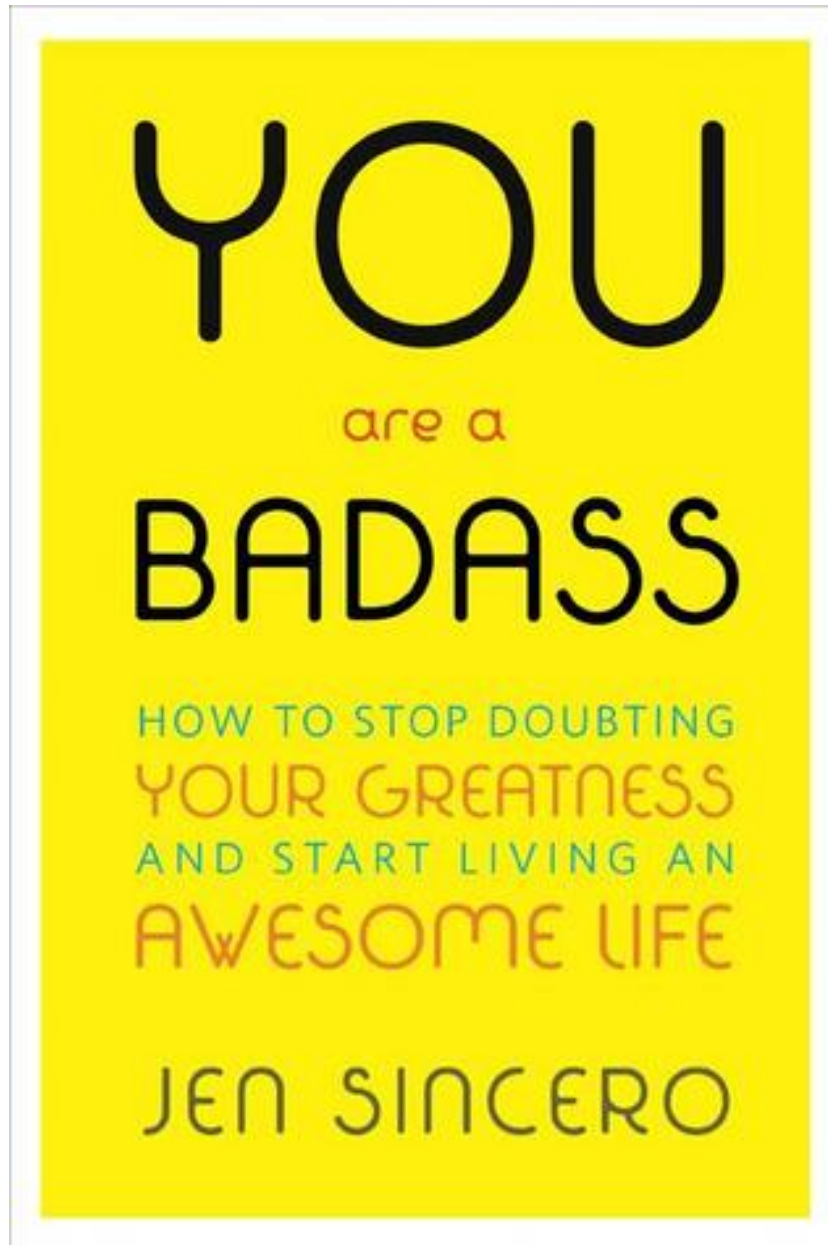


You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life Book PDF Download



**By:
Jen Sincero**

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What people Say:

Phil Keeling

You Are A Bad Ass is the same pseudo-spiritual bunk you hear time and time again from self-help gurus all over the world. It was disappointing, the "sameness" that I got from it. In the end, all that I felt I received was a sweet-faced pep talk from a well-meaning but naïve friend.

I suppose I went into it hoping that this had a new, more practical take on helping one feel good about oneself in the face of hardship. But in the end, there was just the same "you get what you put out" anecdotal nons

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I suppose I went into it hoping that this had a new, more practical take on helping one feel good about oneself in the face of hardship. But in the end, there was just the same "you get what you put out" anecdotal nonsense that has kept the self-help industry in its happy place for decades, with a few four letter words thrown in to trick people into believing that this book is edgy and thought-provoking.

It's not.

You Are A Badass feels like a guidance counselor trying to "connect" with their high school students by sitting down for a "rap session" and telling them "I know how square you must think adults are--but I know how lame life can get some times! Can you dig it? High five!"

If you're like me, you're looking for some practical, useful rumination on dealing with self-loathing and acceptance. This is another false lead.

I don't care that your friend's business finally took off after he connected with the spiritual universe. "Putting yourself out there" and "sending out positive energy" is not advice and it doesn't help, no matter how many of your buddies do it. You can't ask me to "go out on a limb" with the spiritual world any better than you can ask me to remove and reattach my leg.

This "one size fits all" mentality to positive thinking for a better life isn't enough--I'm just deeply disappointed that I was hoodwinked by more of the same with this book.

Michel

"It's not enough to desire something, you've got to want it"

Seriously?

Chelsey

Did I just get tricked into reading a rip-off of The Secret because I liked the title?

Jennifer

OMG, this book was so, so good. The message was exactly what I needed to hear. So much craziness is going on in my life right now and I find myself doubting my greatness every...single...day.

The point

makes in this self-help book is we are all great, we all have enormous potential, we all possess the power to succeed at absolutely everything we direct our energy towards, but we are also our very own obstacle. Ms. Sincero identifies common thought processes and behaviors that keep us

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makes in this self-help book is we are all great, we all have enormous potential, we all possess the power to succeed at absolutely everything we direct our energy towards, but we are also our very own obstacle. Ms. Sincero identifies common thought processes and behaviors that keep us from living a truly awesome life and she coaches the reader on how to identify them, replace them, and move forward like a badass.

The first half of this book was absolutely perfect in my opinion - my favorite chapters were the ones about the power of gratitude. The later chapters got a little too new-age for my personal taste, with all the talk about the universe, vibrating energies, and controlling frequencies, but I could see where she was going with it. I benefited from this book and plan to implement some of the suggestions...I already have actually :). It really is great and I highly recommend it. Check it out!

Karen

Not good. I can sum up this book pretty quickly. If you want to make a change in your life, or if you are not happy with your life, you are the only one who can make it better. There were a few things that really bothered me. If you are depressed, you cannot simply decide that you are not going to be depressed anymore and get yourself out and have fun. It is apparent that the author has never experienced depression, or been a very sympathetic friend to anyone she knows who has been depressed. I

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