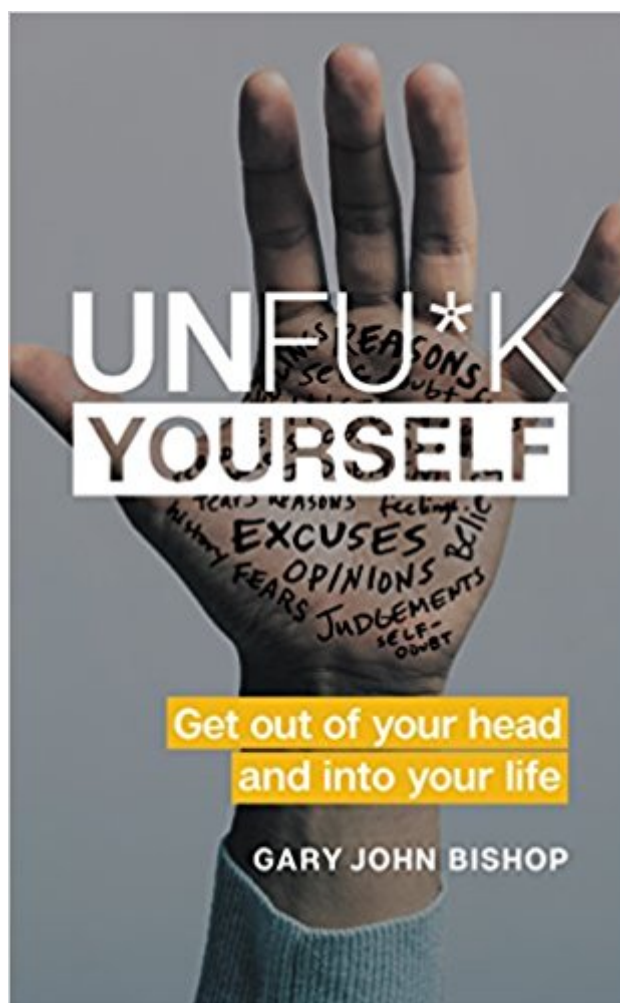




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# Unfu\*k Yourself: Get Out Of Your Head And Into Your Life



## Synopsis

Joining the ranks of *The Life-Changing Magic of Not Giving a F\*ck*, *The Subtle Art of Not Giving a F\*ck*, *You Are a Badass\**, and *F\*ck Feelings* comes this refreshing, BS-free, self-empowerment guide that offers an honest, no-nonsense, tough-love approach to help you move past self-imposed limitations. Are you tired of feeling fu\*ked up? If you are, Gary John Bishop has the answer. In this straightforward handbook, he gives you the tools and advice you need to demolish the slag weighing you down and become the truly unfu\*ked version of yourself. "Wake up to the miracle you are," he directs. "Here's what you've forgotten: You're a fu\*king miracle of being." It isn't other people that are standing in your way, it isn't even your circumstances that are blocking your ability to thrive, it's yourself and the negative self-talk you keep telling yourself. In *Unfu\*k Yourself*, Bishop leads you through a series of seven assertions: I am willing. I am wired to win. I got this. I embrace the uncertainty. I am not my thoughts; I am what I do. I am relentless. I expect nothing and accept everything. Lead the life you were meant to have. —*Unfu\*k Yourself*.

## Book Information

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## Customer Reviews

—“UnFu\*k Yourself ... will guide you in how to deal with divorce, loss, failure, health, work place woes, and will give you the power back in tackling life and teach you how to deal with your problems by taking responsibility.” —(Reader’s Digest) —“If you like your self-help without any BS, look to Gary John Bishop’s *Unfu\*k Yourself*, [which] aims to help readers who feel f\*cked up work through their challenges. You’ll get advice and tools to combat negative self-talk and feel more empowered.” —(Bustle) —“Meet Gary John

Bishop, the straight-talking Glaswegian taking the self-help world by storm. (Sunday Herald)

Wake up. You're a fu\*king miracle of being. What's standing in the way of you living your best life? Most people would reference things like relationships with other people, money, their job, or unfortunate circumstances. None of these explanations make any difference. Through decades of working with people as a personal development coach, Gary John Bishop has discovered that the barrier is one thing only: you. If you're easily offended, stop reading now. This isn't the book for you. But if you're looking for a book that gives you the power to find everything you ever wanted residing within you like a well of potential, waiting to be expressed, you're in luck. Unfu\*k Yourself is the handbook for the resigned and defeated, a manifesto for real life change and unleashing your own greatness.

I am realizing just how much I took myself out of the game of life after our youngest daughter passed away about 3 years ago. She was almost 6 years old and I was 33. At 36 years young I felt one and a half decades older than my body. With the help of Gary's words, I realize that I am my hero and, ultimately, this is really good news for me. I was so busy waiting for things to get better that I wasn't in action about living a happy life despite the fact that my youngest is no longer physically in it. Certainly, I will always miss her, but I can experience joy, peace, passion, and excitement as well. I feel compelled to drive forward with a velocity that inspires me. I started singing again (in the car, around the house, even at my office)...I hadn't noticed that it was gone for 3 years until it showed up again. Many thanks for the opportunity this book gives me to take the bull by the horns and to be responsible for my present and future. I am so relieved! Seriously, that sounds so weird. Who would have thought that me being responsible would leave me feeling relief? ha! It's so true though. I feel like I am finally awake after an extended nap. Thanks for the wake up call, Gary John Bishop.

Great book! If you are feeling stuck or in a rut, this book will pull you out of it. I will go back to this anytime I'm feeling stuck. Definitely buy this book!

I have never read a book like this before but I am so glad I did! It has helped me realize mistakes that I've made and how wrong I was. It's put my mind to ease with a lot of things and it has certainly given me things to think about in the future as well. I highly recommend this book!

I was excited to start reading this book. From the title to the message, I felt it had the right attitude. However, it is a poorly written book. I appreciate that it's trying to be level headed and real with the reader but its message was repetitively general. It feels like the writer presumes that the reader isn't as intelligent as he is. There are so many grammatical errors. I wish more effort was put into this book. It had a lot of potential but it was flat and disappointing. The entire book reads like someone slapped it together. There are good messages but I don't see myself recommending this book to my friends. The picture attached shows a grammatical error I couldn't look past. There were a few leading up to it but this was harder to look past. This was in chapter 1.

I really loved this book. No BS, get it done attitude. Right to the point, direct approach, which some people do better with than fluff.

This book I feel was really speaking to me in a way that made me realize the things I was focusing on was slowing me down. Change your mindset.

Read this book in 2 sittings. Best book I have read in a long time. It is very down to earth and it has made me think and more importantly act NOW. I have recommended it to several people already.

Relentlessness is something I need to work on, in a one by one way. Overall a good book with a lot of interesting quotes. Good read.

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