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The bestselling book everyone is talking about, revealing the surprising art of caring less and getting more.

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. From family dramas to having a bikini body, 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.

'The anti-guru' *Observer*

'Absolutely blinding. Read it. Do it.' *Mail on Sunday*

'Genius' *Cosmopolitan*

'I love 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 "f\*\*k budget" . . . It's a beautiful way of streamlining your psyche' Lucy Mangan, *Guardian*

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**Titel** : The Life-Changing Magic of Not Giving a F\*\*k  
**Forfatter** : Sarah Knight  
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