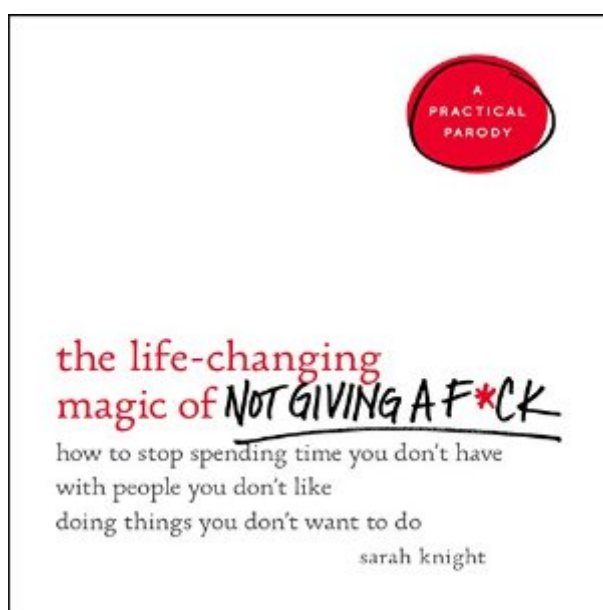


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# The Life-Changing Magic Of Not Giving A F\*ck: How To Stop Spending Time You Don't Have With People You Don't Like Doing Things You Don't Want To Do



## 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

Audible Audio Edition

Listening Length: 3 hours and 54 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hachette Audio

Audible.com Release Date: December 29, 2015

Language: English

ASIN: B0189OCMCM

Best Sellers Rank: #2 in Books > Audible Audiobooks > Humor > Parodies #27 in Books > Humor & Entertainment > Humor > Parodies #121 in Books > Health, Fitness & Dieting > Mental Health > Happiness

## Customer Reviews

I bought this book last night, stayed up reading it until - oh - 1am? MADE myself go to bed because I was laughing so hard, then finished it today, still laughing. Eyes watering, good-thing-the-windows-aren't-open-because-the-neighbors-would-wonder kind of laughter. The entire book was spot on and I think it should be read in tandem with that other Life Changing Magic Book. Which I'm going to do this very afternoon. The author has it right. ALL OF IT. There are only so many fxs to give in any given hour, day, week, month, year, or lifetime. Fxs are finite, and should be doled out sparingly and only for things that are truly worth it and give JOY, instead of ANNOY. How many fxs did I lose by worrying about whether I was devoting enough attention to that one account at work that no one ever asked me about, and therefore didn't care about until I mentioned

it? The minute I stopped giving a fk, everything was rosy. My job was infinitely easier. I stressed less and had more time for other things that needed further evaluation. Eventually, I stopped giving a fk about that job and found a new one that gives me JOY, which is really the whole point, amirite? I started evaluating everything that was not deserving of fxs and weeded accordingly. Toddler birthday parties that won't be remembered by said toddler? ANNOY. Ill-behaved grandchildren? ANNOY. Staying home with a book and the house to myself while the husband visits said ill-behaved grandchildren? JOY. Having a job that I enJOY (see what I did there?) despite being away from home weeks at a time? JOY. It's just that simple. Once you weed out what bugs you or sucks your soul dry with the effort of simply putting up with it, then you realize you have much more energy for the things that you love.

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