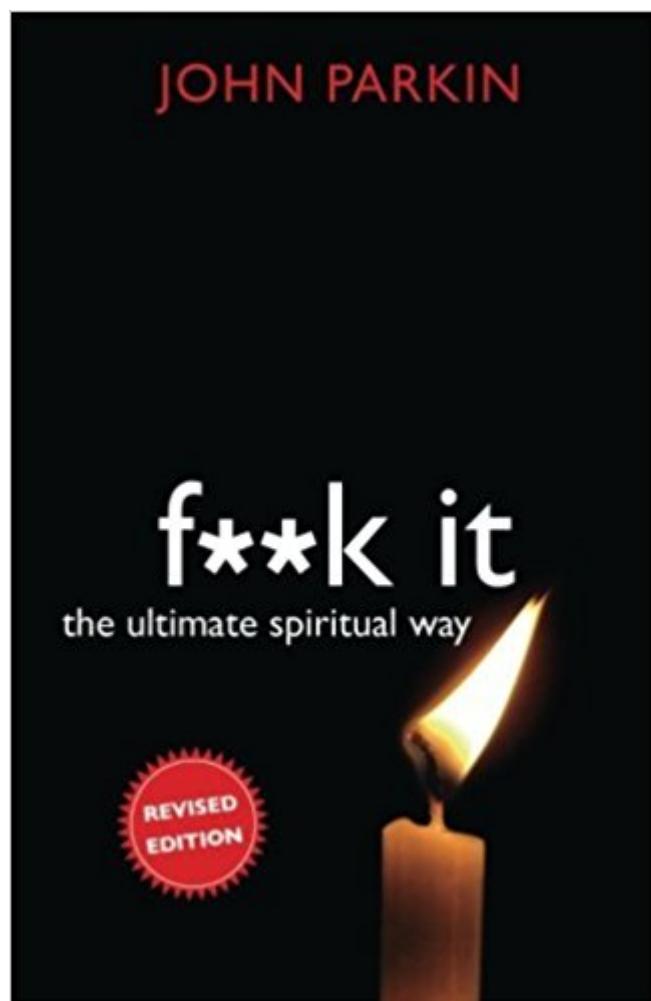


The book was found

F**k It: The Ultimate Spiritual Way



Synopsis

Î In this inspiring and humorous book, John C. Parkin suggests that saying F**k It is the perfect Western expression of the Eastern spiritual ideas of letting go, giving up, and finding real freedom by realizing that things don't matter so much (if at all). Î It's a spiritual way that doesn't require chanting, meditating, or wearing sandals. And it's the very power of this profanity that makes it perfect for shaking us Westerners out of the stress and anxiety that dominate our daily lives. Î With the help of this book, people around the world are now saying F**k It to their worries and concerns, to the "shoulds" and the "oughts" that dominate their lives, and finally doing what they want to, no matter what others might think. "Self-help for the time-poor and psycho-babble intolerant." •MARIE CLAIRE

Book Information

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Customer Reviews

I initially ordered this book from .co.uk because it hadn't been released in the U.S. yet. There had been a great write up on it in one of my magazines and I was very intrigued. Unfortunately it sat on the shelf for awhile before I finally got around to reading it and I wish now I had read it right away! This is absolutely one of my very favorite philosophy/lifestyle books. If you're stressed, depressed, apathetic or just generally not pleased with life you must read this book! I read this during a time of excessive occupational related stress. It helped me realize that I was wasting way too much of my energy with worry and that there really was no reason for it. By reading this book I picked up the "F**k it" attitude, let my stress and worry just drop away, and I felt amazingly better. Having a "F**k it" attitude is the core of this book and it is incredibly freeing. The title pretty much

sums up the main concept of the book, but the book is worth reading in its entirety as it helps you see areas that you should just say "F**k it" to that you might not think about w/o a little prompting. It helps you realize that there are a multitude of areas in your life where you are essentially a slave to expectations....that of your work, society, your family, even your own expectations, and how everything can be so much easier for you if you just take on a "F**k it - who cares?" type attitude to some extent. You may think "Oh, I could never do that or else this or that terrible thing would happen as a consequence..." Actually though, your world will still go on despite your attitude change, it won't come crashing down. The key difference will be that you will be less stressed and happier all around.

Before I get on with the meaty part of the review, it's worth mentioning that my first review was rejected by for violating their profanity policy... because it mentioned the title of the book. This is... really dumb, to say the least. So in order to comply with this ridiculousness, I will use the abbreviation F.I. whenever I want to say, well, the title of the book. Jeez. But moving on. I'll get my one beef with this book out of the way: John C. Parkin seems to have never gotten over his adolescent rebellion when it comes to Christianity. Objecting to Christianity is fine; some people have made a career out of it. But his sniping seems a tad bitter. Everything else about this book is incredible. I'm a hypochondriac, which in real life is nowhere near as zany as Bill Murray makes it seem in *What About Bob?* In real life, hypochondria - or health anxiety, if you prefer - is sort of a living death, since your own death is what you contemplate every waking moment. If you think hypochondriacs are hard to be around, I promise it's way harder being one. Since I had a miscarriage last year, my health anxiety has gotten pretty bad. A few weeks ago, sobbing into my husband's shirt in a hospital parking lot after yet another panicked visit to the ER (I'll spare you the suspense: my diagnosis was "panic attack") I said, "I just want to be normal." And never in my life have I meant words more. That night, I stopped praying for healing, and started praying for "something - anything - that will help." I had stumbled across this book months ago in a bookstore in Mississippi, but didn't buy it because I was too po'.

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