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you need a
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little dose of
humor to cope
with the news
cycle, your
irritating co-

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"breathe in**

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strength, and

breathe out

*bullsh*t."* An

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or others,

*F*ck That is*

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that surround
you...because
they are
f*cking
everywhere.*

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raving, F*ck
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Sarah Knight.

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Changing Magic

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of Not Giving

*a F**k, Calm*

*the F**k Down*

and Get Your

*Sh*t Together.*

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by life? Fed

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pleasing

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from home?
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Then it's time
to stop giving
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*mental illness
and childhood
trauma. To go
from a place
of barely
surviving, to
passionately
thriving.*

*Drawing from
his lived
experience
with mental*

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Together has

And Journal

the potential

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to turn your

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life around,

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to improve

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your mental

Men And Women

state,

functionality

and overall

health.

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writer,

podcaster,

vlogger,

teacher,

mental health

advocate,

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uses these

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*giving a f*ck.*

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to rid
yourself of
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guilt -- and
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f*cks instead
to people and
things that
make you
happy. The
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NotSorry
Method for*

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mental
decluttering
will help you
unleash the
power of not
*giving a f*ck*
about: Family
drama Having a
"bikini body"
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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*

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for? Stop
giving a f*ck
and start
living your
best life
today!*
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of the magic
of not giving
a f*ck with
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Changing Magic

of Not Giving

*a F*ck*

Journal.

"I think we're

all cracked

and scarred

and some of us

maybe even

have a chasm

or two or

four. Some of

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us are more

tuned into our

landscape.

Maybe a few

have put

together a

road map of

trauma and

triggers. Days

and distances

and despair to

be avoided. I

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ago. Are these

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the markings

that create

the unique

current of my

life? Is this

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a sign of hard-

headedness,

weakness,

unresolved

turmoil,

emotional

instability,

and/or old

habits dying

hard? Is it

something more

clinical?Is

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tripping even
a problem? Is
there a steady
cadence in
this life? And
if so, what
kind of life
is that
associated
with? Would it
leave me happy
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me looking for

a little

crazy? I don't

mind the

trips. I worry

about a fall."

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old female

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year battle

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diary-style
format--and
often through

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early adopter
social*

media--these

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juxtaposed ten
years later*

with the same

girl-turned-

woman sifting

through the

trauma of that

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within her
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unearth the
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past, and
heal--at last.
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2015,

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respectively,

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offers a pre-

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glimpse into

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truly want
with all
you've got.*

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*the author of the
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everyone is
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The Life-
Changing Magic
of Not Giving a
F**k. the no-
f**ks-given, no-
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Ever find yourself snowed under at the office - or even just glued to the sofa - when you really want to get out (for once), get to the gym (at last), and get started on that daunting

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you're always
putting off?
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together. In The
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Knight
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*joys of mental
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Your Sh*t*

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*Together takes
you one stop
further -*

*organizing the
f*cks you want
and need to give
to help you quit
your day job and
move abroad,*

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*balance work
and fun - and
save money
while you're at it
- or simply get
out of the door
for happy hour,
every day. What
everyone is
saying about our
favourite anti-
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love Knight's
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book before I
even start
reading it'
Sunday Times
Magazine 'The

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anti-guru'

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how to be who

you are and use

what you've got

to get what you

want

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but feel you

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time? Roz*

*Purcell will show
you how tasty
and healthy
whole foods can
be - and how
easy it is to fit
them into a busy
lifestyle. Using
readily available
ingredients and*

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*store cupboard
essentials, Roz's
whole foods
recipes are
quick, simple,
nutritious and
most of all,
delicious. In less
than thirty
minutes, you
can prepare,
cook, and enjoy*

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helps you look
and feel
healthier and
happier. With
over 100 easy to
follow recipes,
Half Hour Hero
will prove that
healthy eating
can be fuss-free.
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hearty dinners,
indulgent
desserts, to
snacks and
tonics to enjoy
on the go, Roz
will show you
how to cook
quick dishes
that will put
natural whole*

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*foods at the
heart of any life,
no matter how
hectic. Eating
well has never
been so simple.
Far too often
artists find
themselves
having to
compromise
their art and*

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their life
Notepad Planner
because they
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were not taught
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situations.

Because of this
lack of
preparedness
artists miss out

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*on valuable
opportunities,
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rewards, and
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book aims to
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world (or
worlds). This
book is filled
with easy-to-
follow
instructions that
will help you do
everything --
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*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*

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the age of
heroes.

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*Patroclus, an
awkward young
prince, has been
exiled to the
court of King
Peleus and his
perfect son
Achilles. Despite
their
differences,
Achilles
befriends the*

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shamed prince,
and as they
grow into young
men skilled in
the arts of war
and medicine,
their bond
blossoms into
something
deeper - despite
the displeasure
of Achilles's

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*mother Thetis, a
cruel sea
goddess. But
when word
comes that
Helen of Sparta
has been
kidnapped,
Achilles must go
to war in distant
Troy and fulfill
his destiny. Torn*

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Together To Do

*between love
and fear for his
friend, Patroclus
goes with him,
little knowing
that the years
that follow will
test everything
they hold dear.*

*Get Your Sh*t*

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And Journal
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and Accept
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Your Life*
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Nation
THE NO FKS
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guru, Sarah
Knight, reveals
how to stop

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Sarah Knight's
first book,
internationally
bestselling THE
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MAGIC OF NOT
GIVING A F**K

may have
transformed your
life. Now it's
time to take one
further step

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along the road
to mental
declutterment;
to stop whining
and to start
winning. In
short, it's time
to GET YOUR SH*T
TOGETHER! AS
someone who quit
her job in
corporate
America, built a
house in the

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Caribbean and
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moved there,
Knight seriously
has her sh*t
Simple Daily
together. Here,
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in her frank,
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down-right
Men And Women
hilarious
fashion, she
shares her tried-
and-tested
methods so that
you can apply

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them to your own
hopes and

dreams. Once

you've
identified your

goal, laid out
your strategy
and narrowed

your focus,

you're ready to
commit.

Seriously, get
your shit
together!

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Swipe thru
dating apps til
your thumbs are
raw...Go on a
date with the
best looking
girl you can
find...Make
friendly
conversation all
night...Pay for
everything...
Text her
later... Get

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left on "read"
Notepad Planner
for eternity...
Feel worthless
and invisible...
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yourself...
Organizers And
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existential
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dread sink in...
Don't let it
sink in... Numb
your loneliness
with alcohol and
porn... Do the

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same things
every weekend
with the same
people... Settle
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you don't really
love... Get
married because
she pressured
you into it...
Get divorced and
lose half your
assets...Waste
your life...

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future...

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suicide... Or...
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needed wisdom

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for men. In an
age when
"masculinity"
has become a
dirty word, and
more men than
ever are
committing
suicide, being a
man is trickier
than it's ever
been... This
book contains
the support,

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you know you've
been needing for
quite some time.
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where it's been
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and deeply
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who have already
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SAYING: "I've
broke out of my
comfort zone and

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honestly I feel
like I have
changed in the
way I interact
with people and
how I read
people, and in
turn I've
noticed that
people react so
much differently
to me and in a
very positive
way!! - Spencer,

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Alberta "I came
into this as a
depressed,
lonely man in
his late 20's
who had spent
less than a year
of his life in
relationships
and only got
laid out of
pity. Andrew
teaches you how
to overcome the

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most difficult
of life's obstac
les...yourself.
The result for
me has been a
vast improvement
in, not just my
dating/sex life,
but ALL of my
relationships
and
interactions.
All it took was
an open mind and

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the will to
invest in
myself. Now
instead of
having to go out
all the time to
meet beautiful
women, they just
exist in my
life." - Derek,
Maryland
"Boosted my
confidence
1000%. It jump-

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the path to
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confidence. I
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demonstrating
high value in 3
days than I
learned the
entire time I've
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this. I now feel
very comfortable
and confident."

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"NotSorry"
program shows
how unleashing
the power of not
giving a fuck
will help you
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doing it; how to

sort your fucks

into four

essential

categories;

simple criteria

for whether or

not you should

give a fuck

(i.e. "Does this

affect anyone

other than

me?"); and the

two keys to

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successfully not

giving a fuck

without also

being an

asshole. So, get

rid of the

mental clutter,

ditch the

perfectionism

and create the

life you want -

for good.

Say no without

being an a**hole

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accepting less
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yourself? Sick
of saying yes
all the time?
You're gonna
love F*CK NO! No

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because so many
of his ads are
still used as
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other marketers.
(Yes, even the

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became a viable
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off with this New
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bestseller from the
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no-holds-barred
guide to living your
best life. Ever find

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yourself stuck at
the office-or even
And Journal
just glued to the
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couch—when you
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really want to get
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out (for once), get
To Do Lists
to the gym (at last),
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and get started on
that "someday"
project you're
always putting off?
It's time to get your
sh*t together. In

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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,

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and cutting through
the bullsh*t cycle of
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together • How to
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more • Ways to

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avoid avoidance,
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and conquer your
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fear of failure • And
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Start Doing What
You Want to
Do Little, Brown
From the New York
Times bestselling

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author, pro skater,
satellite radio star
and host of The
Jason Ellis Show
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to help you get the
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Drawing from his
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Ellis offers the
wisdom he's
accumulated to
help you handle
any situation.

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funny, told in the
irreverent voice
that draws legions
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show, The
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how to create your
signature look, how
to party, how get
laid, how to
maintain a
relationship, how to
pick up a
hooker—and more.

But to maximize the
opportunities that
life has to offer you
have to have
confidence, Ellis

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shows you how to
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positive attitude
you need to truly

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make things
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happen.
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honest and
enlightening guide
to the whirrings of
your brain is the
perfect read for any
young person who's
ever felt
overwhelmed, at a

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loss or in a

downward spiral.

From the author of

My Mad Fat Diary,

Rae Earl, it's full of

friendly advice,

coping strategies

and laugh-out-loud

moments to get you

through the difficult

days. Most of all,

this is a book from

someone who gets

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Meal and
Men and Women

it - someone who won't try and fob you off with confusing jargon or irritating slogans, but instead will help you through it with a smile and a cup of tea on hand. Rae says: As a teenager, I was very adept at hiding my OCD, my

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anxiety, my
depression and my
eating disorders.

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because I hate to

think of any teen

going through what

I did, and feeling

like they can't talk

about it, or need to

hide it. So let's

break down some

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taboos and start a
conversation. I want

to help you come

out the other side

feeling happier and

healthier, with a

deeper

understanding of

what's going on in

your head and how

to navigate through

life without feeling

overwhelmed or

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Get Things Done
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isolated. Where my
lack of medical
background
becomes an issue,
Dr Radha swoops in
to the rescue. As a
GP, mental-health
expert and co-host
of BBC Radio 1's
The Surgery, I've
worked with her to
make sure all the
information and

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advice is spot-on.
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She's clever, she's
And Journal
kind and she GETS
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it. I wish my
Planners
teenage brain had
Gaius And
had access to Dr
Radha. This is a
book for fans of
Men And Women
Gemma Cairney
and Open, Ruby
Wax and Frazzled,
Matt Haig and
Reasons to Stay

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Girl. And most
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importantly, it's a
Playbooks
book to make you
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feel like you're not
Members For
alone. You're really,
Men And Women
really not.

A Novel

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Confidence, and
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Do So You Can
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Need to Do and
Start Doing What
You Want to Do

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Love Unfu*ked

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enough sleep, keeping
your friendships active to
acing an interview, this
book tells you exactly
how to get your sh*t
together, so you can be
the best version of*

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achievable life hacks,
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and lots of good sh*t to
kick-start your
transformation.*

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different planners out
there, but this one is
designed to help support
you in creating the
version of your own best
life. There are no right*

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*or wrongs here, I want
you to be able to use this
tool to develop a better
knowing of yourself, to
start to create a conscious
awareness of your
actions and behaviours
and how you can shift
them to create better
results in your life and
achieve more of your
goals. The time is NOW to
start organising your life
and your thoughts. Begin*

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plans, so you can get
more done but with far
less stress and in a way
that addresses the core
four areas of life that I
believe are essential for
achieving a balanced,
happy and fulfilling life.*
*We look at The Body,
The Self, The
Relationships and The
Career. In all, to live a
life that is just brimming*

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awesomeness. In here
you will find the tools to
help you connect with
your dreams, but then
also allow you to create
the action steps so that
those dreams can start to
come to life.*

*It's time to take control
and 'Get Your Sh!t
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Doctor on your side, find
out what you want from*

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to go for it, power
through life admin
without breaking sweat,
and learn how to switch
off and chill out.*
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and USA TODAY
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tool for children facing
new social and emotional
challenges in an
increasingly disconnected
world! This how-to book

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*uncertainty brought on
by the world around*

*them. With its helpful,
hands-on suggestions and
tips, SUPERPOWERED*

*will be embraced by
every kid with
insecurities, worries, and
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GoZen!) and Dr. Shefali
Tsabary (New York
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superheroes of their own
stories. They introduce a
toolkit of easy-to-
understand methods for
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root causes of worried
thinking, and realizing
that strength can be
found in reclaiming one's
inner superpowers. With
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artwork and interactive*

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elements, readers find
their P.O.W.E.R. (an
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gain lasting mental
strength.

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“comforting...thoughtful”
(The Washington Post)
guide to maintaining a
high quality of
life—from resilient old
age to the first inklings

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final breath—by the
New York Times*

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bestselling author of
*Knocking on Heaven's
Door* is a “roadmap to
the end that combines
medical, practical, and
spiritual guidance” (*The
Boston Globe*). “A
common sense path to
define what a ‘good’
death looks like” (*USA
TODAY*), *The Art of*

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living as well as possible*

for as long as possible

and adapting

successfully to change.

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true stories, award-

winning journalist Katy

Butler shows how to

thrive in later life (even

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chronic medical

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condition), how to get the best from our health system, and how to make your own “good death” more likely. Butler explains how to successfully age in place, why to pick a younger doctor and how to have an honest conversation with them, when not to call 911, and how to make your death a sacred rite of passage

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rather than a medical event. This handbook of preparations—practical, communal, physical, and spiritual—will help you make the most of your remaining time, be it decades, years, or months. Based on

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our fragmented health system and helped their loved ones have good deaths, The Art of Dying Well also draws on the expertise of national leaders in family medicine, palliative care, geriatrics, oncology, and hospice. This “empowering guide clearly outlines the steps necessary to prepare for a beautiful death without

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fear” (Shelf Awareness).

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*Depression - Move on
from Trauma - Get*

Organised - Find

Meaning - Follow Your

Dreams

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When You Can't, You

Shouldn't, or You Just

Don't Want To

***"Abbie Hoffman,
Yippie non-leader,
notorious dope***

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And Women

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addict and up-and-coming rock group (the WHAT), is currently on trial with seven others for conspiracy to incite riot during the Democratic Convention. When he returned from the Woodstock Festival he had five days before

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leaving for

Chicago to prepare

for the trial.

Woodstock Nation,

which the author

wrote in longhand

while lying upside

down, stoned, on

the floor of an

unused office of

the publisher, is

the product of

those five days.

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Other works by Mr. Hoffman include Revolution for the Hell of It and Fuck the System, which he describes as a "tender love epic"."-- Back cover.

Do you work too much, play too little and never have enough time

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Circle and Pour

yourself a glass of

wine if you like

because Sarah

Knight, author of

the word-of-mouth

bestseller *The Life-*

Changing Magic of

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Not Giving a Fk**
is here to help. The

Get Your Sh*t

Together Journal

is packed full of

practical exercises

and prompts to

help you work out

what you want and

arm you with the

tools to go out and

get it. Whether

you're an

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overwhelmed

under-achiever or

a high-functioning

basket case, Sarah

Knight is here to

guide you, step by

step and day by

day, towards living

your best life every

damn day. 'The

anti-guru'

Observer

'Absolutely

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**blinding. Read it.
Do it.' Mail on
Sunday 'Genius'
Cosmopolitan 'I
loved Knight's
book even before I
start reading . . .
Works a charm'
Sunday Times
Magazine 'Life-
affirming . . . The
key practice she
advocates is**

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*devising for
yourself a "fuck
budget" . . . It's a
beautiful way of
streamlining your
psyche' Lucy
Mangan, Guardian*
*"Humorous and
forthright...[Gaby]
Dunn makes
facing money
issues seem not
only palatable but*

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possibly even

fun....Dunn's book

delivers."

—Publishers

Weekly The

beloved writer-and

comedian expands

on her popular

podcast with an

engaging and

empowering

financial literacy

book for

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Cynthia And
Her And Women
And Women

**Millennials and
Gen Z. In the first
episode of her
“Bad With Money”
podcast, Gaby
Dunn asked
patrons at a coffee
shop two
questions: First,
what’s your
favorite sex
position?
Everyone was**

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*game to answer,
even the barista.*

*Then, she asked
how much money
was in their bank
accounts. People
were aghast.*

*“That’s a very
personal
question,” they
insisted. And
therein lies the
problem. Dunn*

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Understanding it,

leading us to feel

alone, ashamed

and anxious,

which in turns

makes us feel even

more overwhelmed

by it. In Bad With

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**to choose an
insurance plan or
buy a car, sign up
for a credit card or
take out student
loans. She speaks
directly to her
audience, offering
advice on how to
make that
#freelancelife
work for you,
navigate money**

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*while you date,
and budget
without becoming
a Nobel-winning
economist
overnight. Even a
topic as
notoriously dry as
money becomes
hilarious and
engaging in the
hands of Dunn,
who weaves her*

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More Women

own stories with

the perspectives of

various

comedians, artists,

students, and

more, arguing

that—even without

selling our bodies

to science or

suffering the

indignity of

snobby thrift shop

buyers—we can all

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**start taking control
of our financial
futures.**

“Authentic.

Honest.

Transparent..It

has been a

powerful Women

transformation for

Tim, and it can be

for anyone that

embraces his Own

Your Sh!t rules

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For Men And Women

And

Women

And

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And

And

And

and applies them to the four key areas of their lives.” – Doug

Anthony, Tim

Hortons

Franchisee and

former VP for

Western Canada.

From the hand-me-

downs of small

town poverty to

designer Italian

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suits, Tim

Richardson looked

like he had

achieved the rags

to riches

dream—at least on

the outside. But

when a wake-up

call from his

beloved wife

forced him to re-

examine his life,

Tim knew it was

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*time for him to
finally own his
sh!t. Within these
raw and vulnerable
pages, Tim shares
with you the story
of the personal
journey he made
to shed seventy
pounds, drop his
self-destructive
habits, and save
his marriage and*

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family. By
remembering the
morals his parents
and grandfather
instilled in him and
pulling from the
wisdom of his
mentors, Tim
created 15 Rules
for Owning Your
Sh!t that reflect his
Four Foundations
of living a truly

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successful life:
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Relationships
Money/Career
Spirituality By the
end of Own Your
Sh!t, you'll For
understand how
your past shaped
who you are today,
what matters most
to you, and how to
change the parts

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And

through the school

of hard knocks can

do it, so can you.

Get ready to Own

Your Sh!t “It is

rare to find people

who have the

***courage to face
events that have
defined their lives
and gain
knowledge from
them. To put those
experiences in
writing and share
them with the
world, as Tim has
done, is an
amazing
accomplishment.***

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valued.” – Larry

Lovis, author of

Mapping Your

Retirement Road:

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**Life. “Tim is
offering every one
of us a gift with
this message. It’s
practical,
memorable and
crucial. Can’t wait
to see Tim
Richardson OWN
THE STAGE with
Own Your Shit.” –**

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Yourself comes

tough-love that

explains what

makes

relationships

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***work: you taking
responsibility to
fix yourself. “Love
is patient, love is
blind. . .” Until it's
not. Then what?
No matter how
much advice we
get or how much
work we do on our
“stuff,” nothing
ever seems to
make the***

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difference. The truth of it is, you're

woefully ill-

equipped for one

of the most life-

defining things

you will ever take

on—being in a

committed

relationship.

Whether you're

currently in one,

want to be in one,

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***BS, no woo-woo
strategies,
systems, or
techniques, just
real talk, for real
people who want a
real relationship in
their life that
actually works.
Own Your Sh!t
Superpowered
Sort Your Shit Out
The Awesome***

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how to stop For
worrying about what
M
you should do so
you can finish what
you need to do and
start doing what you
want to do.

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Welcome to Get
Your Shit Together,
before you keep
reading you should
know a few things.

First, this is not a
traditional self-help
book. Instead, think
about this as more
of a “let Sarah help
you help yourself”
help book. In other
words, Sarah is

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here to offer “help”
when your “self”
gets in the way. I
mean, if you could
help yourself, you
would’ve done it by
now, right? Second,
this book is not
about cleaning up
your physical
messes in your life.
You won’t be
getting tips about

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Goodwill. Instead,
you'll be learning
how to tidy up your
mental clutter like
your career,
finances, creative
pursuits,
relationships, and

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health. Sarah thinks
of this book as a

“delightfully profane
one-stop-shop for
tidying your mind -
and making your life
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you are in your life,
whether you're in a
rut with your career,
finances, or your
health, you have the

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power to hoist
yourself out of your
rut and begin living
the life you want,
and deserve, to live.
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learn "how to set
goals, how to push
through small
annoyances and
thorny obstacles to
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goals that you may
not, until now, have
thought possible.”

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way of being in the

world As a full moon

rises over

Melbourne,

Australia, a young

woman gets ready

for a party. And

what appears to be

an ordinary night out

is--through the

prism of her singular

perspective--extraor

dinary. As the

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Meal Planner

For Men And Women

so much she'd like

to say. So when she

meets a man and a

genuine connection

occurs, it's nothing

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short of a miracle.

However, it isn't until

she invites him

home that we come

to appreciate the

humanity beneath

the labels we cling

to, and we can

grasp the pleasure

of what it means to

be alive. The debut

novel from the

inimitable Madeleine

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Ryan, A Room
Called Earth is a
humorous and
heartwarming
adventure inside the
mind of a bright and
dynamic woman.
This hyper-
saturated
celebration of love
and acceptance,
from a neurodiverse
writer, is a

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testament to moving
through life without
fear, and to opening
ourselves up to a
new way of relating
to one another.
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

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Remember Women

pointless to be

perfect, and how to

be "difficult." Being

yourself should be

easy, yet too many

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Organizes And
Helps
More And More

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

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Together To Do
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-

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Make It Work For

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redecorating" Why

it's not your job to

be nice Letting your

freak flag fly How to

take risks, silence

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Planner's"
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
Sort Your Shit Out is
an irreverent Self-
Help exploration into

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Goals And

Thanks For

Men And Women

where our shit

comes from and

how we can take

back control from a

little guy called Bob

who lives in our

minds and

influences our every

thought and action.

Along the way we

learn that a battle

for the universe

between puppies

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More For
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and zombies would
be a fair fight and
what we have in
common with
superheroes. The
author uses his own
experiences in
helping companies
transform through to
rescuing himself
from his own
darkness using the
Self-Help

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Together To Do
Improvement Toolkit
(SHIT!):1. Know
your shit - this
identifies where
your shit comes
from. 2. Own your
shit - we often blame
everyone else for
our unhappiness,
here we learn to
own our shit. 3. Deal
with your shit -
knowledge without

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Organize And
Motivate Women

action is useless,
here you learn
strategies to deal
with it. 4. Manage
your shit- Just like
going to gym, we
need to working at
staying shit-fit. We
all experience life's
ups and downs, this
focusses on what
we can do to
maintain a healthy

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mental balance
Notepad Planner
while life
And Journal
happens. This is not
Simple Daily
a psychology book,
Planners
nor is it a "ra ra" feel
good self-help book
telling you to think
positively and only
good things will
happen. This is a no
bullshit self-help
book in the style of
Mark Manson's

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successful book The

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Subtle Art of Not

And Journal
Giving A Fuck with

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an Australian self-

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deprecating twang.

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| GET THE MOST

OUT OF YOUR

TIME Do you need

to organize your

time? Do constant

meetings and a

busy schedule run

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organizer is a great
way to collect your
thoughts and
prepare for the days
activities so you'll be
organized and
prepared for all of

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the tasks of the day.

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Daily Task List

And Journal
Record and keep

Simple Daily
track of daily

Planner
deliverables to

Organization
make sure nothing

Method
gets missed. Quick

Month for Women
Glance Calendar

Plan your day out

and layout important

meetings and

events in a daily

calendar. Set Aside

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The Girl Who
While you're saving
the world, you need
to make sure to take
care of yourself with
daily reminders of
important items to
rejuvenate yourself
and ensure you stay
mentally and
physically at your
best. Notes and
Journaling The

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opposite page for
each day has a
space for recording
notes or
inspirations. Or, use
this space for
journaling to clear
your mind and
unleash your
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and mindfulness to

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Planners
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How to Run Your
Business Without
Men and Women
Letting It Run You
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What You Can Do
About It
Calm the F*ck Down

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This book will take you in a journey of getting your life back together and becoming a winner. Day by day, you will take control of your life by making key decisions with commitment to move towards who you want to be.

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your talents; your
strengths and you
will realize
everything you
wish for is
becoming a reality.
This book will help
you realize the
power of Self-care,
Happiness, Inner
Peace and Time.

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Read and apply the simple principles to achieve your goals. To free yourself from depression, anxiety, and stress. Just know you are powerful. Once you change your mind, your actions will follow. "Life is not what it's supposed

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to be. It's what it

is. The way you

cope with it is what

makes the

difference" ~

Virginia Satir

A Guide to Getting

Your Sh*t

Together

The Life-Changing

Magic of Not

Giving a F*ck

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Girl, Stop Passing

Out in Your

Makeup

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Your Sh*t

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Self-Care, Happiness,

Inner Peace and Time