy-to-use, two-step NotSorry Method for mental decluttering will help you unleash the power of not giving a f--k about: Family drama Having a "bikini body" Iceland Coworkers' opinions, pets, and children And other bullshit! 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--k, and start living your best life today!

## Book Information

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## Customer Reviews

I had picked this up at the train station in London before a flight, because the subtitle sounded interesting (and it was on the bestseller list). Right from the start I hoped the book wouldn't overuse the F-word like it does on the first couple of pages. I'm far from a prude. Actually, I just hoped for good writing, but overall I was disappointed with the book for three reasons. 1) The author uses the f-word so liberally, that it gets annoying fast. It's somewhere between cringe-worthy and roll-eyes territory. I get she's trying to be cute and edgy, which may work for a blog post or two, but not for a whole book. 2) In terms of actually useful advice, the book is very thin. There's a lot of "advice" in the book, yes, but much of it is just trying to be so edgy that it's ultimately useless for people that don't want to come off as rude and inconsiderate. I know it's supposed to be funny, but if I want funny

with "bad" language, I'll watch Richard Pryor stand-up. For example, in the hypothetical situation of someone taking too long to order at Starbucks, you're supposed to ask them whether they're shortsighted and need help reading, because in the time they've been standing there "you" could have read the menu three times. Hold your horses there Jackie, you're not waiting in line for emergency medical treatment, you're standing in Starbucks, a place between home and work where you're supposed to be able to relax.<sup>3</sup>) The author comes across as unlikable. If you don't want to go to your "friend's" wedding, fine, don't go there, but you don't need to be so rude when saying no. You have annoying stuff in your facebook timeline? Maybe you shouldn't have added so many people you don't care about as "friends." Here's a summary of the book, to save you the 13 pound. Think about what you enjoy doing in your life and write it down. Make another list of activities that drain your energy. Find a way to eliminate items from the second list. If you want to take the author's route, be deceptive, hurtful, and make the other party feel bad about it. In my opinion, you're better off being honest and polite, but that's just me. Ultimately, it's my fault for buying this book without at least reading the first chapter. I was in a book store after all.

Redundant and not really full of sound advice. It's a good idea behind the book but don't feel like it was executed well.

It was an Okay read. Entertaining for awhile but the title basically sums up what the book is about. Felt slightly repetitive but overall OK.

Tho' I shuddered at the implication of such a naughty word bringing about a relief from self-inflicted burdens, I read, avidly, and found a wealth of knowledge in this unique piece of magic. Funny...dispensed cleverly and well versed, thus the 5 stars.

Worth applying to some aspects of my life

Fun read

I cracked up in the beginning but grew weary of the theme about half way through the book.

This is a great parody. I read The Life Changing Magic of Tidying Up, it is a fun way to follow up after reading about thanking your clothes for their service...

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