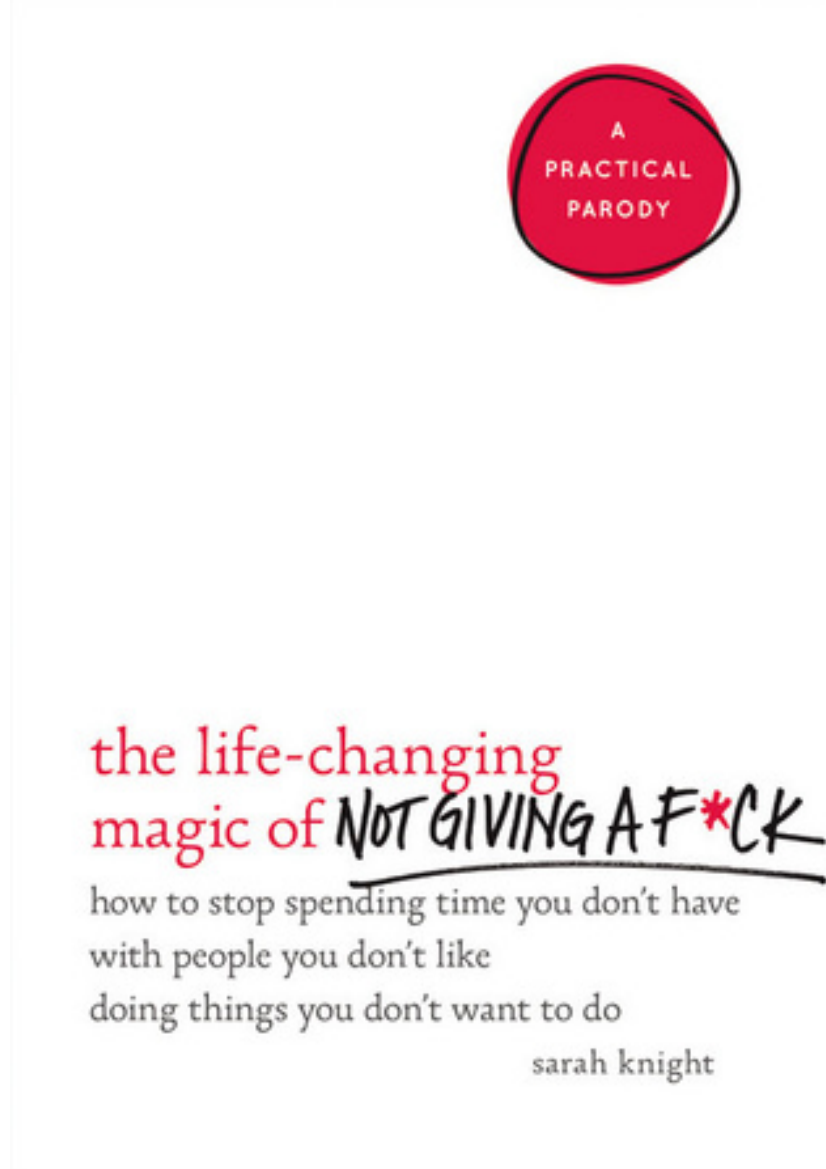


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# Sarah Knight

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### Kelli

I don't give a f\*ck about reviewing this book!

### Amanda

This book is a parody of the bestselling organization book

. Instead of physical clutter, Knights's book focuses on mental clutter- letting go of too many obligations, being protective and selective with your time, money, and energy.

\*

: Avoid this book if you are highly offended by or sensitive to the "f" word because it's used a minimum of a half a dozen times on every single page.\*

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In 2015 author Sarah Knight quit her job at a major publishing house to begin her own business as a freelance editor and writer. "I was almost thirty when I began to realize it was possible to stop giving so many fucks, but I was nearly forty before I figured out how to make it happen on a grand scale."

## Joy

I loved this book! It's hilarious and actually quite helpful! I didn't realize that I already followed a lot of the advice she gives. I really disliked

which this book parodies, and was so tired of reading the word "tidy" in it, but if "f\*ck" bothers you, you might have trouble with this. She uses it just as much. Anyway, I appreciated the philosophy behind it and I do recommend this book. It's well written an

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Just wanted to add that I especially like Sarah's "personal policy" suggestion (see page 86). To minimize hurt feelings, say you have a personal policy against (and then fill in the blank). I think this is a brilliant way of getting out of something you don't want to do!

## Khadidja

Apparently this is a parody of "The Life-Changing Magic of Tidying Up" I haven't read the book, this was recommended to me by amazon when I was checking the subtle art of not giving a fuck by Mark Manson, I'm so glad I found this book. Although I can't relate to some things listed here but I see her point. Sarah Knight describes her "nightmare" with giving a fuck about her wedding: the budget, the venue, the catering, the dress, the photos, the flowers, the band, the guest list, the invitations

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you Go girl!

I have some rules of my own when it comes to giving a fuck about things; I always ask myself does it really matter? How much does it affect me? Does it make me happy? Is it really worth it? If the answer is no I just stop giving a damn fuck! Simple as that.

i couldn't resist..i had to post those Spiderman memes because THEY ARE SO FUNNY! :D

## Jennifer

Truthfully, I really liked what

is saying in her self-help book:

. It's basically stressing prioritization of emotions and commitments but in a modern, casual way. She makes some good points and gives great examples for how

can totally change your life. She discusses the difference between being honest and being an outright @sshole, and she gives readers much needed permission to say "no" and to stop saying "sorry" all th

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can totally change your life. She discusses the difference between being honest and being an outright @sshole, and she gives readers much needed permission to say "no" and to stop saying "sorry" all the time. I think I would personally benefit from incorporating some of her suggestions within my life in a stronger sense than I currently do; however, I also think if I followed this book to a T, I would feel selfish and self-centered versus an individual with healthy boundary-setting skills. I don't think that is the author's intention, and to be clear, this is only my perception of how I think I would personally feel. On the contrary, I truly think Ms. Knight wants her readers to live the best, guilt-free, anxiety-free, and honest life possible. As with all self-help materials out there, use what you're comfortable with and let the rest go. Revisit the materials later if or when you're ready. Lather, rinse, repeat.

OK, lets talk about this book and profanity. I personally think cursing can be an art form in itself and I am known to spew it out when I am really pissed. Sometimes it sounds creatively lyrical and other times it sounds like I am just word vomiting. Otherwise, I throw around a word or two here or there and am generally unbothered by it in my music, film, and reading material...but seriously, the use of the word "f\*ck" is quite excessive in this book. I get that it's in the title but it became flat out annoying after a while. Maybe it felt more grating in the audiobook experience versus how it would read off the page, not sure. Just putting that out there. I guess the author just didn't give a f\*ck...