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I Am F*cking Radiant
Love Warrior
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F*ck Like a Goddess
All the F*cking Mistakes
F*ck Yourself Fit
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How to Be F*cking Awesome
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Bucky F*cking Dent
The F*ck It Diet
Go the F**k to Sleep
Life Will Be the Death of Me
From the Corner of the Oval
The Hidden Power of F*cking Up
What's Your F*cking Sign?

Not Another F-Ing Motivation Book

In this graphic novel adaptation of his bestselling collection of essays, legendary news anchor Dan Rather provides a voice of reason and explores what it means to be a true patriot. Brought to life in stunning color by artist Tim Foley, *What Unites Us: The Graphic Novel* takes apart the building blocks of this country, from the freedoms that define us, to the values that have transformed us, to the institutions that sustain us. Rather's vast experience and his unique perspective as one of America's most renowned newscasters shed light on who we were and who we are today, allowing us to

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see a possible future, where we are one country; united.

A Story Lately Told

If you've been looking for a kick up the backside to finally launch that business, start a new project you've been putting off or just become awesome, this book is for you. So, if you are sick of the usual guru bullsh*t advice, and want to make your life truly awesome, then read this book from cover to cover, and do every single thing Dan says.

Buy Yourself the F*cking Lilies

The fun way to get from fat to fit! ShaggingWorld's revolutionary approach to fitness enables you to get in shape without ever having to go hungry, or horny, again - the perfect relief for anyone following a strict diet plan. With 60 positions and instructional diagrams showing the number of calories burned, sins earned, and sex points gained, getting fit has never been more fun.

F*ck Your Diet

'NOOR HIBBERT IS A FORCE OF NATURE AND HER BOOK IS A CANDID, NO-BULLSH*T BLUEPRINT FOR LIVING YOUR MOST AMAZING LIFE. INVIGORATING AND INSPIRING!' Sarah Knight, New York Times bestselling author of The Life-Changing Magic of Not Giving a F*ck 'A ROUSING GUIDE ON HOW TO BUILD MOMENTUM TOWARDS YOUR GOALS, QUASH YOUR INNER DOUBTS AND CHARGE AT WHAT YOU REALLY WANT', RED Magazine JUST F*CKING DO IT will take you on a mind-altering journey of self discovery and personal transformation using an approach which combines psychological rigour with spiritual power - helping you to become

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the best version of yourself and create a life of happiness and abundance. True personal development can only be achieved by changing how you think and interact with the world. This book, by the creator of the hit podcast 'Think It, Get It', will demonstrate that, alongside purposeful and practical steps to improve your life, you have the power to multiply your success and happiness by harnessing the Law of Attraction. Whatever obstacles you face, this book will show you how to stop thinking small, make positive changes and live the life you deserve.

Get a F*cking Grip

#1 NEW YORK TIMES BESTSELLER □ The funny, sad, super-honest, all-true story of Chelsea Handler's year of self-discovery□featuring a nerdily brilliant psychiatrist, a shaman, four Chow Chows, some well-placed security cameras, various family members (living and departed), friends, assistants, and a lot of edibles A SKIMM READS PICK □ □This will be one of your favorite books of all time.□□Amy Schumer In a haze of vape smoke on a rare windy night in L.A. in the fall of 2016, Chelsea Handler daydreams about what life will be like with a woman in the White House. And then Donald Trump happens. In a torpor of despair, she decides that she's had enough of the privileged bubble she's lived in□a bubble within a bubble□and that it's time to make some changes, both in her personal life and in the world at large. At home, she embarks on a year of self-sufficiency□learning how to work the remote, how to pick up dog shit, where to find the toaster. She meets her match in an earnest, brainy psychiatrist and enters into therapy, prepared to do the heavy lifting required to look within and make sense of a childhood marked by love and loss and to figure out why people are afraid of her. She becomes politically active□finding her voice as an advocate for change, having difficult conversations, and energizing her base. In the process, she develops

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a healthy fixation on Special Counsel Robert Mueller and, through unflinching self-reflection and psychological excavation, unearths some glittering truths that light up the road ahead. Thrillingly honest, insightful, and deeply, darkly funny, Chelsea Handler's memoir keeps readers laughing, even as it inspires us to look within and ask ourselves what really matters in our own lives. Praise for *Life Will Be the Death of Me* "You thought you knew Chelsea Handler—and she thought she knew herself—but in her new book, she discovers that true progress lies in the direction we haven't been."—Gloria Steinem "I always wondered what it would be like to watch Chelsea Handler in session with her therapist. Now I know."—Ellen DeGeneres "I love this book not just because it made me laugh or because I learned that I feel the same way about certain people in politics as Chelsea does. I love this book because I feel like I finally really got to know Chelsea Handler after all these years. Thank you for sharing, Chelsea!"—Tiffany Haddish

Find Your F*cking Happy

The New York Times bestselling author David Duchovny is back Ted Fullilove, aka Mr. Peanut, is not like other Ivy League grads. He shares an apartment with Goldberg, his beloved battery-operated fish, sleeps on a bed littered with yellow legal pads penned with what he hopes will be the next great American Novel, and spends the waning days of the Carter administration at Yankee Stadium, waxing poetic while slinging peanuts to pay the rent. When Ted hears the news that his estranged father, Marty, is dying of lung cancer, he immediately moves back into his childhood home, where a whirlwind of revelations ensues. The browbeating absentee father of Ted's youth tries to make up for lost time, but his health dips drastically whenever his beloved Red Sox lose. And so, with help from Mariana—the Nuyorican grief counselor with whom Ted promptly falls in love—and a crew of neighborhood old-timers, Ted

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orchestrates the illusion of a Boston winning streak, enabling Marty and the Red Sox to reverse the Curse of the Bambino and cruise their way to World Series victory. Well, sort of. David Duchovny's richly drawn Bucky F*cking Dent explores the bonds between fathers and sons and the age-old rivalry between Yankee fans and the Fenway faithful, and grapples with our urgent need to persevere—and risk everything—in the name of love. Culminating in that fateful moment in October of '78 when the mighty Bucky Dent hit his way into baseball history with the unlikeliest of home runs, this tender, insightful, and hilarious novel demonstrates how life truly belongs to the losers, and that the long shots are the ones worth betting on. Bucky F*cking Dent is a singular tale that brims with the mirth, poignancy, and profound solitude of modern life.

I Am F*cking Radiant

“I felt as if I had had a cathartic emotional experience not by talking but by following Ms. Roxo’s coaching to tune into my energy and desire.” —New York Times What if your deepest fears and wounds were the KEY to living a turned on, passionate life, sharing your gifts with the world, and having mind-blowing orgasms along the way? And what if you could embrace all of you—all of your messy, wild, raw, sensual self—exactly as you are right now AND still feel good? This is what it means to f*ck like a goddess—literally and metaphorically. To let life make love to you and enjoy every bit, even the parts that hurt, and to find the magic in all of it. And this is your birthright. So why is it so damn hard for women to simply feel comfortable in their own skin, let alone feel strong and secure enough to freely share their gifts with the world? “Because each of us has been conditioned, programmed, and literally brainwashed into thinking we are not enough,” writes Alexandra Roxo, “and it is up to us to rewrite that story.” A prominent voice in transformational healing and the divine feminine, Roxo shares tried-

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and-true methods that have led to both her own healing and that of hundreds of her coaching clients over the years. "We are in need of an uprising of bold, wild women who have reclaimed their bodies and stand in their sacred sexuality for them," she writes. "As women, we need to liberate our voices, step into total security within ourselves, and fully own our raw, sensual power, finally letting go of the shame, guilt, denial, and repression that's been put upon us." The methods in this book will inspire you, challenge you, bring up your resistance, and unleash your gifts. It won't always be easy, but if you do the work, you'll discover what it really feels like to f*ck like a goddess.

Love Warrior

A self-care guided journal for when you realize buying a scented candle isn't actually going to make you feel f*cking better Ah, self-care. Yoga classes, green juice, bubble baths, face goop. F*ck that. The new self-care is all about taking care of yourself in whatever way you need to feel good. Whatever your paycheck or location, your identity, social class, race, gender--self-care belongs to YOU. Self-care isn't just for the Insta-influencers doing all the yoga in their 150\$ athleisure while eating their acai bowls and touting their skincare routine. Self-care is for all of us--it's for the busy bitches, the stressed-out queens, the women who are doing it all and just need a minute for themselves. It's for the anxiety-ridden, the wellness-challenged, the people who need a break to focus on their own mental health. It's about identifying your core values and making the time to nurture them. It's about taking a look at the tough stuff--anxiety, mental health, self-love, boundaries, empowerment--and finding concrete ways to help. Self-care is about truly feeling f*cking radiant. With guided prompts, swears sayings, and an empowering AF attitude, this is the perfect journal for readers who are over the bullsh*t and are ready to take their self-

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care into their own hands.

The Middle Finger Project

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a former vice president at Comedy Central who was called "ahead of her time" by Jordan Peele "You're going to want Tara Schuster to become your new best friend." Glennon Doyle, #1 New York Times bestselling author of Untamed "Compelling, persuasive, and useful no matter where you are in your life." Chelsea Handler, #1 New York Times bestselling author of Life Will Be the Death of Me By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for The Daily Show with Jon Stewart and helped launch Key & Peele to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom when she drunk-dialed her therapist pleading for help. Buy Yourself the F*cking Lilies is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to "fake gratitude until you actually feel gratitude" "excavate your emotional wounds and heal them with kindness" "identify your self-limiting beliefs, kick them to the curb, and start living a life you choose" "silence your inner frenemy and shield yourself from self-criticism" "carve out time each morning to start your day empowered, inspired, and ready to rule" "create a life you truly, totally f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in

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life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

F*ck Like a Goddess

NEW YORK TIMES BESTSELLER * What if you lived out the drama of your twenties on Air Force One? "[This] breezy page turner is essentially Bridget Jones goes to the White House."--The New York Times RECOMMENDED READING theSkimm * Today * Entertainment Weekly * Refinery29 * Bustle * PopSugar * Vanity Fair * The New York Times Editors' Choice * Paste In 2012, Beck Dorey-Stein is working five part-time jobs and just scraping by when a posting on Craigslist lands her, improbably, in the Oval Office as one of Barack Obama's stenographers. The ultimate D.C. outsider, she joins the elite team who accompany the president wherever he goes, recorder and mic in hand. On whirlwind trips across time zones, Beck forges friendships with a dynamic group of fellow travelers--young men and women who, like her, leave their real lives behind to hop aboard Air Force One in service of the president. As she learns to navigate White House protocols and more than once runs afoul of the hierarchy, Beck becomes romantically entangled with a consummate D.C. insider, and suddenly the political becomes all too personal. Against a backdrop of glamour, drama, and intrigue, this is the story of a young woman learning what truly matters, and, in the process, discovering her voice. Praise for From the Corner of the Oval "Who knew the West Wing could be so sexy? Beck Dorey-Stein's unparalleled access is obvious on every page, along with her knife-sharp humor. I tore through the entire book on a four-hour flight and loved reading all about the brilliant yet hard-partying people who once surrounded the leader of the free world. Lots of books claim to give real insider glimpses, but this one actually delivers."--Lauren Weisberger, author of The Devil Wears Prada "Dorey-Stein . . .

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writes with wit and self-deprecating humor."--The Wall Street Journal "Addictively readable . . . Dorey-Stein's spunk and her sparkling, crackling prose had me cheering for her through each adventure. . . . She never loses her starry-eyed optimism, her pinch-me wonderment, her Working Girl pluck."--Paul Begala, The New York Times Book Review (Editors' Choice)

All the F*cking Mistakes

- You know the key to having more energy has nothing to do with crystals and chakras and everything to do with how much sleep you get. - You know that neglecting your friends will leave you destitute and lonely but you're still too damn lazy to pick up your phone and get in touch. - You know you could get through your to-do list in half the time yet you're still stalking your ex on Facebook. - You know you just need a kick up the backside and that's what you'll find within the pages of this book. Get A F*cking Grip is the self-help book for people who hate self-help, offering simple no-nonsense advice that you can implement into all areas of your life, allowing you to get on with everything you've always wanted to do. Learning how to get a f*cking grip is the key to taking back control of your life.

F*ck Yourself Fit

#1 New York Times Bestseller Over 1 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

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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 American 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**k* is a refreshing slap for a generation to help them lead contented, grounded lives.

The First Mistake

The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." *Go the Fuck to Sleep* is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the

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familiar and unspoken tribulations of putting your little angel down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care.

How to Be F*cking Awesome

Your astrological makeup is no f*cking joke. Amelia Wood's *What's Your F*cking Sign?* is your opportunity to better relate to your managers, coworkers, love interests, friends, and family and know why they do all the sh*t they do. If you have ever wondered why your Aries boss is such a hard-ass, been convinced that a Virgo in your life sleeps with a label maker under their pillow, or tried to get your Capricorn friend to lighten the f*ck up, just look to the stars. Full of sun-sign-specific details about all twelve members of the zodiac, you can discover all the right ways to attract, befriend, love, and otherwise handle the people in your life based on their cosmic DNA. When your Pisces friend is emoting, show them a little love! When that Aquarius in your social feed is on their soapbox, have a listen! And when your Leo lover wants the spotlight, know they'll give you plenty of warmth from that glow, too. Embrace all the incredible ways astrology is there to guide you through your batsh*t interactions, curious crossroads, and sweetest moments with each and every sign. So, *What's Your F*cking Sign?*

F*ck Feelings

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a former vice president at Comedy Central who was called "ahead of her time" by Jordan Peele "You're going to want Tara Schuster to become your new best friend."--Glennon Doyle, #1 New York Times bestselling author of

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Untamed "Compelling, persuasive, and useful no matter where you are in your life."--Chelsea Handler, #1 New York Times bestselling author of *Life Will Be the Death of Me* By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for *The Daily Show* with Jon Stewart and helped launch *Key & Peele* to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom when she drunk-dialed her therapist pleading for help. *Buy Yourself the F*cking Lilies* is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to * fake gratitude until you actually feel gratitude * excavate your emotional wounds and heal them with kindness * identify your self-limiting beliefs, kick them to the curb, and start living a life you choose * silence your inner frenemy and shield yourself from self-criticism * carve out time each morning to start your day empowered, inspired, and ready to rule * create a life you truly, totally f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

Mostly Void, Partially Stars

The Try Guys deliver their first book—an inspirational self-improvement guide that teaches you that the path to success is littered with humiliating detours, embarrassing mistakes, and unexpected failures. To be our best selves, we must become secure

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in our insecurities. In *The Hidden Power of F*cking Up*, *The Try Guys* - Keith, Ned, Zach, and Eugene - reveal their philosophy of trying: how to fully embrace fear, foolishness, and embarrassment in an effort to understand how we all get paralyzed by a fear of failure. They'll share how four shy, nerdy kids have dealt with their most poignant life struggles by attacking them head-on and reveal their - ahem - sure-fail strategies for achieving success. But they're not just here to talk; they're actually going to put their advice to work. To demonstrate their unique self-improvement formula, they'll each personally confront their deepest insecurities. A die-hard meat-lover goes vegan for the first time. A straight-laced father transforms into a fashionista. A perpetually single sidekick becomes the romantic lead. A child of divorce finally grows more intimate with his family. Through their insightful, emotional journeys and surprising, hilarious anecdotes, they'll help you overcome your own self-doubt to become the best, most f*cked up version of yourself you can be!

Quiet Leadership

Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a young vice president at Comedy Central who was called "ahead of her time" by Jordan Peele "Compelling, persuasive, and useful no matter where you are in your life."--Chelsea Handler, #1 New York Times bestselling author of *Life Will Be the Death of Me* "A bracingly honest, funny read . . . like Wild meets *You Are a Badass*."--Adam Grant, #1 New York Times bestselling author of *Give and Take*, *Originals*, and *Option B* By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for *The Daily Show* with Jon Stewart and helped launch *Key & Peele* to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-

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medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she'd hit rock bottom when she drunk-dialed her therapist pleading for help. Buy Yourself the F*cking Lilies is the story of Tara's path to re-parenting herself and becoming a "ninja of self-love." Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to * fake gratitude until you actually feel gratitude * excavate your emotional wounds and heal them with kindness * identify your self-limiting beliefs, kick them to the curb, and start living a life you choose * silence your inner frenemy and shield yourself from self-criticism * carve out time each morning to start your day empowered, inspired, and ready to rule * create a life you truly, totally f*cking LOVE This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it's-so-cheesy way.

The Universe F*cking Loves Me

You try to live a positive life and to be in the flow. You know that you're lovable, that things are going to work out, and that the Universe loves you. And yet you still struggle. You sometimes feel overwhelmed, discouraged, stressed and scared. You want things to be different, but you don't know how to get there from here. Sara Arey has spent over 25 years working with energy and consciousness development. In a deeply spiritual experience, she was told that the point of life is to live! But how do you live and enjoy life when painful, hard things happen? How do you stay positive and manifest what you want? What do you do when you don't know what to do? This is where spirituality meets real life. This book is for you if you want to: Stop procrastinating and being

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stopped by fear. Take inspired action. Let go of your saboteur voice. Feel more confident. Have more freedom, abundance, joy and love. You're so much more than you've thought. The Universe F*cking Loves Me will help you open to and claim that "more," and to develop an increasingly loving relationship with yourself and the Universe. The ripples from this are life-changing.

Unf*ckology

*A Goodreads Choice Awards Finalist *Named Best Comedy Book by the African American Literary Awards Show Fans of Issa Rae and Phoebe Robinson will love this collection of laugh-out-loud funny and insightful essays that explore race, feminism, pop culture, and how society reinforces the message that we are nothing without the perfect body. By the time Chloé Hilliard was 12, she wore a size 12—both shoe and dress—and stood over six feet tall. Fitting in was never an option. That didn't stop her from trying. Cursed with a "slow metabolism," "baby weight," and "big bones," the fat trilogy—Chloe turned to fad diets, starvation, pills, and workouts, all of which failed. Realizing that everything—from government policies to corporate capitalism—directly impacts our relationship with food and our waistlines, Chloé changed her outlook on herself and hopes others will do the same for themselves. The perfect mix of cultural commentary, conspiracies, and confessions, F*ck Your Diet pokes fun at the all too familiar, misguided quest for better health, permanent weight loss, and a sense of self-worth.

Buy Yourself the F*cking Lilies

WHAT THE HECK IS AN INTERNET MEME? Meme (pronounced meem): An idea, belief or element of social behavior spread that is transmitted from one person or group of people to another. This word was coined in the '70s by Richard Dawkins, the

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atheist godman worshipped by neckbeards everywhere. Simply put, Internet memes are memes that spread on the Internet through social networking sites, blogs, email, news sources, and so on. In the real world they're called "ideas," but pseudo-intellectuals prefer "memes." WHERE DO INTERNET MEMES COME FROM? Amongst all the stupid crap on the Internet are hilarious gems of wit and wisdom. Most of the best memes start as images shared on the Web and, by some great misfortune, they find their way into the lecherous hands of drunken basement trolls who mutate these images into the hilarious, the lame, and sometimes the downright bizarre. WHAT IS THIS BOOK? This book will take you on a bizarre journey through the bilges of the Internet and introduce you to 23 of its funniest and most popular memes, complete with a sh*tload of images that might just make you wet your panties. "On this journey you will share lulz with unsavory characters like "Foul Bachelor Frog" "Socially Awkward Penguin" "Paranoid Parrot" "Courage Wolf" "Advice God" "Joseph Ducreux" "Hipster Kitty" "Inglip" "Successful Black Man" "Forever Alone" "Bill O'Reilly" "And more" Scroll up and click the "Buy" button now to laugh your a** off at the twisted hive mind of the Internet underworld

I Can't F*cking Adult Today

From the co-founder of THINX and hellotushy.com, start-ups collectively valued at more than \$150 million, comes DISRUPTHER, a rallying cry for women to radically question the status quo. Miki Agrawal has faced patriarchal pushback, fought girl-on-girl hate, ridden the roller coaster of building businesses as a female CEO, and even overcome an attempt to burn her for witchcraft (figuratively). In order to navigate the complicated--at times maddening--struggles of contemporary femininity, we need an unabashed manifesto for the modern woman that inspires us to move past outrage and take positive steps on the personal,

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professional, and societal levels. This manifesto galvanizes us to action in 13 major areas of our lives with as much fire power as possible. These are the credos we live by, the advice we give to friends, the tenets we instill in our companies and peers on a daily basis. Stories of badass female movers and shakers are shared in this book too to give you an extra jolt of "I've got this." It's a whole body F*CK YES to your work, your love, your relationships, and your mission--while doing it all authentically, unapologetically, and with full integrity.

Breathe To Succeed

Amy Alkon presents Unf*ckology, a "science-help" book that knocks the self-help genre on its unscientific ass. You can finally stop fear from being your boss and put an end to your lifelong social suckage. Have you spent your life shrinking from opportunities you were dying to seize but feel "that's just who I am"? Well, screw that! You actually can change, and it doesn't take exceptional intelligence or a therapist who's looking forward to finally buying Aruba after decades of listening to you yammer on. Transforming yourself takes revolutionary science-help from Amy Alkon, who has spent the past 20 years translating cutting-edge behavioral science into highly practical advice in her award-winning syndicated column. In Unf*ckology, Alkon pulls together findings from neuroscience, behavioral science, evolutionary psychology, and clinical psychology. She explains everything in language you won't need a psych prof on speed-dial to understand—and with the biting dark humor that made *Good Manners for Nice People Who Sometimes Say F*ck* such a great read. She debunks widely-accepted but scientifically unsupported notions about self-esteem, shame, willpower, and more and demonstrates that: - Thinking your way into changing (as so many therapists and self-help books advise) is the most inefficient way to

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go about it. - The mind is bigger than the brain, meaning that your body and your behavior are your gym for turning yourself into the new, confident you. - Fear is not just the problem; it's also the solution. - By targeting your fears with behavior, you make changes in your brain that reshape your habitual ways of behaving and the emotions that go with them. Follow Amy Alkon's groundbreaking advice in *Unf*ckology*, and eventually, you'll no longer need to act like the new you; you'll become the new you. And how totally f*cking cool is that?

F*ck That

From the author of best-selling journal *ZEN AS F*CK* Embark on a glittering journey of self-exploration in *Find Your F*cking Happy!* Along your trek, shed the weight of other people's bullsh*t and fill your soul with a fresh f*cking perspective. Take stock of the beauty that surrounds you, and embrace the sh*tload of spectacular opportunities ahead. On each page of this delightfully profane journal, you can scribble away the negativity, and open your arms wide to the positivity that you deserve. Give your spirits a boost with a down-to-earth approach to mindfulness journaling! □ Explore a f*ck-ton of funny and thoughtful journaling ideas □ Give the negativity around you a swift kick in the butt □ Pop a cork of bubbly emotions and celebrate the good sh*t around you!

Help Me!

Come As You Are meets *How to Date Men When You Hate Men* in this sex handbook for the millennial feminist on how to own your body and sexuality, and use that confidence to take charge of your life "This bold, sex-positive book delivers on its promise." □ Publishers Weekly Stop Apologizing for Your Sexuality and Take Charge of Your Life If you've ever wished you had a big sister or

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older cousin who could show you all the ropes of womanhood, look no further: Gigi Engle has done it all and is here to tell you all about it in *All the F*cking Mistakes*, a practical handbook for all the slutty and wanna-be-slutty women out there. It is the ultimate sex-talk book, demystifying female sexuality without any of the awkwardness of "the talk." From learning how to take back your confidence in a world full of slut shaming, to discovering and owning your sexual empowerment through masturbation, to demanding the love you really deserve, this book is an ode to the women of the world who deserve to be empowered, sexually and otherwise, without guilt. Offering bite-sized lessons that incorporate Gigi's own special brand of no-nonsense advice to provide clarity and guidance on all things slutty, sexually normative and non-normative, and everything that falls between the cracks of these brackets, this book is your how-to guide to living your sexy AF, fabulous life.

Just F*cking Do It

The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control—the first steps to managing all of life's impossible problems. Need to stop screwing up? Feel like you're under a loser's curse? Work with an ass? Want to clear your name or get justice, rescue an addicted person, get closure after childhood abuse, get a lover to commit, not ruin your kid? Although other self-help books claim to reveal the path to happiness, *F*ck Feelings* warns that convincing yourself that there is such a path will actually lead you to feel like a true failure. What the Bennetts can promise you is that you can manage any situation life throws at you if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior,

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and do what you think is right. Life is hard. It's not fair. Our feelings cloud our rationality, and we become tangled in our efforts to achieve the impossible or change the unchangeable. In this groundbreaking, entirely sensible, and funny book, the Bennetts open the shrinks' secret solution manual and show you how to find a new kind of freedom by working toward realistic goals and doing the best with what you can control. They address the most common problems Dr. Bennett's patients bring to his private practice—problems with family, love, work, self-esteem, garden variety assholes, and more—and give you a script for going forward. With no-bullshit advice from a Harvard-educated shrink freed of all jargon and patronization by his smart-ass, comedy writer daughter, *F*ck Feelings* is the cut-to-the-chase therapy session you've been looking for.

F*ck No!

Featuring 100 F*cking Adult Activities: Coloring, Sudoku, Dot-to-Dot, Word Searches, Mazes, Fallen Phrases, Math Logic, Word Tiles, Spot the Difference, Where the F*ck did the Other Half Go, Nanograms, Brick-by-F*cking-Brick, Word Scramble, and Much More!

What Unites Us: The Graphic Novel

Carlo Ancelotti is one of the greatest managers of all time, with five Champions League titles to his name. Yet his approach could not be further from the aggressive theatricals favoured by many of his rivals. His understated style has earned him the fierce loyalty of players like David Beckham, Zlatan Ibrahimovic and Cristiano Ronaldo. In *Quiet Leadership*, Ancelotti reveals the full, riveting story of his managerial career - his methods, mentors, mistakes and triumphs - and takes us inside the dressing room to trace the

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characters, challenges and decisions that have shaped him. The result is both a scintillating memoir and a rare insight into the business of leadership.

The Book of F*cking Hilarious Internet Memes

How to say no without being an a**hole, from the New York Times bestselling author of *The Life-Changing Magic of Not Giving a F*ck* Are you burnt out from taking on more than you can handle or accepting less than you deserve? Tired of giving in instead of sticking up for yourself? Sick of saying yes all the time? You're gonna love *F*CK NO!* No is an acceptable answer, and it's time to start using it. Whether you're a People-Pleaser, Overachiever, Pushover, or have serious FOMO, bestselling "anti-guru" Sarah Knight helps you say what you really mean without being really mean--or burning out for fear of missing out. Life is so much better when you say no with confidence--and without guilt, fear, or regret. *F*ck No!* delivers practical strategies that give you the power to decline, and concrete examples that put the words right into your mouth. You'll discover: The joy of no No-Tips for all occasions How to set boundaries Fill-in-the-blank F*ckNotes The No-and-Switch, the Power No--and how to take no for an answer yourself And much more! Praise for Sarah Knight and the *No F*cks Given Guides* "Self-help to swear by." --Boston Globe "Genius." --Vogue "Hilarious, irreverent, and no-nonsense." --Bustle

Disrupt-Her

Fresh, funny, and fearless, *The Middle Finger Project* is a point-by-point primer on how to get unstuck, slay imposter syndrome, trust in your own worth and ability, and become a strong, capable, wonderful, weird, brilliant, ballsy, unfuckwithable YOU. "Don't worry, this isn't a book about God, nor is it a book about Ryan

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Gosling (second in command). But it is a book about authority and becoming your own." --Ash Ambirge After a string of dead-end jobs and a death in the family, Ash Ambirge was down to her last \$26 and sleeping in a Kmart parking lot when she faced the truth: No one was coming to her rescue. It was up to her to appoint herself. That night led to what eventually became a six-figure freelance career as a sought-after marketing and copywriting consultant, all while sipping coffee from her front porch in Costa Rica. She then launched The Middle Finger Project, a blog and online course hub, which has provided tens of thousands of young "women who disobey" with the tools and mindset to give everyone else's expectations the finger and get on your own path to happiness, wealth, independence, and adventure. In her first book, Ash draws on her unconventional personal story to offer a fun, bracing, and occasionally potty-mouthed manifesto for the transformative power of radical self-reliance. Employing the signature wit and wordsmithing she's used to build an avid following, she offers paradigm-shifting advice along the lines of: □ The best feeling in the world is knowing who you are and what you're capable of doing. □ Life circumstances are not life sentences. If a Scranton girl who grew up in a trailer park can make it, so can you. □ What you believe about yourself will either murder your chances or save your life. So why not believe something good? □ You don't need a high-ranking job title to be authorized to contribute. You just need to contribute. □ Be your own authority. Authority only works as long as you trust that someone smarter than you is making the rules. □ The way you become a force is by being the most radically real version of yourself that you can be. □ You only have 12 fucks a day to give, so use them wisely.

The Subtle Art of Not Giving a F*ck

Give yourself a break from the bullsh*t! Looking for a place where

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you don't need to have all the answers or a responsible ten-year plan? Every page in Monica Sweeney's *I Can't F*cking Adult Today* is a no-judgment zone where you can take a breath and restore your sanity. It's your space to work out whatever sh*t you need to and celebrate the imperfect but f*cking beautiful life that's all yours.

Buy Yourself the F*cking Lilies

From the authors of the New York Times bestselling novel *Welcome to Night Vale* and the creators of the #1 international podcast of the same name, comes a collection of episodes from Season One of their hit podcast, featuring an introduction by the authors, behind-the-scenes commentary, and original illustrations. In June of 2012, the creators of *Welcome to Night Vale* began airing twice-weekly podcasts. By the anniversary show a year later, the fanbase had exploded, vaulting the podcast into the #1 spot on iTunes. Since then, its popularity has grown by epic proportions, hitting more than 100 million downloads, and *Night Vale* has expanded to a successful live multi-cast international touring stage show and a New York Times bestselling novel. Now the first two seasons are available as books, offering an entertaining reading experience and a valuable reference guide to past episodes. *Mostly Void, Partially Stars* introduces us to *Night Vale*, a town in the American Southwest where every conspiracy theory is true, and to the strange but friendly people who live there. *Mostly Void, Partially Stars* features an introduction by creator and co-writer Joseph Fink, behind-the-scenes commentary and guest introductions by performers from the podcast and notable fans, including Cecil Baldwin (Cecil), Dylan Marron (Carlos), and Kevin R. Free (Kevin) among others. Also included is the full script from the first *Welcome to Night Vale* live show, *Condos*. Beautiful illustrations by series artist Jessica Hayworth accompany each episode. *Mostly*

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Void, Partially Stars is an absolute must-have whether you're a fan of the podcast or discovering for the first time the wonderful world of Night Vale.

You Are a Badass Every Day

I wanted to find out what would happen if I really did follow the 7 Habits of Highly Effective People? Really felt The Power of Now? Could life be transformed? Could I get rich? Skinny? Find love? Be more productive and fulfilled? Because I really did want all the things these books promised. For years Journalist Marianne Power lined her bookshelves with dog-eared copies of definitive guides on how to live your best life, dipping in and out of self-help books when she needed them most. Then, one day, she woke up to find that the life she hoped for and the life she was living were worlds apart—and she set out to make some big changes. Marianne decided to finally find out if her elusive “perfect existence”—the one without debt, anxiety, or hangover Netflix marathons, the one where she healthily bounced around town and met the cashmere-sweater-wearing man of her dreams—really did lie in the pages of our best known and acclaimed self help books. She vowed to test a book a month for one year, following its advice to the letter, taking what she hoped would be the surest path to a flawless new her. But as the months passed and Marianne’s reality was turned upside down, she found herself confronted with a different question: Self-help can change your life, but is it for the better? With humor, audacity, disarming candor and unassuming wisdom, in Help Me Marianne Power plumbs the trials and tests of being a modern woman in a “have it all” culture, and what it really means to be our very best selves.

F*ck I'm Bored! Activity Book For Adults

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#1 New York Times Bestseller Oprah's Bookclub 2016 Selection
"Riveting a worthy investment this book has real wisdom." [New York Times Book Review "A book with so much painful truth packed into its pages that every person who's ever married or plans to marry should really give it a read." [Chicago Tribune "Provocative. I adore her honesty, her vulnerability, and her no-nonsense wisdom, and I know you will, too." [Oprah Winfrey "This memoir isn't really about Glennon rebuilding her relationship with her husband; it is about Glennon rebuilding her relationship with herself. Utterly refreshing and badass." [Bustle.com The highly anticipated new memoir by bestselling author Glennon Doyle tells the story of her journey of self-discovery after the implosion of her marriage. Just when Glennon Doyle Melton was beginning to feel she had it all figured out—three happy children, a doting spouse, and a writing career so successful that her first book catapulted to the top of the New York Times bestseller list—her husband revealed his infidelity and she was forced to realize that nothing was as it seemed. A recovering alcoholic and bulimic, Glennon found that rock bottom was a familiar place. In the midst of crisis, she knew to hold on to what she discovered in recovery: that her deepest pain has always held within it an invitation to a richer life. Love Warrior is the story of one marriage, but it is also the story of the healing that is possible for any of us when we refuse to settle for good enough and begin to face pain and love head-on. This astonishing memoir reveals how our ideals of masculinity and femininity can make it impossible for a man and a woman to truly know one another—and it captures the beauty that unfolds when one couple commits to unlearning everything they've been taught so that they can finally, after thirteen years of marriage, commit to living true—true to themselves and to each other. Love Warrior is a gorgeous and inspiring account of how we are born to be warriors: strong, powerful, and brave; able to confront the pain and claim the love that exists for us all. This chronicle of a beautiful, brutal journey speaks to anyone who yearns for deeper, truer relationships

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and a more abundant, authentic life.

Bucky F*cking Dent

A motivation book like no other - no hype, no purple prose, no preaching. Just the stuff that works (where all the typical motivational strategies have failed). Practical and easy-to-read. Are you tired of having to 'get motivated' time and time again yet failing to achieve your goals? Do you feel like motivational quotes, visualisation or inspirational stories have not really helped you? Do you think there must be something wrong with you because traditional motivational strategies don't work for you? You are not alone. I share your frustration with not being able to achieve the goals you want to achieve. There is nothing wrong with you, or your motivation. It's just that you've been using the wrong strategies. In this book, you will learn: How motivation really works (and why that apparently effective strategy hasn't worked for you) How to discover what truly motivates you and plug into that potent source of power How to ensure that whatever goal you pursue is aligned with your motivation, so you always work towards it and not against yourself How to ensure that your motivation tank is topped up without having to 'motivate yourself.' Which motivational strategies are likely to work for you in specific situations, so you don't waste your time and energy on trying things that are unlikely to work anymore. Ready to finally ditch those exhausting 'pump-yourself-up-and-fail-again' cycles and start using an approach that really works? Ready to achieve your goals and transform your life? Click Buy Now

The F*ck It Diet

Anjelica Huston's gorgeously written (O, The Oprah Magazine) memoir is an elegant, funny, and frequently haunting reminiscence

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of the first two decades of her life—A classic—(Vanity Fair). In her first, dazzling memoir, Anjelica Huston shares the story of her deeply unconventional early life—her enchanted childhood in Ireland, living with her glamorous and artistic mother, educated by tutors and nuns, intrepid on a horse. Huston was raised on an Irish estate to which—between movies—her father, director John Huston, brought his array of extraordinary friends, from Carson McCullers and John Steinbeck to Peter O'Toole and Marlon Brando. In London, where she lived with her mother and brother in the early sixties when her parents separated, Huston encountered the Rolling Stones and Fleetwood Mac. She understudied Marianne Faithfull in Hamlet. Seventeen, striking, precocious, but still young and vulnerable, she was devastated when her mother died in a car crash. Months later she moved to New York, fell in love with the much older, brilliant but disturbed photographer, Bob Richardson, and became a model. Living in the Chelsea Hotel, working with Richard Avedon and other photographers, she navigated a volatile relationship and the dynamic cultural epicenter of New York in the seventies. *A Story Lately Told* is an "evocative" (The New York Times), "magically beautiful" (The Boston Globe) memoir. Huston's second memoir, *Watch Me*, will be published in November 2014.

Go the F**k to Sleep

From the New York Times bestselling author of the Hello Sunshine Book Club pick *The Other Woman*, comes an addictively readable new domestic suspense about a wife, her husband, and the woman who is supposedly her best friend. **THE WIFE:** For Alice, life has never been better. With her second husband, she has a successful business, two children, and a beautiful house. **HER HUSBAND:** Alice knows that life could have been different if her first husband had lived, but Nathan's arrival into her life gave her back the

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happiness she craved. HER BEST FRIEND: Through the ups and downs of life, from celebratory nights out to comforting each other through loss, Alice knows that with her best friend Beth by her side, they can survive anything together. So when Nathan starts acting strangely, Alice turns to Beth for help. But soon, Alice begins to wonder whether her trust has been misplaced . . . The first mistake could be her last. Praise for *The Other Woman*: "One of the most twisted and entertaining plots."—Reese Witherspoon "A perfect beach read."—Kristin Hannah "Whiplash-inducing."—New York Times Book Review "Such fun you'll cheer [Emily's] chutzpah."—PEOPLE "This thriller will hit close to home."—Refinery29

Life Will Be the Death of Me

From the #1 New York Times bestselling author, pocket-size inspiration and guidance to keep your transformation on track For anyone who has ever had trouble staying motivated while trailblazing towards badassery, *You Are a Badass Every Day* is the companion to keep you fresh, grateful, mighty, and driven. In one hundred exercises, reflections, and cues that you can use to immediately realign your mind and keep your focus unwavering, this guide will show you how to keep the breakthroughs catalyzed by Sincero's iconic books *You Are a Badass* and *You Are a Badass at Making Money* going. Owning your power to ascend to badassery is just the first step in creating the life you deserve—*You Are A Badass Every Day* is the accountability buddy you can keep in your back pocket to power through obstacles, overcome the doubts that hold you back from greatness, and keep the fires of determination roaring while you reach your goals.

From the Corner of the Oval

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The F*ck It Diet is not only hilarious, it is scientifically and medically sound. A must read for any chronic dieter. Christiane Northrup, MD, New York Times bestselling author of *Women's Bodies, Women's Wisdom* From comedian and ex-diet junkie Caroline Dooner, an inspirational guide that will help you stop dieting, reboot your relationship with food, and regain your personal power **DIETING DOESN'T WORK** Not long term. In fact, our bodies are hardwired against it. But each time our diets fail, instead of considering that maybe our ridiculously low-carb diet is the problem, we wonder what's wrong with us. Why can't we stick to our simple plan of grapefruit and tuna fish??? Why are we so hungry? What is wrong with us??? We berate ourselves for being lazy and weak, double down on our belief that losing weight is the key to our everlasting happiness, and resolve to do better tomorrow. But it's time we called a spade a spade: Constantly trying to eat the smallest amount possible is a miserable way to live, and it isn't even working. So fuck eating like that. In *The F*ck It Diet*, Caroline Dooner tackles the inherent flaws of dieting and diet culture, and offers readers a counterintuitively simple path to healing their physical, emotional, and mental relationship with food. What's the secret anti-diet? Eat. Whatever you want. Honor your appetite and listen to your hunger. Trust that your body knows what it is doing. Oh, and don't forget to rest, breathe, and be kind to yourself while you're at it. Once you get yourself out of survival mode, it will become easier and easier to eat what your body really needs—a healthier relationship with food ultimately leads to a healthier you. An ex-yo-yo dieter herself, Dooner knows how terrifying it can be to break free of the vicious cycle, but with her signature sharp humor and compassion, she shows readers that a sustainable, easy relationship with food is possible. Irreverent and empowering, *The F*ck It Diet* is call to arms for anyone who feels guilt or pain over food, weight, or their body. It's time to give up the shame and start thriving. Welcome to the F*ck It Diet. Let's Eat.

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The Hidden Power of F*cking Up

Let this book help you find peace with the challenges that surround you. Because they are f*cking everywhere. We all have an inner voice. Sometimes it's just not quite as serene as we'd like. Based on the viral video that had everyone from yogis to workaholics raving, F*ck That is the completely truthful and oddly tranquil guide to achieving your inner peace. From the Hardcover edition.

What's Your F*cking Sign?

Technology has revolutionized the business sector. Whether you're an entrepreneur, employee, CEO, or executive, you're likely feeling the effects of less humanity and more technology. Our minds are distracted, our attention spans are shortened, we want everything on demand, in boxes are never empty, our energy is frequently negative, we're addicted to social media, and we're sleep deprived. This cannot be the new normal. Breath is the antidote! Breathe to Succeed shares the transformative power of breath in business. Even just three deep breaths at key moments can be nothing short of miraculous. With Abrams's fast, simple, and effective breathing techniques, you'll become more mindful and engaged and experience better moods, a calmer perspective, and positive energy that will translate to next-level productivity, creativity, and clarity. Breathe to Succeed will teach you how to: Utilize a variety of simple breath techniques to access your optimal energy and manage your emotions in the moment. Become self-aware of your negative thought patterns/behavior and rewire your brain with positive new habits. Activate the power of your mind to breathe through challenges, make better decisions, and reach goals effortlessly.

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