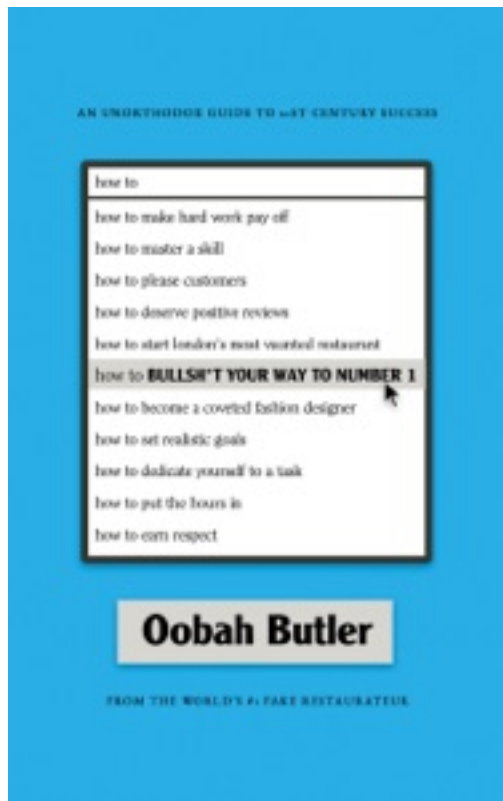


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Since he came with the Shed at Dulwich, the world's most famous restaurant that never existed, Oobah's life has been completely transformed. Fantastic, of course, but it made no sense. How could something he'd invested such little care and emphasis in be so impactful? Could this be the key? So he asked himself the question: How would my life work out if I approached it with as little consideration and as much enjoyment as my fake restaurant? Can one achieve more in life if they cease to be so emotionally involved in their goals?

In the modern age, has detachment become an unlikely bedfellow of success? This new book by Oobah Butler is based on a philosophy built around this very stupid thing he did.

"Oobah's philosophy brings up a few things for me. The Buddhists talk about non-attachment, which is a beautiful way to live, but an even more spacious way to live is moving between fierce attachment and nonattachment. Too much non-attachment leads to detachment. Too much attachment insures heartbreak in a world that is forever changing." Tony Schwartz, multiple international best-seller

"I don't believe in experts, guru's or prophets, but Oobah Butler is a master I can believe in. By following his philosophy on life over the past 12 months, I have been able to carve out my own unique path as a singer, songwriter, actress and artist. And I've done it completely on my own with absolutely no help, except Oobah's." Sky Ferreira

"Part entrepreneur and part prankster, Butler's antics are so carefully orchestrated they've taken him to Paris Fashion Week and recently landed him a book deal." Forbes "Hilarious" Robin Young, NPR

"Oobah Butler is the culinary con artist behind what was simply a figment of his imagination." NPR Weekend Edition

"Whether he's blagging his way into fashion week as a knock-off brand designer or sending fake versions of himself on to the BBC, his pranks are often both hugely elaborate and curiously insightful." BBC Radio

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"A neo-dadaist literary *nonpareil*. And I should know as I read a shitload of f*****g books." Darren
Brown

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