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If you're ready to take responsibility for where you are in life, this book could help you get focused. Really spoke to me. If you are sensitive to someone telling you to stop feeling sorry for yourself and take control of your life, don't bother reading this.

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

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In Unfu*k Yourself, Bishop leads you through a series of seven assertions: I am willing. I am wired to win. I got this. I embrace the uncertainty. I am not my thoughts; I am what I do. I am relentless. I expect nothing and accept everything. Lead the life you were meant to have"Unfu*k Yourself.

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Gary John Bishop, personal development expert and life coach, joins our show in this special episode of the Elite Man Podcast! In today's episode Gary talks about how to unfuck yourself by getting out of your head and into your life.

How To Unfuck Yourself And Create The Life You Want " Gary

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

Unfuck yourself is a tell it like it is guide to help you become the best you can be. Learn how to utilize my guiding thoughts, principles, and advice to explode out of your rut and transform your mundane situation into the life of your dreams.

A Guide to Unfuck Yourself! by Dave Lawson (eBook) - Lulu

Take care of yourself. Stop dwelling and unfuck yourself. 5. Find a goal and some tools: Weâ€™re guaranteed to unfuck ourselves when weâ€™ve got our eyes on a prize we are working toward. Get clear on your goal and find the tools that will get you there. Travel the world, write the book, run the marathon. Just do it and unfuck yourself. 6.

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