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“ Unfu*k Yourself will guide you in how to deal with divorce, loss, failure, health, work place woes, and will give you the power back in tackling life and teach you how to deal with your problems by taking responsibility. ” (Reader ’ s Digest) “ If you like your self-help without any BS, look to Gary John Bishop ’ s Unfu*k Yourself, [which] aims to help readers who feel f*cked up work

Unfu*k Yourself: Get Out of Your Head and into Your Life

Get out of your head and into your life. A New York Times bestseller, Unfu*k Yourself is a refreshing, BS-free, self-empowerment guide that offers an honest, no-nonsense, tough-love approach to help you move past self-imposed limitations.

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Unfu*k Yourself. Amazon. amazon.com. \$21.99. author Gary John Bishop pulls no punches when telling you how to get out of your own way. Bishop, who grew up in Glasgow, Scotland, describes his

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