

The Life Changing Magic Of Not Giving A F K How To Stop Spending Time You Dont Have Doing Things You Dont Want To Do With People You Dont Like A No F Cks Given Guide

"A graphic novel to spark joy in life, work, and love"--Cover.

Declutter your desk and brighten up your business with this transformative guide from an organizational psychologist and the #1 New York Times bestselling author of The Life-Changing Magic of Tidying Up. The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails, and unnecessary tasks? These are the modern-day hazards of working, and they can slowly drain the joy from work, limit our chances of career progress, and undermine our well-being. There is another way. In Joy at Work, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies, and strategies to help you eliminate clutter and make space for work that really matters. Using the world-renowned KonMari Method and cutting-edge research, Joy at Work will help you overcome the challenges of workplace mess and enjoy the productivity, success, and happiness that come with a tidy desk and mind.

Want more free books like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. The revolutionary how-to guide for learning how to declutter your home, body, and mind. If you find yourself feeling overwhelmed at the thought of decluttering your house, or maybe, you think that you're just a messy person, then this book is for you. Marie Kondo's KonMari method of tidying up will teach you how to approach decluttering your home and organizing your space. Begin by visualizing your ideal living space, if you can continue to visualize throughout your tidying up journey, you can bring your vision to life. With Marie Kondo's tips and tricks, you can learn the proven way to tidy your house. However, throughout the process, you'll realize that tidying up doesn't just improve your home, but improves your mind and body as well. You can learn how tidying up can spark an interest you never knew you had, or rid you of the toxins inside your body. Whether you think you're ready to tidy up or not, Marie Kondo's book will teach you more than just how to declutter your home.

Marie Kondo will help you declutter your life with her new major Netflix series Organise the World with Marie Kondo Spark Joy is an in-depth, line illustrated, room-by-room guide to decluttering and organising your home, from bedrooms and kitchens to bathrooms and living rooms as well as a wide range of items in different categories, including clothes, photographs, paperwork, books, cutlery, cosmetics, shoes, bags, wallets and valuables. Charming line drawings explain how to properly organise drawers, wardrobes, cupboards and cabinets. The illustrations also show Ms Kondo's unique folding method, clearly showing how to fold anything from shirts, trousers and jackets to skirts, socks and bras. The secret to Marie Kondo's unique and simple KonMari tidying method is to focus on what you want to keep, not what you want to get rid of. Ask yourself if something 'sparks joy' and suddenly it becomes so much easier to understand if you really need it in your home and your life. When you surround yourself with things you love you will find that your whole life begins to change. Marie Kondo's first book, The Life-Changing Magic of Tidying, presents her unique tidying philosophy and introduces readers to the basics of her KonMari method. It has already transformed the homes and lives of millions of people around the world. Spark Joy is Marie Kondo's in-depth tidying masterclass, focusing on the detail of how to declutter and organise your home.

Stress less while living more! An inviting living space. Time spent with loved ones. Peace of mind. With Do Less, a happier, more serene life is just moments away. From your home to your finances, this straightforward guide teaches you how to scale back your possessions and commitments to just what you really need. With hundreds of ways to minimize your life, you'll quickly uncover the joys and rewards of paring down. A must-have for any shelf, Do Less helps you rediscover the simple moments that have been buried beneath the piles of to-dos, to-knows, and to-buys.

Are You Ready to Give Your Boss the Finger? Read more to discover the way out of your dead-end job! Inside The Life-Changing Magic of Fuck You Money: Your Roadmap to Financial Freedom, you'll discover a wealth of life-changing information. These proven, time-tested tips and techniques will help you escape mediocrity and reach your fullest potential for wealth and freedom! Get this book for FREE with Kindle Unlimited - Order Now! When you order The Life-Changing Magic of Fuck You Money, you'll gain access to many secrets of money making that have eluded you up to this point. In simple, easy-to-understand language, this book explains how you can: Identify and Change the Bad Habits Holding You Back from Wealth Learn How and Where to Invest for Big Returns and Optimal Growth Allocate Your Assets Wisely for Security and Lasting Abundance Learn the Truth about Stock Pickers and Financial Advisors Make the Most of Your IRAs, 401ks, and HSAs for a Secure and Happy Retirement Tips on Retiring at Any Age! and even How to Create a \$50,000 Side Hustle! You and your family deserve the best in life. This book will show you how to get the riches you deserve - and keep them for the long term! You can make enough money to tell your boss (and everyone else) what you truly think about things - and rest easy knowing you're safe and secure for life! With this powerful book, you can gain financial independence, reclaim your dignity, and get what you really deserve! By following the steps in this book, you can start from the ground up and create a massive financial empire for yourself and your loved ones. This comprehensive guide takes you through every step of your journey - from \$0 to millions! It's easy to understand the world of wealth with the easy-to-understand examples, action steps, and case studies in this inspiring book! Don't spend another minute worrying and wondering about where you'll find the money for your basic needs - and your dream life! Order The Life-Changing Magic of Fuck You Money TODAY! It's fast and easy - Just scroll up and click on the BUY NOW WITH ONE CLICK option on the right-hand side of your screen!

Remove the Mess, Add Meaning Simplicity isn't about what you give up. It's about what you gain. When you remove the things that don't matter to you, you are free to focus on only the things that are meaningful to you. Imagine your home, your time, your finances, and your belongings all filling you with positive energy and helping you achieve your dreams. It can happen, and Organized Simplicity can show you how. Inside you'll find: • A simple, ten-day plan that shows you step-by-step how to organize every room in your home • Ideas for creating a family purpose statement to help you identify what to keep and what to remove from your life • Templates for a home management notebook to help you effectively and efficiently take care of daily, weekly and monthly tasks • Recipes for non-toxic household cleaners and natural toiletry items including toothpaste, deodorant and shampoo Start living a more organized, intentional life today.

Presents a guide to cleaning and organizing a living space, discussing best methods for decluttering and the impact that an organized home can have on mood and physical and mental health.

UNFU*K YOURSELVES. It's life-changing magic. Once you actually read this book, it will change your love life more than you could imagine. You'll discover how to unfu*k yourselves in 7 days, the power to make fu*ked-up issues disappear like magic, get rid of love-wrecking dramas, fight less, love more, be happier, be a lover, not a leaver!

*From the 'anti-guru' author of the smash hit *The Life-Changing Magic of Not Giving a F**k* and the New York Times bestseller *Get Your Sh*t Together* * In *The Life-Changing Magic of Not Giving a F**k*, our favourite 'anti-guru' Sarah Knight unleashed the power of saying no. In *Get Your Sh*t Together*, she prioritised the sh*t you need and want to do so you can achieve your hopes and dreams. Now she's back, doubling down on your happiness with her latest message: *You Do You*. Being yourself should be the easiest thing in the world. Yet instead of leaning in to who we are, we fight it, listening too closely to what society tells us. *You Do You* helps you shake off those expectations, say f**k perfect, start looking out for number one and keep on with your badass self. From career and finances to relationships and family, lifestyle and health, Sarah Knight rips up the rulebook. Writing about her mistakes and embarrassments in her own personal quest to 'do me' - because nobody gets everything right all day, every day - Sarah Knight shows why you can and should f**k up and teaches you to let yourself off the hook, bounce back and keep standing tall. What everyone is saying about Sarah Knight: 'The anti-guru' Observer 'I love Knight' Sunday Times 'Life-affirming' Lucy Mangan, Guardian 'Genius' Vogue

If you found maths lessons at school irrelevant and boring, that's because you didn't have a teacher like Bobby Seagull. ***As seen on Monkman & Seagull's *Genius Guide to Britain**** Long before his rise to cult fandom on *University Challenge*, Bobby Seagull was obsessed with numbers. They were the keys that unlocked the randomness of football results, the beauty of art and the best way to get things done. In his absorbing book, Bobby tells the story of his life through numbers and shows the incredible ways maths can make sense of the world around us. From magic shows to rap lyrics, from hobbies to outer space, from fitness to food – Bobby's infectious enthusiasm for numbers will change how you think about almost everything. Told through fascinating stories and insights from Bobby's life, and with head-scratching puzzles in every chapter, you'll never look at numbers the same way again.

The Life-Changing Magic of Tidying Up by Marie Kondo | Key Takeaways, Analysis & Review Preview: *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* (2011) by Marie Kondo helps readers discard unnecessary items, reorganize their possessions, and properly store items in a home. The procedures Kondo developed for organization and decluttering are called the KonMari Method. Those who follow these Japanese methods of organization can experience the magic of tidying and the ways it can transform a person's life... PLEASE NOTE: This is key takeaways and analysis of the book and NOT the original book. Inside this Instaread of *The Life-Changing Magic of Tidying Up*: Overview of the book | Important People | Key Takeaways | Analysis of Key Takeaways

From the #1 New York Times bestselling author and star of Netflix's *Tidying Up with Marie Kondo*, this graphic novel brings Kondo's life-changing tidying method to life with the fun, quirky story of a woman who transforms her home, work, and love life using Kondo's advice and inspiration. In *The Life-Changing Manga of Tidying Up*, Marie Kondo presents the fictional story of Chiaki, a young woman in Tokyo who struggles with a cluttered apartment, messy love life, and lack of direction. After receiving a complaint from her attractive next-door neighbour about the sad state of her balcony, Chiaki gets Kondo to take her on as a client. Through a series of entertaining and insightful lessons, Kondo helps Chiaki get her home - and life - in order. This insightful, illustrated case study is perfect for people looking for a fun introduction to the KonMari Method of tidying up, as well as tried-and-true fans of Marie Kondo eager for a new way to think about what sparks joy. Featuring illustrations by award-winning manga artist Yuko Uramoto, this book also makes a great read for manga and graphic novel lovers of all ages.

The Life-Changing Magic of Tidying Up: by Marie Kondo | Conversation Starters In our materialistic age, decluttering is essential, and Marie Kondo teaches how to do so to perfection. Having researched organizing and tidying homes and offices for years, Kondo today is a consultant who helps her clients keep their homes tidy and helps them organize their space effectively. *The Life Changing Magic of Tidying Up* discusses how to go about discarding what you don't require and how to organize what you do require. The rule of thumb is to keep what gives a spark of joy and surround yourself with things that keep you happy. This book takes an extremely minimalist approach to cleaning up, which should be especially helpful for hoarders. A Brief Look Inside: EVERY GOOD BOOK CONTAINS A WORLD FAR DEEPER than the surface of its pages. The characters and their world come alive, and the characters and its world still live on. *Conversation Starters* is peppered with questions designed to bring us beneath the surface of the page and invite us into the world that lives on. These questions can be used to.. Create Hours of Conversation: • Foster a deeper understanding of the book • Promote an atmosphere of discussion for groups • Assist in the study of the book, either individually or corporately • Explore unseen realms of the book as never seen before Disclaimer: This book you are about to enjoy is an independent resource to supplement the original book, enhancing your experience of *The Book Thief*. If you have not yet purchased a copy of the original book, please do before purchasing this unofficial *Conversation Starters*.

The bestselling book everyone is talking about, revealing the surprising art of caring less and getting more. 'Genius' *Cosmopolitan* 'The best book I have read recently . . . Absolutely blinding. Read it. Do it' *Daily Mail* 'The anti-guru' Observer Are you stressed out, overbooked and underwhelmed by life? Fed up with pleasing everyone else before you please yourself? Then it's time to stop giving a f**k. This irreverent and practical book explains how to rid yourself of unwanted obligations, shame, and guilt - and give your f**ks instead to people and things that make you happy. With a bonus section on how to save your sanity over the holiday season, the simple 'NotSorry Method' for mental decluttering will help you unleash the power of not giving a f**k and will free you to spend your time, energy and money on the things that really matter. 'I love Knight's book before I even start reading it' *Sunday Times Magazine* 'Life-affirming . . . The key practice she advocates is devising for yourself a "fuck budget" . . . It's a beautiful way of streamlining your psyche' *Guardian* OUT NOW: *Get Your Sh*t Together* - Sarah Knight's must-have follow up to *The Life-Changing Magic of Not Giving a F**k*.

THE "GENIUS" (*Cosmopolitan*) NATIONAL BESTSELLER ON THE ART OF CARING LESS AND GETTING MORE--FROM THE AUTHOR OF *GET YOUR SH*T TOGETHER* AND *YOU DO YOU* 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!

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 journal 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," coworkers' annoying opinions, pets, and children, and tons of other bullsh*t. This write-in journal has plenty of space to record the things you want to give a f*ck about, guided exercises for freeing yourself of unwanted obligations, and lots of charts, graphs, and straight-talking advice to help you save your

time, money, and energy for the things that really matter. The Life-Changing Magic of Not Giving a F*ck Journal is your invitation to stop giving a f*ck and start living your best life today!

The New York Times bestseller from the author of The Life-Changing Magic of Not Giving a F*ck and You Do You. 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

Praise for The Life-changing Magic of Not Giving a F**K: 'The anti-guru' Observer 'Absolutely 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 devising for yourself a "fuck budget" . . . It's a beautiful way of streamlining your psyche' Lucy Mangan, Guardian This new Sarah Knight journal will arm you with the tools to allocate your f**k budget, show you how to deploy the NotSorry method to full effect, and help you unleash the power of spending time, money and energy on the things that really matter for you.

The book that inspired Marie Kondo's The Life Changing Magic of Tidying Up, Nagisa Tatsumi's international bestseller offers a practical plan to figure out what to keep and what to discard so you can get--and stay--tidy, once and for all. Practical and inspiring, The Art of Discarding (the book that originally inspired a young Marie Kondo to start cleaning up her closets) offers hands-on advice and easy-to-follow guidelines to help readers learn how to finally let go of stuff that is holding them back -- as well as sage advice on acquiring less in the first place. Author Nagisa Tatsumi urges us to reflect on our attitude to possessing things and to have the courage and conviction to get rid of all the stuff we really don't need, offering advice on how to tackle the things that pile up at home and take back control. By learning the art of discarding you will gain space, free yourself from "accumulation syndrome," and find new joy and purpose in your clutter-free life.

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing: by Marie Kondo | A 15-Minute Summary & Analysis Preview: The Life Changing Magic of Tidying Up is a smash hit nonfiction book by Marie Kondo. It was published in 2014 by Ten Speed Press. Author Marie Kondo introduces her KonMari method of tidying and getting rid of clutter. Kondo urges reader to start by discarding then organizing the home to create space not only in the home but the mind. Kondo claims that reorganizing a space can bring positive change into one's life. She claims that her clients have changed their lives as a result of implementing her method and writes that "tidying" the house puts the house in order and thus, the life in order. PLEASE NOTE: This is a Summary and Analysis of the book and NOT the original book. This companion includes the following: - Chapter Breakdown- Summary of the Chapters- Analysis of Themes - & Much More . . . This Analysis fills the gap, making you understand more while enhancing your reading experience.

If you found maths lessons at school irrelevant and boring, that's because you didn't have a teacher like Bobby Seagull. ***As seen on BBC 2's Monkman & Seagull's Genius Guide to Britain*** Long before his rise to cult fandom on University Challenge, Bobby Seagull was obsessed with numbers. They were the keys that unlocked the randomness of football results, the beauty of art and the best way to get things done. In his absorbing book, Bobby tells the story of his life through numbers and shows the incredible ways maths can make sense of the world around us. From magic shows to rap lyrics, from hobbies to outer space, from fitness to food - Bobby's infectious enthusiasm for numbers will change how you think about almost everything. Told through fascinating stories and insights from Bobby's life, and with head-scratching puzzles in every chapter, you'll never look at numbers the same way again.

This is a beautiful hardback edition of Marie Kondo's classic book, complete with a wrap-around red elastic ribbon to keep the book closed in between reading. Transform your home into a permanently clear and clutter-free space with the incredible KonMari Method. Japan's expert declutterer and professional cleaner Marie Kondo will help you tidy your rooms once and for all with her inspirational step-by-step method. The key to successful tidying is to tackle your home in the correct order, to keep only the things you really love and to do it all at once â€" and quickly. After that for the rest of your life you only need to choose what to keep and what to discard. The KonMari Method will not just transform your space. Once you have your house in order you will find that your whole life will change. You can feel more confident, you can become more successful, and you can have the energy and motivation to create the life you want. You can also find the courage to move on from the negative aspects of your life. For example, you can recognise and finish a bad relationship, stop feeling anxious or finally lose weight. Marie Kondo's method is based on a 'once-cleaned, never-messy-again' approach. If you think that such a thing is impossible then you should definitely read this compelling book. Alternatively, if you want to share The Life-Changing Magic of Tidying with your friends and family this lovely edition is the perfect gift. International tidying superstar and New York Times bestselling author Marie Kondo brings her unique method to young readers in this charming story about how tidying up creates space for joy in all parts of your life, co-written and illustrated by beloved children's book veteran Salina Yoon. The KonMari Method inspires a charming friendship story that is sure to spark joy! Kiki and Jax are best friends, but they couldn't be more different. The one thing they always agree on is how much fun they have together. But when things start to get in the way, can they make space for what has always sparked joy—each other?

The New York Times bestseller that's "LAUGH OUT LOUD FUNNY" (Elle Décor) and "SPOT-ON...with a healthy amount of cursing" (POPSUGAR) The anti-clutter movement is having a moment. You may have heard about a book—an entire book—written on the topic of tidiness and how "magical" and "life-changing" it is to neaten up and THROW AWAY YOUR BELONGINGS. Yes, you read that correctly. It's time to fight that ridiculousness and start buying even more stuff and leaving it any place you want. Guess what, neatniks? Science shows that messy people are more creative.* Being a slob is an art, and there's a fine line between being a consumer and being a hoarder. Don't cross that line. This book shows you how to clutter mindfully and with great joy. The results are mind-blowing. Your plants will stop dying. Your whiskey bottle will never run dry. Your drugstore points will finally add up to a free jar of salsa and some nice shampoo. You'll go shopping and discover you've lost weight... It's time to take back your life from the anti-clutter movement. *As well as smarter and more attractive.

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondo—he's just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn't absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In Goodbye, Things Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life. The benefits of a minimalist life can be realized by anyone, and Sasaki's humble vision of true happiness will open your eyes to minimalism's potential.

We live in an age of unprecedented flourishing of technology in medicine. So why are we experiencing such epidemic levels of pain, disease, emotional and mental stress, and just plain old poor health--and often at such uncommonly young ages? Searching to answer these questions, we turn to every possible medical specialty and lifestyle cause, looking for clues. After guiding thousands of patients on their journeys back to health, Dr. Linda Lancaster has discovered that it is the interplay of invisible forces such as chemicals, heavy metals, radiation, and opportunistic parasites--the "Five Culprits"--worms, fungus, bacteria, micro-parasites, and viruses, that are the cause of many of the health struggles we experience today. This fundamental dynamic is the origin of most of the symptoms she has seen, including chronic exhaustion, digestive distress, painful joints, infertility, eczema, and mysterious conditions like Lyme Syndrome. If you have experienced any of these symptoms, you know how the physical experience affects your emotional wellbeing. But it doesn't have to be that way. You can begin to take your life back with Harmonic Healing. In this six-week foundational program, you will learn how to cleanse your liver, neutralize environmental pollution, revitalize your energy and return to a balanced state of health, using solely nontoxic, inexpensive, and natural protocols. With nourishing recipes, therapeutic baths, and gentle homeopathic and household remedies, Harmonic Healing helps clear the path for your journey back to health and well-being.

A #1 New York Times Bestseller An Amazon Best Book of 2014 in Crafts, Home & Garden This #1 New York Times bestselling guide to decluttering your home from Japanese cleaning consultant Marie Kondo takes readers step-by-step through her revolutionary KonMari Method for simplifying, organizing, and storing.

A humorous and insightful look into what advice works, what doesn't, and what it means to transform yourself, by the co-hosts of the popular By the Book podcast. In each episode of their podcast By the Book, Jolenta Greenberg and Kristen Meinzer take a deep dive into a different self-help book, following its specific instructions, rules, and advice to the letter. From diet and productivity to decorating to social interactions, they try it all, record themselves along the way, then share what they've learned with their devoted and growing audience of fans who tune in. In How to Be Fine, Jolenta and Kristen synthesize the lessons and insights they've learned and share their experiences with everyone. How to Be Fine is a thoughtful look at the books and practices that have worked, real talk on those that didn't, and a list of philosophies they want to see explored in-depth. The topics they cover include: Getting off your device Engaging in positive self-talk Downsizing Admitting you're a liar Meditation Going outside Getting in touch with your emotions Seeing a therapist Before they began their podcast, Jolenta wanted to believe the promises of self-help books, while Kristen was very much the skeptic. They embraced their differences of opinion, hoping they'd be good for laughs and downloads. But in the years since launching the By the Book, they've come to realize their show is about much more than humor. In fact, reading and following each book's advice has actually changed and improved their lives. Thanks to the show, Kristen penned the Amish romance novel she'd always joked about writing, traveled back to her past lives, and she broached some difficult conversations with her husband about their marriage. Jolenta finally memorized her husband's phone number, began tracking her finances, and fell in love with cutting clutter. Part memoir, part prescriptive handbook, this honest, funny, and heartfelt guide is like a warm soul-baring conversation with your closest and smartest friends.

This "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 the people and things that make you happy."--Page 4 of cover.

The no-f*cks-given guide to taming anxiety and taking back control of your life, from the bestselling author of The Life-Changing Magic of Not Giving a F*ck and Get Your Sh*t Together. Do you spend more time worrying about problems than solving them? Do you let unexpected difficulties ruin your day and do "what ifs" keep you up at night? Sounds like you need to Calm the F*ck Down. Just because things are falling apart doesn't mean YOU can't pull it together. Whether you're stressed about sh*t that hasn't happened yet or freaked out about sh*t that already has, the NoWorries method from "anti-guru" Sarah Knight helps you curb the anxiety and overthinking that's making everything worse. Calm the F*ck Down explains: The Four Faces of Freaking Out -- and their Flipsides How to accept what you can't control Productive Helpful Effective Worrying (PHEW) The Three Principles of Dealing With It And much more! Praise for Sarah Knight and the No F*cks Given Guides: "Self-help to swear by." -- The Boston Globe "Genius." -- Vogue "Hilarious, irreverent, and no-nonsense." -- Bustle

NEW YORK TIMES BESTSELLER USA TODAY BESTSELLER NATIONAL INDIE BESTSELLER THE WASHINGTON POST BESTSELLER Recommended by Entertainment Weekly, Real Simple, NPR, Slate, and Oprah Magazine #1 Library Reads Pick—October 2020 #1 Indie Next Pick—October 2020 BOOK OF THE YEAR (2020) FINALIST—Book of the Month Club A "Best Of" Book From: Oprah Mag * CNN * Amazon * Amazon Editors * NPR * Goodreads * Bustle * PopSugar * BuzzFeed * Barnes & Noble * Kirkus Reviews * Lambda Literary * Nerdette * The Nerd Daily * Polygon * Library Reads * io9 * Smart Bitches Trashy Books * LiteraryHub * Medium * BookBub * The Mary Sue * Chicago Tribune * NY Daily News * SyFy Wire * Powells.com * Bookish * Book Riot * Library Reads Voter Favorite * In the vein of The Time Traveler's Wife and Life After Life, The Invisible Life of Addie LaRue is New York Times bestselling author V. E. Schwab's genre-defying tour de force. A Life No One Will Remember. A Story You Will Never Forget. France, 1714: in a moment of desperation, a young woman makes a Faustian bargain to live forever—and is cursed to be forgotten by everyone she meets. Thus begins the extraordinary life of Addie LaRue, and a dazzling adventure that will play out across centuries and continents, across history and art, as a young woman learns how far she will go to leave her mark on the world. But everything changes when, after nearly 300 years, Addie stumbles across a young man in a hidden bookstore and he remembers her name. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

The Localist: Think Independent, Buy Local, and Reclaim the American Dream is the story of one girl's journey from buy-local blogger to woman entrepreneur and indie-shop advocate. When Carrie Rollwagen decided to give up corporate shopping for a year and instead shop local-only, she knew that she'd have to learn how to shop local, that she'd discover new indie businesses, and that she'd need to makeover her shopping habits. What she didn't know is that she'd save money, discover how to connect with her community, and learn to love indie business more than the big box stores she'd bought from all her life. She also didn't know that, before her buy-local year was over, she'd be the owner of her own independent business, a community coffee shop and indie bookstore in Birmingham, Alabama. In The Localist, we follow Carrie on her localist adventure as she embraces slow food, small business, the locavore movement, and many quirky indie shopkeepers and unique independent shops along the way. She tells the story of her year of blogging about buying local in Birmingham, Alabama, and she gives us an inside look at her experience as a new female entrepreneur opening a new neighborhood business: Church Street Coffee & Books, an independent bookshop and locally owned coffee shop. Part memoir, part manual on how to shop local, The Localist is pro-community, but it's not necessarily anti-corporate. Carrie doesn't attack all big business, but rather shows us what we create with our shopping dollars and helps us see new ways of making positive impact on our communities with our spending. Big box

