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THE NEW YORK TIMES BESTSELLER! This is not the usual self-help book. Make your life one you actually want to live. This is blunt force trauma to the way you think life has to be for you. Most importantly, it is designed to give you an authentic leg

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Unfu*k Yourself Quotes by Gary John Bishop

Book Summary - Unf*ck Yourself: Get Out of Your Head and Into Your Life by Gary John Bishop. We all have destructive thoughts that can block us from succeeding and achieving our full potential. When we find ourselves dealing with failure and an inability to move forward, it can be difficult to move forward and remove ourselves from these situations.

Book Summary - Unf*ck Yourself: Get Out of Your Head and ...

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Unf*ck Yourself: Get out of your Head and Into Your Life ...

Description - Unf*ck Yourself by Gary John Bishop. This is not the usual self-help book. It's time to unf*ck yourself and unleash your greatness! This is blunt force trauma to the way you think life has to be for you. Most importantly, it is designed to give you an authentic leg up - one that feels genuine and right for you, and can propel you to new levels of greatness. It will teach you not to look to the outside world for answers, but inside yourself.

Unf*ck Yourself by Gary John Bishop (9781473671577 ...

UnF*ck Your Brain is the podcast for high-achieving feminist women who struggle with anxiety, self-doubt, and imposter syndrome. If you know you've accomplished a lot professionally but still secretly feel like you're unqualified....if you want to feel confident but you worry about what everyone else...

UnF*ck Your Brain on Apple Podcasts

Unf*ck Yourself is the handbook for the resigned and defeated, a manifesto for real-life change and unleashing your true potential. Have you ever felt like a hamster on a wheel, furiously churning your way through life but somehow going nowhere? Like the happiness you seek, the relationship you crave or the career you've always wanted are constantly out of reach?

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Unf*ck Yourself is the handbook for the resigned and defeated, a manifesto for real-life change and unleashing your true potential. Have you ever felt like a hamster on a wheel, furiously churning your way through life but somehow going nowhere? Like the happiness you seek, the relationship you crave or the career you've always wanted are constantly out of reach?

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