

## How To Make Sh T Happen Make More Money Get In Better Shape Create Epic Relationships And Control Your Life

Participating in psychedelic ceremonies with shamans from the Amazon. Diving headfirst into rituals at Burning Man. Flying across the world to work with spiritual gurus in Bali. These were never on Doug Cartwright's radar as "must-have" experiences, but when you're a twentysomething ex-Mormon ex-millionaire living deeply unfulfilled after doing everything you were "supposed to," you start searching for a normal reality far from your original version. This book is Doug's story, a psychedelic journey into meditation, silent retreats, astrophysics, neuroscience, philosophy, and all forms of self-healing. It's how he found the purpose of life, realized his mistakes, and built a new reality. Doug's story is how he shifted his perspective on life-and it's how you can learn to shift yours. ?In Holy Sh!t We're Alive, Doug shows you how to live with intention, trust yourself, and show up every day for a meaningful life. You'll learn mind-blowing facts and important clues to understand your existence and unique contributions. Self-love can be your superpower. No matter who you are or where you've been, this book gives you permission-and motivation-to do the work and throw out the garbage holding you back so you, too, can maximize your human experience.

In this candid, refreshing guide for young women to take with us as we run the world, Emilie Aries shows you how to own your power, know your worth, and design your career and life accordingly. Young women today face an uncertain job market, the pressure to ascend at all costs, and a fear of burning out. But the landscape is changing, and women are taking an assertive role in shaping our careers and lives, while investing more and more in our community of support. *Bossed Up* teaches you how to: Break out of the "martyrdom mindset," and cultivate your Boss Identity by getting clear on what you really want for your career and life without apology; Hone the self-advocacy skills necessary for success; Understand the differences between being assertive (which is part of being a leader) and being aggressive (which is more like being a bully) - and how that clarity can transform your trajectory; Beat burnout by identifying how the warning signs may be showing up in your life and how to prioritize bringing more rest, purpose, agency, and community to your day-to-day life; Unpack the steps to cultivating something more than just confidence; a boss identity, which will establish your ability to be the boss of your life no matter what comes your way. Drawing from timely research, and with personal stories, and spotlights on a diverse group of women from the *Bossed Up* community, this book will show you how to craft a happy, healthy, and sustainable career path you'll love. *Just Work: Get it Done, Fast and Fair* is the searing and brilliant book on eliminating workplace injustice, from Kim Scott the New York Times bestselling author of *Radical Candor*.

Are you feeling lost, stuck, or confused? You may need a roadmap for the journey from where you are now to becoming the best version of yourself. In this authentic self-help book, Jordan Tarver, introspective author and world traveler, guides you on a journey of self-discovery. A near-death experience in 2013 and a soul-searching solo backpacking trip taught Jordan how to live. Since then, he's dedicated himself to living a life infused with meaning and empowering others to do the same. He uses inspiring stories, workable tactics, understandable action steps, and simple language that help you: ? Get unstuck ? Find your path ? Become the best version of yourself As you progress through its pages, you'll learn how to create positive change in your life NOW to live the life of your dreams FOREVER. By the end of *You Deserve This Sh!t*, you'll have a newfound awareness of yourself and the world around you, the courage to always go outside your comfort zone, and the passion for living an intentional life. You will feel empowered to make choices that align with your goals and feel deserving of the exact life you want to live. Let your journey begin. This book is your nudge. ??? BONUS: Enjoy free content at the end of the book to continue your journey of becoming the best version of yourself.

Color your way to a brighter f\*cking day! When life gives you lemons, you can make lemonade (because that sh\*t is delicious), or you can color your way through the pages of *Cheer the F\*ck Up*. Whether you need a reminder that you're the queen of f\*cking everything, that your spirit animal is a majestic unicorn, or that you're a boss-ass betch, you can flip through more than 60 hand-drawn, mouthy illustrations that are as sassy and divine as you are. Thanks to tear-away pages, go ahead and share your colorful works of happiness with friends, family, or unassuming strangers. With *Cheer the F\*ck Up*, you can channel your disillusionment and penchant for profanity into creative works of gleefully sarcastic art. Grab your sparkly gel pens and make each of these hilarious designs glittery as f\*ck.

Sh!t happens. Every day. Mae West was sent to jail for "corrupting the morals of youth" with her first Broadway play. When participation in the Hitler Youth became mandatory in Germany, groups of teen "pirates" rebelled. Muhammad Ali refused to "drop bombs and bullets on brown people" in Vietnam. A dog sled relay carried life-saving medicine 674 miles through -50 temperatures to rescue children dying from diphtheria. The Dionne Quintuplets were stolen by the Canadian government and displayed like zoo animals for profit. Indian princess Noor Inayat Khan was one of the most successful spies against the Nazis in World War II. A children's television show called *Caillou* tortured parents for more than a decade . . . Sh!t goes down every single day of the year, year after year. Sometimes it's a battle that changes the course of history, other times it's a life-saving medical advancement. Bravery is counter-balanced with cowardice. There is slavery and there is self-sacrifice. History is replete with deeds both noble and despicable. Some were motivated by greed, others generosity. Many dedicated themselves to the art of killing, while others focused their efforts on curing. There have been grave mistakes and moments of greatness. Confrontation and cooperation. Early in the twentieth century Spanish philosopher George Santayana wrote, "Those who cannot remember the past are condemned to repeat it." But history serves not just as a warning; it also offers encouragement. Humanity is not endless suck. There is inspiration to be found amidst the atrocities. *On This Day in History Sh!t Went Down* will significantly expand your knowledge of world history in the most hilarious and profane way possible.

Nothing can change your life more than the people you meet. The mistake people make in networking is that they think it's transactional or functional--when it's far more exciting than that. This refreshingly entertaining how to guide gives the reader not only a replicable and proven process, but a blank check to create unlimited value from their own networking opportunities. Each chapter contains honest stories, perhaps more than occasional swear words, proven strategies and a To Do List to put you on the path of creating your own power network. "Fresh and irreverent, funny and relatable, *This Shit Works*" is a must read for anyone who's ever died a little inside as they entered a room wearing a name tag."

get your sh\*t together and journal your way to your best life Whether you're stuck in a job or relationship you hate, overwhelmed by a million emails, or just need a little help along the way to world domination, the hardest part of changing your life is knowing where to start. That's where New York Times bestselling "anti-guru" Sarah Knight comes in. In this no-holds-barred, no f\*cks

given journal, Sarah helps you figure out what you want, how to get started, and how to get it all done. By coaching you through the small sh\*t, tough sh\*t, and deep sh\*t, she'll set you on the road to doing, well, whatever the hell you want. With space to write in your goals, milestones, and to-dos, along with hilarious graphics, charts, and straight-talking advice, *The Get Your Sh\*t Together Journal* is a must-have tool in your organizational arsenal.

The New York Times bestseller that's "LAUGH OUT LOUD FUNNY" (Elle Décor) and "SPOT-ON...with a healthy amount of cursing" (POPSUGAR) The anti-clutter movement is having a moment. You may have heard about a book—an entire book—written on the topic of tidiness and how "magical" and "life-changing" it is to neaten up and THROW AWAY YOUR BELONGINGS. Yes, you read that correctly. It's time to fight that ridiculousness and start buying even more stuff and leaving it any place you want. Guess what, neatniks? Science shows that messy people are more creative.\* Being a slob is an art, and there's a fine line between being a consumer and being a hoarder. Don't cross that line. This book shows you how to clutter mindfully and with great joy. The results are mind-blowing. Your plants will stop dying. Your whiskey bottle will never run dry. Your drugstore points will finally add up to a free jar of salsa and some nice shampoo. You'll go shopping and discover you've lost weight... It's time to take back your life from the anti-clutter movement. \*As well as smarter and more attractive.

Discover the lost secrets of accomplishment and achievement! Do you want to do more, accomplish more? Of course you do, everyone does. So, what's stopping you? *Get Sh\*t Done* not only shows you what's preventing you from daily achievement, it provides the tools and the strategies to help you get to where you want to be. *Get Sh\*t Done* is much more than just the title of this book, it's the method that unlocks the secrets of accomplishment and achievement—the GSD Secret Formula. In this book, you will learn to identify and implement the elements of superior productivity, eliminate the causes of procrastination, and achieve the best possible outcomes in business and in life. This valuable guide gives you a comprehensive, step-by-step plan for achieving maximum productivity. Bestselling author and "King of Sales" Jeffrey Gitomer guides you through each aspect of the GSD process, from attitude, desire, and determination, to goals, productivity, resilience, and fulfillment. Engaging and easy to read, this book shows you how to discover the best ways to invest your time into productive and profitable actions—and feel great about your achievements. Using the proven, immediately-actionable GSD Formula, you're on your way to: Doubling your achievements, your work habits, and your income Implementing simple shifts and simple actions that increase positive outcomes Recognizing the early warning signs of procrastination and reluctance Eliminating the major GSD distractions that hold you back Discovering how to select, set, and achieve your goals *Get Sh\*t Done: The Ultimate Guide to Productivity, Procrastination, & Profitability* is a must-have resource for anyone who wants to never again say "I'll do it later" and just get it done.

*Get Shit Done*. Less meetings, more doing. Passion never fails. *Startup Vitamins* aims to provide doses of vitalizing support to startups to help them throughout their development. Posters are created to provide inspiration, reminding startups of key aspects to success while also offering a constant stream of other inspirational quotes on their blog. There's rocket-fuelled insight from the pioneers of the Lean revolution, alongside timeless wisdom from Zuckerberg, Bezos and Jobs. For instance: "It takes time, it's a grind. There are no shortcuts. You've got to grind and grind." – Mark Cuban "Better to be right about the trend and wrong about the implementation, than the other way around." – Aaron Levie, Box.net "Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do." – Steve Jobs "Most people are searching for a path to success that is both easy and certain. Most paths are neither." – Seth Godin "Don't let people tell you your ideas won't work. If you're passionate about an idea that's stuck in your head, find a way to build it so you can prove to yourself that it doesn't work." – Dennis Crowley, Foursquare Whenever you're in search of inspiration and motivation, pick up this book. And then *Get Shit Done*.

So you've graduated. What now? Where do you live? Can you afford to live? How can you make money doing design? How do you get a job? Who do you want to work for and are you good enough? What goes in your portfolio? This book offers a comprehensive and insightful guide to anything and everything that is of practical and emotional use to those looking to break into the creative industry. It will share experiences, ideas, interviews, contacts, hints, advice, criticism, and encouragement. With sections covering education, portfolios, the gap year, placements, jobs/freelancing, working process, and personal development, this straight-talking, sometimes funny and frequently irreverent guide is a must-read for all creative arts students.

A humorous, realistic, and supportive guide to the first 52 weeks with a baby, *The Sh!t No One Tells You* is the first book in Dawn Dais's popular parenting series, followed by *The Sh!t No One Tells You About Toddlers* and *The Sh!t No One Tells You About Baby #2*. There comes a time in every new mother's life when she finds herself staring at her screaming, smelly "bundle of joy" and wishing someone had told her that her house would reek of vomit, or that she shouldn't buy the cute onesies with a thousand impossible buttons, or that she might cry more than the baby. Best-selling author Dawn Dais, mother of two tiny terrors, is convinced that there is a reason for this lack of preparedness. She believes that a vast conspiracy exists to hide the horrific truth about parenting from doe-eyed expectant mothers who might otherwise abandon their babies in hospitals and run for it. Eschewing the adorableness that oozes out of other parenting books, Dais offers real advice from real moms—along with hilarious anecdotes, clever tips, and the genuine encouragement every mom needs in order to survive the first year of parenthood. *The Sh!t No One Tells You* is a must-have companion for every new mother's sleepless nights and poop-filled days.

For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F\*ck* -- a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success *How to Stop Feeling Like Sh\*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

There's a mantra that real writers know but wannabe writers don't. And the secret phrase is this: NOBODY WANTS TO READ YOUR SH\*T. Recognizing this painful truth is the first step in the writer's transformation from amateur to professional. From Chapter Four: "When you understand that nobody wants to read your shit, you develop empathy. You acquire the skill that is indispensable to all artists and entrepreneurs—the ability to switch back and forth in your imagination from your own point of view as writer/painter/seller to the point of view of your reader/gallery-goer/customer. You learn to ask yourself with every sentence and every phrase: Is this interesting? Is it fun or challenging or inventive? Am I giving the reader enough? Is she bored? Is she following where I want to lead her?"

Do you start every day with a 'to do' list? Every year with new resolutions? Do you fantasise about winning the lottery, travelling the world or retiring at forty? Many of us dream big but we never truly believe we can achieve our life's ambitions. But it doesn't have to be like this. It is possible to make dreams come true as Niall Harbison has found out - aged just 33, and within 1000 days of starting a business in his bedroom, he sold it for millions. Before that he had already lived what seemed like a charmed life. As a private chef for billionaires (among other highlights, cooking for Bill Gate's fiftieth birthday) he travelled all over the world, getting paid to do so while enjoying a lifestyle normally reserved for the rich and famous. But Niall Harbison achieved his dreams despite a serious drink problem and crippling bouts of depression. Now he shares his secrets in *Get Sh\*t Done!* *Get Sh\*t Done!* contains a unique set of principles and a new way of thinking. It includes 'life hacks' that will help you escape the nine-to-five,

overcome your limitations and make the things you dream about actually happen - and quicker than you could ever imagine. Let Niall Harbison be your inspiration. Learn how he got paid to snowboard all day and to surf in Hawaii, still gets paid to go on holiday and has never worked a day in his life. And learn how he doesn't let personal challenges get in the way of his goals. Stop dreaming and instead start getting sh\*t done!

From the co-founder of THINX and hellotushy.com, start-ups collectively valued at more than \$150 million, comes DISRUPT-HER, 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, 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.

Work together to up your chances of business success The Art of Making Sh!t Up combines the lessons learned from a personal journey with the teachings derived from years of honing valuable skills through performing and presenting to thousands of people to demonstrate how working together has helped others found and grow several multimillion-dollar companies. By focusing on topics that serve as pain points and detailing the tools and techniques of improv, this book helps people and organizations utilize new skill sets to be more productive, more accepting, and more "all in" to create a stronger teammate and team. • Remove the fear of failure • Recognize when and how to trust your instincts • Celebrate and embrace the ideas of others • Listen effectively—to both people and your environment Thinking is hard. Listening is easy—and is most often the springboard to huge ideas. Find out how it can work for you with The Art of Making Sh!t Up.

In her hilarious book of essays, Parks and Recreation star Retta shares the stories that led to her success in Hollywood. In So Close to Being the Sh\*t, Y'all Don't Even Know, Parks and Recreation star Retta takes us on her not-so-meteoric rise from roaches to riches (well, rich enough that she can buy \$15,000 designer handbags yet scared enough to know she's always a heartbeat away from ramen with American cheese). Throwing her hard-working Liberian parents for a loop, Retta abandons her plan to attend med school after graduating Duke University to move to Hollywood to star in her own sitcom—like her comedy heroes Lucille Ball and Roseanne. Say what? Word. Turns out Retta might actually be on to something. After winning Comedy Central's stand-up competition, she should be ready for prime time—but a fear of success derails her biggest dream. Whether reminiscing about her days as a contract chemist at GlaxoSmithKline, telling “dirty” jokes to Mormons, feeling like the odd man out on Parks, fending off racist trolls on Twitter, flirting with Michael Fassbender, or expertly stalking the cast of "Hamilton," Retta's unique voice and refreshing honesty will make you laugh, cry, and laugh so hard you'll cry. Her eponymous sitcom might not have happened yet, but by the end of So Close to Being the Sh\*t, you'll be rooting for Retta to be the next one-named wonder to take over your television. And she just might inspire you to reach for the stars, too.

Is your daily life chaotic and out of control? Do you struggle with work/life balance? Does it feel like there are never enough hours in the day to accomplish all your goals? Does it feel like no matter how hard you try it's never good enough? Are you looking for a simple yet executable roadmap to create the life you've always desired? If you answered "yes" to any of these questions, then you need...HOW TO MAKE SH\*T HAPPEN."Core 4 has brought order to chaos. Every time I veer off from it, the shit storms appear" - Ed Eisenbeck "CORE 4 has opened up my mind more than anything I have done in my life. It has shown me that I control my time, my relationships, my body, business, and altogether my life. I'm no longer just along for the ride. In any aspect of life." - Bryan Hooley

Motivation expert James Fell teaches readers how to skip the hard part and go directly from intention to committed action. After years of helping people change, James Fell had a sudden insight about sudden insight: significant life change doesn't often come from just putting one foot in front of the other, carefully observing and altering habits, slogging through baby steps toward new behavior. Rather, the research reveals that serious life turnaround usually happens in a moment, with a flash of inspiration. Epiphany arrives like a lightning strike, rapidly shifting the recipient of such enlightenment onto a new path that creates a better life. Motivational psychology has traditionally focused on slow and steady—gradual improvement over time to reach a desired goal, whether it's weight loss, career change, battling addiction, or success in relationships. We've been told since toddlerhood that the tortoise beats the hare. But, through compelling science and powerful stories, James Fell shows us that the hare has the edge; overwhelming desire can be awakened fast and furiously. When you learn to become attuned to that sensation of sudden awakening, a new path can be followed almost effortlessly, because it feels like destiny. Everyone has the ability to experience the lightning strike. The Holy Sh!t Moment will teach you how to create a life-changing epiphany and go directly from intention to action.

Stop the yelling, lose the guilt, and become a calmer, happier parent. Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it. “Using a powerful combination of humor and reality checks, Naumburg helps parents unpack their unique stressors (we all have them) and find ways to stay calm even the most frustrating of family moments.” —Katie Hurley, LCSW, author of No More Mean Girls and The Happy Kid Handbook “By the end not only are you laughing out loud, but you've gained a sense of self-compassion and a concrete action plan.”—Rebecca Schrag Hershberg, PhD, author of The Tantrum Survival Guide

In Do Cool Sh\*t, serial social entrepreneur, angel investor, and all-around cool sh\*t-doer Miki Agrawal shows how to start a successful company—from brainstorming to raising money to getting press without any connections—all while having a meaningful life! With zero experience and no capital, Miki Agrawal opened WILD, a farm-to-table pizzeria in New York City and Las Vegas, partnered up in a children's multimedia company called Super Sprowtz, and launched a patented high-tech underwear business called THINX. Miki has seen significant growth in her businesses. She pulls back the curtain of how you can live out loud, honor your hunches, and leave nothing on the table. Whether you're a student with big aspirations or an experienced

professional looking for new opportunities, *Do Cool Sh\*t* will open your eyes, make you laugh, and give you the confidence to quit your day job, start your own business, and live happily ever after. *Do Cool Sh\*t* features a foreword by Tony Hsieh, the founder of Zappos.

Have you ever stumbled upon a piece of life-changing knowledge that made you think: why the hell didn't someone tell me this sooner?! Millions of people have listened to Adam and Adam on the *What You Will Learn* podcast, where they have spent tens of thousands of hours studying the best ideas from the greatest minds on the planet. Their most frequently asked question: what is the best lesson you've come across? While you'd think a simple question would have a simple answer, it didn't - until now! *The Sh\*t They Never Taught You* will take you on a journey through takeaways from over a hundred of the world's greatest thinkers capturing lessons in personal development, career, business, personal finances, human nature, history, and philosophy. Every lesson will be useful, and one might change your life.

If you think you that you're safe, then you'd better think again... Explore some of the world's most inexplicable occurrences, mind-bending conspiracy theories, spine-chilling urban legends and totally unbelievable truths in this weird and wonderful collection. Whether you're a sceptic, a self-confessed conspiracy junkie or just curious about what the world might be hiding from you, the stories in this book will push the boundaries of your belief and set your imagination alight - but only if you're brave enough to read it. Filled with ghoulish ghost stories, terrifying conspiracies and unbelievable urban myths, this book aims to send chills down the reader's spine.

Founder of popular website *Get Your Shit Together* blends personal story and must-have advice in the ultimate guide to getting your affairs in order—from wills and advance directives to insurance, finances, and relationships—before the unthinkable happens. On July 17, 2009, Chanel Reynolds' husband, José, was struck by a car while cycling near their home in Seattle. In the wake of her husband's untimely death, Reynolds quickly realized that she was completely unprepared for what came next. What was the password to his phone? Did they sign their wills? How much insurance did they have? Could she afford the house? And what the hell was probate anyway? Simply put, when life went sideways she didn't have her shit together. As it turns out, most of us don't either. We're too busy, in denial, overwhelmed by too much information, uncertain where to start, or just uncomfortable having those difficult conversations. Reynolds learned the hard way that hoping for the best is not a plan, but you don't have to. Drawing on her first-hand experience, expert advice, and the unparalleled resources she's compiled for her celebrated website, Reynolds lends a human voice to a warren of checklists and forms and emotional confusion, showing readers how to: Create a will and living will Update (or finally get) the right life insurance policy Start or grow an emergency fund Make a watertight emergency plan Keep secure, up-to-date records of personal information Authoritative yet personal, grounded but irreverent, Reynolds' voice carries readers through a tough subject with candor and compassion. Weaving personal story with hard-won wisdom, *What Matters Most* is the approachable, no-nonsense handbook we all need to living a life free of worry and "what ifs."

Life is stressful. But it doesn't have to be. It's no wonder you can't calm down: your to-do list is as long as your arm, your bank balance keeps dropping, you feel guilty for not calling your parents more often and there always seems to be a big deadline to meet at work. You need a serious breather—but you can barely find time to shower, let alone to exercise or meditate. In *Let That Sh\*t Go*, Kate Petriw and Nina Purewal share the wisdom they've gained though decades of practising and teaching others to find peace of mind no matter how busy they are. Learn to put your life in perspective, take each day one step at a time and steal moments of calm amid the chaos. And remember: it's not worth holding onto that sh\*t.

How to Make Sh\*t Happen Make More Money, Get in Better Shape, Create Epic Relationships and Control Your Life! Createspace Independent Publishing Platform

"Authentic. Honest. Transparent... It has been a powerful transformation for Tim, and it can be for anyone that embraces his Own Your Sh!t rules and applies them to the four key areas of their lives." – Doug Anthony, Tim Hortons Franchisee and former VP for Western Canada. From the hand-me-downs of small town poverty to designer Italian suits, Tim Richardson looked like he had achieved the rags to riches dream—at least on the outside. But when a wake-up call from his beloved wife forced him to re-examine his life, Tim knew it was time for him to finally own his sh!t. Within these raw and vulnerable pages, Tim shares with you the story of the personal journey he made to shed seventy pounds, drop his self-destructive habits, and save his marriage and family. By remembering the morals his parents and grandfather instilled in him and pulling from the wisdom of his mentors, Tim created 15 Rules for Owning Your Sh!t that reflect his Four Foundations of living a truly successful life: Health/Wellness Relationships Money/Career Spirituality By the end of *Own Your Sh!t*, you'll understand how your past shaped who you are today, what matters most to you, and how to change the parts of your life that need their own wake-up call (or kick in the ass). If this regular guy who came up through the school of hard knocks can do it, so can you. Get ready to Own Your Sh!t "It is rare to find people who have the courage to face events that have defined their lives and gain knowledge from them. To put those experiences in writing and share them with the world, as Tim has done, is an amazing accomplishment. His raw honesty about his own events and the ability to share them so that others may learn and improve their lives is a gift to be valued." – Larry Lovis, author of *Mapping Your Retirement Road: A No-Nonsense Guide to a Financially Better Life*. "Tim is offering every one of us a gift with this message. It's practical, memorable and crucial. Can't wait to see Tim Richardson OWN THE STAGE with *Own Your Shit*." – Vicki Goodfellow Duke, Communications Professor at Mount Royal University

'An entrepreneur's guide to fixing your life' *Financial Times* 'Really interesting ... a very, very good book' Steve Wright, BBC Radio 2 (Do Less, Get More) 'Inspiring ... sage and sane advice' *Booklist* (Do Less, Get More) \_\_\_\_\_ Have you ever dreamt of doing something new - setting up a business, getting in shape, or writing a novel - but haven't gotten round to actually doing it? Does 'now' never feel like a good time to start? The time has come. In January 2015, entrepreneur and bestselling author Sháá Wasmund made a decision: to finally get what she wanted. Years after packing in her business (and her salary) to take the plunge, life is everything she hoped it would be. As she discovered, the key to getting what you want is within reach. Building on her many years of professional experience and inspired by her own personal challenges and sh\*t-fixing moments, *How to Fix Your Sh\*t* is your pocket life coach. In this simple and systematic guide, Wasmund will empower you to conquer fear, ditch the excuses and start living your best life today.

That Kevin Smith? The guy who did "Clerks" a million years ago? Didn't they bounce his fat ass off a plane once? What could you possibly learn from the director of "Cop Out"? How about this: he changed filmmaking forever when he was twenty-three, and since then, he's done whatever the hell he wants. He makes movies, writes comics, owns a store, and now he's built a podcasting empire with his friends and family, including a wife who's way out of his league. So here's some tough shit: Kevin Smith has cracked the code. Or, he's just cracked. *Tough Sh\*t* is the dirty business that Kevin has been digesting for 41 years and now, he's ready to put it in your hands. Smear this shit all over yourself, because this is your blueprint (or brownprint) for success. Kev takes you through some big moments in his life to help you live your days in as Gretzky a fashion as you can: going where the puck is gonna be. Read all about how a zero like Smith managed to make ten movies with no discernible talent, and how when he had everything he thought he'd ever want, he decided to blow up his own career. Along the way, Kev shares stories about folks who inspired him (like George Carlin), folks who befuddled him (like Bruce Willis), and folks who let him jerk off onto their legs (like his beloved wife, Jen). So make this your daily reader. Hell, read it on the toilet if you want. Just make sure you grab the bowl and push, because you're

about to take one Tough Sh\*t.

Full of imagination, wit, and random sh\*t flying through the air, this insane adventure from an irreverent new voice will blow your tiny mind. For Teagan Frost, sh\*t just got real. Teagan Frost is having a hard time keeping it together. Sure, she's got telekinetic powers -- a skill that the government is all too happy to make use of, sending her on secret break-in missions that no ordinary human could carry out. But all she really wants to do is kick back, have a beer, and pretend she's normal for once. But then a body turns up at the site of her last job -- murdered in a way that only someone like Teagan could have pulled off. She's got 24 hours to clear her name - and it's not just her life at stake. If she can't unravel the conspiracy in time, her hometown of Los Angeles will be in the crosshairs of an underground battle that's on the brink of exploding . . .

Almost everyone swears, or worries about not swearing, from the two year-old who has just discovered the power of potty mouth to the grandma who wonders why every other word she hears is obscene. Whether they express anger or exhilaration, are meant to insult or to commend, swear words perform a crucial role in language. But swearing is also a uniquely well-suited lens through which to look at history, offering a fascinating record of what people care about on the deepest levels of a culture--what's divine, what's terrifying, and what's taboo. Holy Sh\*t tells the story of two kinds of swearing--obscenities and oaths--from ancient Rome and the Bible to today. With humor and insight, Melissa Mohr takes readers on a journey to discover how "swearing" has come to include both testifying with your hand on the Bible and calling someone a \*#\$&!\* when they cut you off on the highway. She explores obscenities in ancient Rome--which were remarkably similar to our own--and unearths the history of religious oaths in the Middle Ages, when swearing (or not swearing) an oath was often a matter of life and death. Holy Sh\*t also explains the advancement of civility and corresponding censorship of language in the 18th century, considers the rise of racial slurs after World War II, examines the physiological effects of swearing (increased heart rate and greater pain tolerance), and answers a question that preoccupies the FCC, the US Senate, and anyone who has recently overheard little kids at a playground: are we swearing more now than people did in the past? A gem of lexicography and cultural history, Holy Sh\*t is a serious exploration of obscenity--and it also just might expand your repertoire of words to choose from the next time you shut your finger in the car door.

Moving in with a billionaire playboy is supposed to be some sort of Cinderella story, right? I'm supposed to be having the time of my life while living the dream. Wrong. When the bank took our home, it didn't come as a surprise. The bomb was when mom told me we were moving out of Breakers Flats, away from my crew, and to a place that only existed in fairy tales-Bellevue Springs. Home of the insanely beautiful, rich, and famous. Only, Bellevue Springs is far from a fairy tale. It's a nightmare full of secrets, horrors, and the ugly reality of the one-percenters, but without this move, mom and I are up sh\*t creek without a paddle. We don't belong here-not even as the help. I should have been prepared. I should have done my homework so at least that way I wasn't blindsided by Charles Carrington's son; my new housemate. Colton F\*cking Carrington. He's the definition of an arrogant, entitled prick and he's determined to make my life a living hell. Guess what, Colton? Where I'm from, you don't start a war unless you intend to finish it, and that's exactly what I plan to do. You can't take down a girl who has nothing left to lose. We may be on your territory, but this is my game. WARNING: Rejects Paradise is a Young Adult / New Adult Dark High School Bully Romance series. It features dark themes and mature content.

"Inebriated CoverUp. Revenge Bedlam. Lewd Felon. Vomit Comet. These sound like stories from your last night outnot ones that took place during your regular 9 to 5. Most jobs entail attending meetings, hitting deadlines, and collaborating with coworkers. If all goes well, you'll forget the HR department even exists. But what happens when the sales team gets drunk at lunch and destroys property? Or when two employees are caught sexting through company messages? After four decades as an HR executive in corporate America, Denise Messineo has seen it all. She's mediated conflicts, terminated employments, and bailed people out of jail. In this book, she's collected her most offthewall tales to share. Though she's changed names and companies to protect the guilty, everything in this collection is real. After all, you can't make this sh\*t up! "

From the editor-in-chief and co-owner of the highly respected self-improvement site Pick the Brain comes an inspirational guide for overscheduled, overwhelmed women on how to do less so that they can achieve more. Women live in a state of constant guilt: that we're not doing enough, that we're not good enough, that we can't keep up. If we're not climbing the corporate ladder, building our side hustle, preparing home-cooked meals, tucking the kids in at night, meditating daily, and scheduling playdates, date nights, and girls' nights every week, we feel like we're not living our best lives. Yet traditional productivity books—written by men—barely touch on the tangle of cultural pressures that women feel when facing down a to-do list. Now, Erin Falconer will show you how to do less—a lot less. In fact, How to Get Sh\*t Done will teach you how to zero in on the three areas of your life where you want to excel, and then it will show you how to off-load, outsource, or just stop giving a damn about the rest. As the founder of two technology start-ups and one of Refinery29's Top 10 Women Changing the Digital Landscape for Good, Erin has seen what happens when women chase an outdated, patriarchal model of productivity, and now she shows you how even the most intense perfectionist among us can tap into our inner free spirit and learn to feel like badasses. Packed with real-life advice, honest stories from Erin's successful career, and dozens of actionable resources, How to Get Sh\*t Done will forever reframe productivity so that you can stop doing everything for everyone and start doing what matters to you.

Why do you act the way you do? Do you ever feel like you get stuck in destructive cycles that hold you back from living the life you really want? In a dynamic, compelling and aha-filled journey, Stop Doing That Sh\*t helps you connect the dots of your "stuff" all the way from your past to the present. You'll make sense of yourself as you uncover how to interrupt those destructive cycles of yours and make the kind of profound shift needed to get your life on track. If you can't save money, if you keep ending up in the same types of toxic relationships, if you feel unloved, don't fit in, not enough or any one of the myriad of ways that a human being trashes an otherwise good life, this is the book for you. Written in the same irreverent, in-your-face style that resonated with the hundreds of thousand of fans who read Unfu\*k Yourself, Stop Doing that Sh\*t skillfully reveals our deepest subconscious machinery, with a real-world approach to powerfully translate our most negative thoughts and behaviors into a vitalizing, sabotage-free future. "Stop indulging yourself with fantasies and dramas and unresolved issues. Wake the hell up!" Bishop writes. Look, you might have fu\*ked up in the past, so what? Stop Doing That Sh\*t reveals how you can break free of those deep-seated patterns to live the life you always knew you wanted but could never quite seem to have. As Bishop says, "The future has arrived. Now what the hell are you going to do about it?"

"Humorous and forthright...[Gaby] Dunn makes facing money issues seem not only palatable but possibly even fun....Dunn's book delivers." —Publishers Weekly The beloved writer-comedian

expands on her popular podcast with an engaging and empowering financial literacy book for Millennials and Gen Z. In the first episode of her “Bad With Money” podcast, Gaby Dunn asked patrons at a coffee shop two questions: First, what’s your favorite sex position? Everyone was game to answer, even the barista. Then, she asked how much money was in their bank accounts. People were aghast. “That’s a very personal question,” they insisted. And therein lies the problem. Dunn argues that our inability to speak honestly about money is our #1 barrier to understanding it, leading us to feel alone, ashamed and anxious, which in turns makes us feel even more overwhelmed by it. In Bad With Money, she reveals the legitimate, systemic reasons behind our feeling of helplessness when it comes to personal finance, demystifying the many signposts on the road to getting our financial sh\*t together, like how to choose an insurance plan or buy a car, sign up for a credit card or take out student loans. She speaks directly to her audience, offering advice on how to make that #freelance life work for you, navigate money while you date, and budget without becoming a Nobel-winning economist overnight. Even a topic as notoriously dry as money becomes hilarious and engaging in the hands of Dunn, who weaves her own stories with the perspectives of various comedians, artists, students, and more, arguing that—even without selling our bodies to science or suffering the indignity of snobby thrift shop buyers—we can all start taking control of our financial futures.

The New York Times bestseller from the author of The Life-Changing Magic of Not Giving a F\*ck and You Do You. The no-f\*cks-given, no-holds-barred guide to living your best life. Ever find yourself stuck at the office-or even just glued to the couch -- when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh\*t together. In The Life-Changing Magic of Not Giving a F\*ck, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering . This book takes you one step further -- organizing the f\*cks you want and need to give, and cutting through the bullsh\*t cycle of self-sabotage to get happy and stay that way. You'll discover: The Power of Negative Thinking Three simple tools for getting your sh\*t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome sh\*t! Praise for Sarah Knight: "Genius." -- Cosmopolitan "Self-help to swear by." -- The Boston Globe "Hilarious... truly practical." -- Booklist

Teagan Frost -- the girl with telekinetic powers and a killer paella recipe -- faces a new threat that could wipe out her home forever in the second book of Jackson Ford's irreverent fantasy series. Teagan Frost's life is finally back on track. Her role working for the government as a psychokinetic operative is going well. She might also be on course for convincing her crush, Nic Delacourt, to go out with her. And she's even managed to craft the perfect paella. But Teagan is about to face her biggest threat yet. A young boy with the ability to cause earthquakes has come to Los Angeles -- home to the San Andreas, one of the most lethal fault lines in the world. If Teagan can't stop him, the entire city -- and the rest of California -- will be wiped off the map . . . For more from Jackson Ford check out: [The Girl Who Could Move Sh\\*t With Her Mind](#)

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