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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!

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