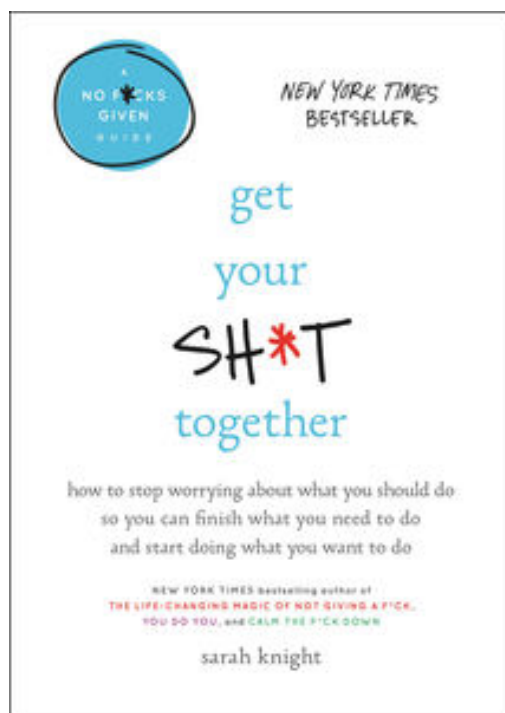


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The no-f*cks-given, no-holds-barred guide to living your best life Ever find yourself stuck at the office-or even just glued to the couch-when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project 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*

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