

# How To Stop Giving A Fuck

**Tamsyn Muir**

*How to Stop Giving Your Power Away* Kurt Winowich, 2017-10-13 If you are an average American, you have been giving your power away without even knowing it. We have been taught that it is not good to seek power or to be powerful. Thoughts of greed, money, manipulation, controlling of others or even military force comes to mind. We have been taught this lie and thus we have become disempowered without even realizing it. The result of this manipulation can show up in our lives as depression, illness, stress, anxiety, or a general loss of happiness. What is true power and why is it important to us as individuals? Simply, your power is measured by your ability to create the things that you want to see in your life. Anything that disrupts this natural ability, we call disempowering. Anything that enhances this natural ability, we call that empowering. People are unknowingly giving away their power by the things that they watch, listen to, think, say and do daily. By retaining your innate power, you will improve all the areas of your life, including your health, your relationships and your career or business. The author presents and explains master principles on how to raise the quality of your mental, emotional and physical energy.

**The Life-Changing Magic of Not Giving a F\*ck** Sarah Knight, 2015-12-29 The genius national bestseller on the art of caring less and getting more -- from the author of *Calm the F\*ck Down* and *F\*ck No* (Cosmopolitan). 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\*ck. This brilliant, hilarious, and practical parody of Marie Kondo's bestseller *The Life-Changing Magic of Tidying Up* explains how to rid yourself of unwanted obligations, shame, and guilt -- and give your f\*cks 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\*ck about: Family drama Having a bikini body Iceland Co-workers' opinions, pets, and children And other bullsh\*t! 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\*ck and start living your best life today! Discover more of the magic of not giving a f\*ck with *The Life-Changing Magic of Not Giving a F\*ck Journal*.

**Unleash Your Dark Side** Michael Pace, 2023-11-08 Embark on a journey to power and self-mastery with *Unleash Your Dark Side: How to Effectively Utilize Dark Psychology Strategies to Kick Ass and Become the Ultimate Winner in Life*. Michael Pace, the thought leader who ingrained 'Dark Psychology' into our societal lexicon, brings you a book that stands as

a testament to the might of the mind when unfettered by conventional restraints. This authoritative volume combines two of Pace's amazing works. First, *Strategies for Sabotage: Embracing Your Dark Skills in the Craft of Victory* compels you to unleash your innate skills for triumph. Dispel the fears and moral ambiguities holding you back from victory. This isn't about playing the game; it's about rewriting the rules to guarantee your win. Within these pages, you'll discover how to harness your hidden potential to overpower, outsmart, and outplay every challenge life throws at you. Next, *The Psychology of Not Giving a F--k 101: How to Carefully Choose What You Care About* offers a transformative approach to personal freedom. Stop being paralyzed by petty worries. Learn to assert dominion over your concerns, reserving your energies for what truly matters. This book is your guide to living a life unchained from societal pressures, free from needless stress, and rich with relentless enjoyment. Michael Pace didn't just write books; he crafted a legacy that redefined our understanding of psychological warfare in everyday life. With *Unleash Your Dark Side*, you hold the synthesis of his groundbreaking work, a dual offering that will teach you to navigate life's arenas with unmatched skill and unshakable confidence. Claim your power, master the art of selective indifference, and step into a world where you are the ultimate arbiter of your destiny.

How to Not Give a F\*ck at Christmas Sarah Knight, 2016-11-28 For a stressed-out, overbooked, steadfast giver of too many f\*cks, the holidays can be your Kryptonite. In this season of giving, spending, going, doing, and more, it's all too easy to wear yourself out pleasing everyone else. In *The Life-Changing Magic of Not Giving A F\*ck*, Sarah Knight taught you how to shed your unwanted obligations, shame, and guilt, and devote your time and f\*cks to things that make you happy. In this pint-sized ebook, she'll tell you how to apply the principles of not giving a f\*ck that work for you 11 months of the year to the holiday season.

The Subtle Art of Not Giving a F\*ck Mark Manson, 2016-09-13 #1 New York Times Bestseller • More than 10 million Copies Sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be positive all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. F\*\*k positivity, Mark Manson says. Let's be honest, shit is f\*\*ked and we have to live with it. In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. *The Subtle Art of Not Giving a F\*\*k* is his antidote to the coddling, let's-all-feel-good mindset that has infected modern society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault. Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage,

perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f\*\*k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, *The Subtle Art of Not Giving a F\*ck* is a refreshing slap for a generation to help them lead contented, grounded lives.

*Getting Over Ourselves* Christina Congleton, 2025-04-29 Move beyond empty life hacks to connect with your deepest humanity In *Getting Over Ourselves: Moving Beyond a Culture of Burnout, Loneliness, and Narcissism*, human development specialist and leadership coach Christina Congleton delivers an insightful and urgently needed discussion of how people can break out of the tired clichés of the self-help genre, and move toward new levels of connection, engagement, and capacity in navigating an uncertain world. In the book, you'll explore how modern attitudes of individualism that were once freeing now converge with environmental destruction, inequality, and an alarming uptick in depression, substance abuse, and suicide to significantly damage the potential of people everywhere. You'll also find concrete strategies—rooted in developmental psychology—that show us new ways to approach these challenging times. *Getting Over Ourselves* offers: Insights into why “life hacks,” productivity seminars, and more adulting are not the solutions to the issues faced by people today Frameworks that reject the idea that there is a separate, solitary self in need of constant improvement, and connect you with your deepest humanity Effective techniques for fending off burnout and ways to move beyond the unsatisfactory status quo An essential and timely work, *Getting Over Ourselves* is the antidote to the skin-deep, ineffective self-help material that you've been looking for.

**HOLY SH\*T, THEY'RE GONE: Navigating the F\*cking Aftermath of Loss Without the Bullsh\*t** Cassandra Crossno, 2025-03-10 THE BOOK GRIEF DOESN'T WANT YOU TO READ ----- So, they're gone. And now, everything is fucked. Your entire fucking world just got obliterated. One second, they were here—your person, your anchor, your goddamn reason for breathing—and now, they're just fucking gone. Reduced to memories, ashes, a gaping, screaming HOLE in the fabric of your goddamn existence. The world SHATTERS, doesn't it? One minute they're breathing, laughing, living, and the next... NOTHING. Just a void that swallows everything whole, leaving you choking on the dust of what used to be. Everything you knew is a smoldering crater, a wasteland of what-ifs and never-agains. And the infuriating, soul-crushing reality? The goddamn sun STILL rises. Traffic STILL crawls. People STILL bitch about their lattes. The fucking AUDACITY of the world to keep turning when yours has stopped DEAD. Meanwhile, you're drowning in this soul-crushing, brain-melting, rage-inducing hellscape called grief. People start talking, and 95% of what they say is the most tone-deaf, ignorant, rage-inducing, and straight-up offensive bullshit you'll ever hear in your life. “Oh, they're in a better place.” Better place my ass. Their place was right the fuck here, with you. “Everything happens for a reason.” Say that again, and you might catch hands.

----- Grief isn't just sadness. It's a goddamn onslaught. It's a neurochemical shitstorm that hijacks your brain, making you forget your own address and put the remote in the fridge. It's a physical assault that leaves you exhausted, nauseous, shaky—like you got hit by a truck and then dragged for miles. You expect the big days to hurt—birthdays, anniversaries, holidays. But it's the tiny, everyday gut-punches that fuck you up the most. Looking at their side of the bed and feeling like the air just got knocked out of your lungs. Seeing their favorite coffee mug. Hearing their laugh in a goddamn dream. Yeah, those. And then there's the pressure—to “move on,” to “find meaning,” to be some kind of goddamn poster child of grief instead of the broken, furious, drowning mess you actually are. Guess what? You don't have to play by their rules. This is not a soft, hand-holding guide to healing. This is not a collection of gentle affirmations. This is not a “breathe deeply and let go” pile of spiritual bypassing. **THIS IS A GODDAMN WAR MANUAL FOR THE SOUL UNDER SIEGE.** A brass-knuckled, battle-scarred, no-holds-barred roadmap through the hellscape of grief. This book is going to rip grief open, lay it the fuck out, and force it to look you in the eye. It will not tell you to “move on.” It will not pat you on the head and tell you “it gets better.” It will tell you the brutal, ugly, completely unfair truth about what it means to keep breathing when the one person who made life worth living isn't here anymore. ----- **WHAT'S INSIDE THIS LITERARY GRENADE?** □ **THE TRUTH, THE WHOLE TRUTH, AND NOTHING BUT THE FUCKING TRUTH** No sugarcoating. No silver linings. Just the unfiltered, gut-wrenching reality of loss—the moments when you actually get mad at your person for dying. The way grief makes you feel like a fucking burden. The guilt when you catch yourself laughing for the first time in weeks. The deep, bone-shaking loneliness that makes you feel like you're screaming into a void. □ **A BATTLE PLAN FOR YOUR BRAIN** Grief isn't just an emotion. It's a complete biological hijacking. Your brain is in full-scale fucking mutiny. It's chemically rewiring itself to handle trauma, which is why you can't concentrate, why you forget what day it is, why food tastes like cardboard, why you feel like you're losing your goddamn mind. Welcome to grief brain. It's real. It's brutal. And it's a fucking menace. □ **A FIELD GUIDE TO IDIOTS & THEIR BULLSHIT** People will say some of the stupidest shit you've ever heard in your life. From the toxic positivity crowd (“Just be grateful for the time you had!”) to the spiritual bypassers (“It was their time” / “The universe has a plan”), we're calling out every category of grief-related dumbassery and giving you the arsenal you need to shut them the fuck up. □ **A RAGE ROOM IN BOOK FORM** If you're pissed off at the world, you're not crazy. You're grieving. And grief isn't just crying into a pillow—it's an all-out war against reality. You're mad at fate, at the universe, at people who still have what you lost. And yes, you're probably mad at your person, too. That's normal. That's grief. □ **PERMISSION TO BE A BADASS** Forget “moving on gracefully.” Here, you get the green light to flip off the world, throw things, scream into the void, and grieve however the hell you need to, whenever you need to, for as long as you need to. There is no deadline on your grief, and anyone who tells you otherwise can go to hell. □ **NAVIGATING THE GRIEF MINEFIELD** From surviving the first everything without them (first holiday, first birthday, first Tuesday that just feels fucking impossible) to shutting down

clueless assholes who think they're helping, this book arms you with the tools you need to exist in a world that suddenly doesn't make a goddamn lick of sense. □ A WHOLE LOT OF "I SEE YOU" Because in your darkest moments, you don't need a grief expert. You need someone who knows what it's like to watch their fucking world burn and remember all over again that they're never coming back. Someone who's still standing somehow. Someone who won't tell you how to feel but will stand in the wreckage with you, middle fingers up, ready to take on grief like the soul-stealing motherfucker it is.

----- WHY THE FUCK DO YOU NEED THIS BOOK? If you've ever wanted to punch someone who said, They're in a better place, THIS IS YOUR BIBLE. If you're drowning in platitudes and useless advice from people who haven't experienced the soul-crushing pain of loss, THIS IS YOUR LIFE RAFT. If you've fantasized about telling the universe to go fuck itself, THIS IS YOUR ANTHEM. If you're teetering on the edge of sanity and desperately searching for something, anything, to help you feel less alone, THIS IS YOUR COMPANION. If you're ready to rage, fight, claw your way back to the land of the living, one brutal, messy step at a time, THIS IS YOUR GODDAMN WEAPON. THIS ISN'T JUST A BOOK; IT'S A GODDAMN CALL TO ARMS. Here's what they don't tell you: you're never going to be the same. Grief doesn't go away. You don't get over it. You learn to live with the absence. You learn to breathe again, step by step. You learn how to carry them forward with you—not in some cheesy "they're watching over you" kind of way, but in the real, raw, everyday moments where their absence is a weight you learn to bear. ----- SO, WHAT THE FUCK NOW? Now, we get to fucking work. Grief is a feral beast, and it will hunt you down. You can't run from this pain. You can't bury it, drink it away, fuck it away, work it away. The longer you fight it, the harder it fucking hits. The only way out is through. And this book? It's coming with you. This isn't some soft, hand-holding, "it gets better" bullshit. This is about dragging yourself through the fire, one brutal, ugly, soul-crushing step at a time, until you realize grief didn't kill you, even though it sure as fuck tried. It's about facing the cruelest reminders of their absence, from the mundane to the catastrophic, and learning how to survive these heart-punch moments without letting them pull you into an abyss. It's about giving yourself credit for just existing—because sometimes, that's the hardest fucking thing you'll ever do. One day, you'll wake up, and the first thing you feel won't be pain. One day, you'll laugh without feeling guilty about it. One day, you'll realize that you are still fucking here. And that means you are not fucking done yet. There is a shitload of work ahead of you. We're gonna torch some lies. Make a fucking mess. Get way too loud, then turn that mess into something raw, beautiful, and all yours. So, grab your weapon, steel your nerves, and prepare to fight for your goddamn life. Let's begin.

**Reinvent Yourself** Vivien N Ndebele, 2023-01-20 Reinvent Yourself is about my personal Journey struggling with the impact from Adverse Childhood Experiences. This book also features Peter Sage: Discussing the Feel Great Now Factor, in overcoming daily adversities. The aim of this book is to give Hope, Inspiration and Encouragement to anyone going through life adversities that there is always an alternative future. This book highlights the negative effects and impacts of why

holding onto the past is what keeps you stuck in that traumatic self-distractive cycle.... you have the right to choose how you live your life.... So choose?! Reinvent yourself encourages the reader to Say Enough is Enough and leave the Past in the Past...and choose for yourself to free your Mind and Unleash the Best Version of yourself that is your Divine right to live as you were born to live.

**ZERO F\*CKS** Shyz0,2025-06-17 In a world obsessed with relentless positivity and endless self-improvement, it's easy to feel overwhelmed, anxious, and lost. This book challenges the common advice to care about everything and be happy all the time. Instead, it offers a refreshing and brutally honest perspective: true happiness comes from caring less, but caring deeply about what truly matters. Through raw insights and simple yet profound lessons, you'll learn to break free from the exhausting cycle of negative emotions, stop chasing impossible ideals, and embrace the struggle that shapes growth. This is a guide to rejecting the noise, setting boundaries, and facing life's challenges head-on — all while accepting that pain, failure, and uncertainty are essential parts of the journey. If you're tired of feeling stuck in a loop of self-doubt and emotional overload, this book will help you find clarity, focus, and the courage to live authentically — on your own terms.

**WTF? Work** Gregory Bergman,Jodi Miller,2010-03-18 As if your HR Department didn't have enough to worry about, WTF? is holding its own office orientation. From dealing with workplace politics and romancing coworkers to climbing the success ladder or getting canned, WTF? Work shows you how to handle the daily lows of holding down a j-o-b. Whether you're sitting in the cubes or in the corner office, working the counter or bussing the tables, WTF? provides an employee handbook that's actually worth reading. It leaves the PC stuff to the professionals and instead delivers some not-safe-for-work advice for when your job has you saying, WTF? For even more f\*#!-ing fun, visit [www.WTFComedyStop.com](http://www.WTFComedyStop.com)

**Summary of The Subtle Art of Not Giving a F\*ck - [Review Keypoints and Take-aways]** PenZen Summaries, The summary of The Subtle Art of Not Giving a Fuck - A Counterintuitive Approach to Living a Good Life presented here include a short review of the book at the start followed by quick overview of main points and a list of important take-aways at the end of the summary. The Summary of The 2016 book titled The Subtle Art of Not Giving a F\*ck explains how to live a happier life by caring about fewer things in general. You can live a life that is happier and less stressful if you just remember to follow a few simple rules. The Subtle Art of Not Giving a Fuck summary includes the key points and important takeaways from the book The Subtle Art of Not Giving a Fuck by Mark Manson. Disclaimer: 1. This summary is meant to preview and not to substitute the original book. 2. We recommend, for in-depth study purchase the excellent original book. 3. In this summary key points are rewritten and recreated and no part/text is directly taken or copied from original book. 4. If original author/publisher wants us to remove this summary, please contact us at [support@mocktime.com](mailto:support@mocktime.com).

**Fuck Yeah Menswear** Kevin Burrows,Lawrence Schlossman,2012-11-06 The book for every taste-maker and menswear acolyte - a mash-up of satirical free verse, photos and spot-on advice for creating your own totally crispy style. In your hands

is an Amazonian blowgun full of deadly knowledge darts ready to be delivered straight to your cranium. You're about to begin a journey that will end in only one way - with you standing naked in an abandoned ravine watching as your old wardrobe slowly burns. Let this be your illustrated Iliad for dressing better.

**My Rich Uncle** A. J. Kehl, 2019-06-19 "A no-nonsense, tell-it-like-it-is guide to pursuing a successful military career" from a Senior Master Sergeant in the United States Air Force (Midwest Book Review). A.J. Kehl's well-crafted guide is designed with one purpose in mind: To make sure you make the most out of your time in the armed forces. Sgt. Kehl distinguishes his book from any other you will read, pointing out all the important things that rarely, if ever, make it to print. Hot items such as promotion, leadership, networking, and traveling make this a must-read for anyone now on active duty, thinking of joining the military, or who has spent time within this unique lifestyle. My Rich Uncle includes an invaluable collection of knowledge, wisdom, and insight from numerous USAF leaders, all of which is geared toward helping fellow airmen find success in their careers by highlighting the cultural things we expect airmen to know, or at least figure out, but which are rarely taught. This book will help you successfully navigate an Air Force career by providing insight into the expectations and the steps for YOU to take in order to maximize your service time and set yourself up for success. It also highlights little known programs, like Air Force Lean and Continuous Process Improvement, that empower airmen to find root cause solutions and reduce time-wasting practices that do not further your career. My Rich Uncle: An Informal Guide to Maximizing Your Enlistment is written by an airman for men and women who want to get the most out of their service. "This is a military guide like no other!" — J. Lewis, Command CMSgt (Ret.)

**Sons of Mafia** Ed Frederico, 2010-06-10 Sons of Mafia . . . WHAT A READ! I absolutely could not put this book down and even though the subject matter is dark and serious, Ed Frederico's flair for humor and sensuality makes this book unique and most definitely one of a kind. This book gets my A+ Rating. Richard Bell, Las Vegas, NV UNBELIEVABLE, this book comes to life and spins a web of not only Love and Intrigue, but also of Treachery and Deceit. The author writes with superior intellect and a keen understanding of the human condition. The book is bigger than life because It is real life. John Arn, New Hampshire Wow! This is the first Novel I've ever read I could not put down. Rick Solitz Fresno, CA The Author, Ed Frederico, illustrates quite thoughtfully the predicament of birth: How Eddie D'Amico struggles to maintain his love and humanity. Because of the circumstance of birth, although born an innocent he is placed into a world of crime, treachery, and betrayal. This book takes off like a rocket with all its thrust and power. Sons of Mafia is such a Powerhouse! The book is impossible to put down, and this experience allows us to take an inside look into the strange world of Money, Greed, and Death. Jamal Argrow, Savannah, GA In Sons of Mafia, although there is explicit raw sex, the author has the unique ability to soften and add the human touch of passion with great Sensitivity, Care, and Good Taste. Come experience an unusual journey through the forbidden world of life inside the mafia where you will be allowed to travel first class. Ed Frederico gives the reader his

inside view as never before experienced. Not only will you be able to see the inner workings of the families' business but also the inner workings of family life and how the dangerous decisions needed to be made affected everyone involved. Joel Jen Busch, Detroit, MI

**You Do You** Sarah Knight, 2017-11-21 From the New York Times bestselling author of *The Life-Changing Magic of Not Giving a F\*ck* and *Get Your Sh\*t Together* comes more straight talk about how to stand up for who you are and what you really want, need, and deserve -- showing when it's okay to be selfish, why it's pointless to be perfect, and how to be difficult. Being yourself should be easy, yet too many of us struggle to live on other people's terms instead of our own. Rather than feeling large and in charge, we feel little and belittled. Sound familiar? Bestselling anti-guru Sarah Knight has three simple words for you: YOU DO YOU. It's time to start putting your happiness first -- and stop letting other people tell you what to do, how to do it, or why it can't be done. And don't panic! You can do it without losing friends and alienating people. Knight delivers her trademark no-bullsh\*t advice about: The Tyranny of Just Because The social contract and how to amend it Turning flaws into strengths -- aka mental redecorating Why it's not your job to be nice Letting your freak flag fly How to take risks, silence the doubters, and prove the haters wrong Praise for Sarah Knight: Genius. -- *Cosmopolitan* Self-help to swear by. -- *The Boston Globe* Hilarious... truly practical. -- Booklist

Carney's War James T. Emry, 2014-07-28 Set around a timeline spanning from 1997 the main characters in the novel are Joe Carney and Az Ahmed who are each drawn from two distinct ethnic and social groups. Joe is a British born black man of mixed West Indian and English parentage and Azhad is a British born Pakistani Muslim. Their lives follow quite different but interlocking paths culminating in a dramatic and unexpected conclusion, with the action moving from England to Afghanistan and back via the Balkans and Pakistan. Interwoven within the plot are the relationships the men form during the post 9/11 world. What stands out from the dialogue is the clear understanding that many individuals are trying to come to terms with what is happening within their communities around them whilst at the same time questioning the value systems of the wider world. It is a novel that seeks to explore the paradoxical nature of much of modern society. 5% of the royalties from the sale of this work of fiction will go to the UK registered charity BLESMA - The Limbless Veterans.

Instagram Moms are Full of Sh\*t Lesley Prosko, 2024-06-06 Are you done with reels that show moms who make it look so easy when some mornings you don't even manage to get your hair brushed before taking your kids to school? Have you ever been mom shamed for something you've done or haven't done for your children? Or have you—even unintentionally—mom shamed someone else? Are you tired of the unrealistic expectations of motherhood that is portrayed all over social media? The truth is, momming isn't about having it all figured out. No mom has it all figured out. *Instagram Moms are Full of Sh\*t, To Hell With Mom Shaming* shows the honest, often chaotic, realities of being a mom, and knowing that in all the wonderful craziness, they are doing a great job! Writing from personal experience and input from other moms, Lesley Prosko, mother of



two little ones, takes an in-depth look at some of the most common mom-shaming themes, considering cultural, generational, historical, and parenting style differences, including: • birth plans • breastfeeding vs formula • vaccinations • child sleep habits • working mom vs stay-at-home mom • exercising while pregnant • navigating screen time • and more Told with insight, humour, and sporadic sarcasm, this practical resource is designed to help real moms stop comparing themselves to other moms who want the world to think that every day is a great one—because those moms are full of sh\*t.

**Rewire Your Life: Practical Strategies to Take Control of Your Well-Being** Chris Boutté, 2021-10-11 Do you have more bad days than you have good days? And does it ever feel like the whole world is out to get you? If this sounds like you, this second book in the Rewire Your Life series is for you. Too often, we let others dictate how we feel, and it's time to take back control of your well-being. This short book is for people who are tired of being miserable but know that there's a better way to live. Chris Boutté knows was once just like you and was completely miserable. He struggled with depression, anxiety, anger issues, and an addiction for years, but today, he lives an incredible life. Now, he sees the world from a new perspective and nobody controls how he feels from day to day. As a Certified Life Coach as well, Chris shares personal experiences along with evidence-based research to provide you with the tools you need to start working on yourself as well as your relationships with others. In this book, you'll learn how to: -Stop playing the victim -Get out of self-pity -Find confidence -Stop caring so much about what other people think -Improve your relationships -Find success through stubbornness -And more... If you're ready to do the work, then get this book today. And you can also get a free copy of this book by signing up for the author's mailing list at The Rewired Soul website.

Midlife Bites Jen Mann, 2022-01-04 A smart, personal, darkly funny examination of what it's like to be a woman at the crossroads of a midlife crisis, from the New York Times bestselling author of *People I Want to Punch in the Throat* “I inhaled this book in one sitting; it's a must-read for anyone over forty. This should become the gift all girlfriends give one another.”—Zibby Owens, host of the award-winning podcast *Moms Don't Have Time to Read Books* Jen Mann had what appeared to be the perfect life: a successful career as a bestselling author and award-winning blogger, a devoted husband, teenage kids who weren't total jerks, and a badass minivan. So imagine her surprise when, at forty-seven years old, a midlife crisis kicked her straight in the ladybits. *Midlife Bites* offers Jen's trademark wit and honesty when it comes to important conversations and observations about women in midlife. Here, readers will be able to come together and find anecdotes and practical ideas to help navigate through this major point in their lives. For women who may feel isolated or overlooked, this collection of original essays offers valuable insights, takeaways, and, most important, a productive way forward. Jen shares her own story as well as advice and wisdom from the online community she built, tackling everything that bites about midlife, where nothing is off-limits: raging hormones; sex (after forty); finding your purpose; learning to make new friends (yes, even as a grown-up); moving out of your comfort zone; having conversations that count, no more small talk; and how to deal with

rogue chin hairs (and other nuisances). Jen Mann is leading the movement to create a new space where middle-aged women can share openly and honestly with one another. This no-BS collection of essays will help start the conversation and keep it going, because as women, we all have a right to be happy, fulfilled, and whole, no matter what stage of life.

*The Locked Tomb Series* Tamsyn Muir, 2024-12-31 The New York Times and USA Today bestselling Locked Tomb Series follows the dread adventures of Gideon Nav, Harrowhark Nonagesimus, and a host of other goths. These epic science fantasy novels mix funny tone with dark subject matter, and contain swashbuckling action, waves of bones, and lesbian necromancers in space. WINNER of the 2020 Locus Award and Crawford Award Finalist for the 2023 Hugo Award for Best Series! Finalist for the 2020 Hugo, Nebula, Dragon, and World Fantasy Awards “Unlike anything I’ve ever read.” —V.E. Schwab, #1 New York Times Bestselling Author The Emperor needs necromancers. The Ninth Necromancer needs a swordswoman. Gideon has a sword, some dirty magazines, and no more time for undead nonsense. Brought up by unfriendly, ossifying nuns, ancient retainers, and countless skeletons, Gideon is ready to abandon a life of servitude and an afterlife as a reanimated corpse. She packs up her sword, her shoes, and her dirty magazines, and prepares to launch her daring escape. But her childhood nemesis won’t set her free without a service. Harrowhark Nonagesimus, Reverend Daughter of the Ninth House and bone witch extraordinaire, has been summoned into action. The Emperor has invited the heirs to each of his loyal Houses to a deadly trial of wits and skill. If Harrowhark succeeds she will become an immortal, all-powerful servant of the Resurrection, but no necromancer can ascend without their cavalier. Without Gideon’s sword, Harrow will fail, and the Ninth House will die. Of course, some things are better left dead. This ebundle includes: Book 1: Gideon the Ninth Book 2: Harrow the Ninth Book 3: Nona the Ninth At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

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