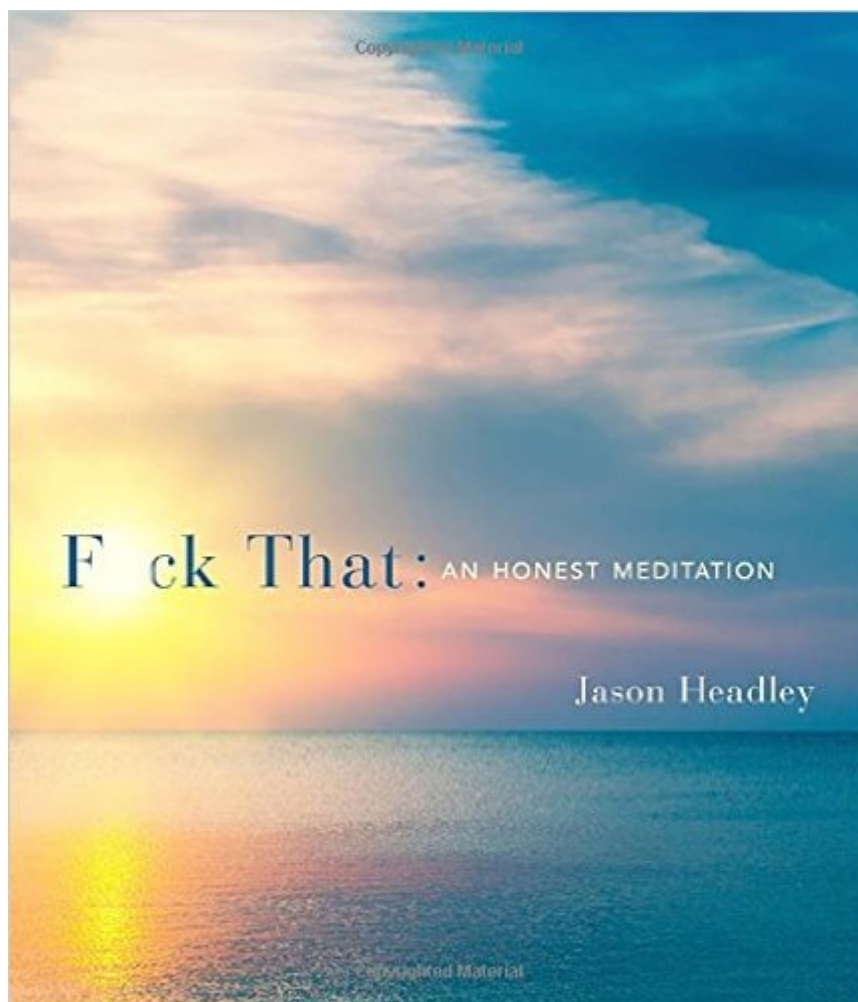


The book was found

F*ck That: An Honest Meditation



Synopsis

Let this book help you find peace with the challenges that surround you. Because they are f*cking everywhere. We all have an inner voice. Sometimes it's just not quite as serene as we'd like. Based on the viral video that had everyone from yogis to workaholics raving, F*ck That is the completely truthful and oddly tranquil guide to achieving your inner peace.

Book Information

Hardcover: 64 pages

Publisher: Three Rivers Press (April 12, 2016)

Language: English

ISBN-10: 1101907231

ISBN-13: 978-1101907238

Product Dimensions: 6.3 x 0.4 x 7.6 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars See all reviews (34 customer reviews)

Best Sellers Rank: #12,464 in Books (See Top 100 in Books) #27 in Books > Humor & Entertainment > Humor > Self-Help & Psychology #31 in Books > Humor & Entertainment > Humor > Parodies #50 in Books > Humor & Entertainment > Humor > Love, Sex & Marriage

Customer Reviews

Do you have a stressful job? Do you ever get so frustrated you can actually feel your blood boil? This book is for you. It isn't very many pages but perfect if I need to decompress and don't have a lot of time, which is most of the time. The photos are beautiful and the captions are hilarious and help pull me back to reality. There is nothing better than diffusing tension with laughter.

I never watched the YouTube video this book is based on, but if the author's voice is as calm and serene as the pictures from this book, I will laugh my butt off. Unapologetically. For the entire video. Just as I did for this entire book. Clearly if you're not one for foul language, this book isn't for you. However, if you're like me and sometimes the clean words just don't cut it, you're gonna get a huge laugh from this. I had my mother, one of the most stressed out people I know, read this and she nearly fell out of her chair she was laughing so hard. This is a great book to read during or after a stressful day when you need a good laugh to break through the negative thought patterns. If you find it on sale, definitely pick it up!

If the video made you laugh, this book is sure to make you smile too. It may be a little on the thin side but the images are beautiful, much like other meditation guides but the text is what sets it apart. I feel that if there had been any padding to make it thicker, it would have lost its novelty. I hope there is a follow up video and book. It's definitely tongue in cheek, and not meant to be a serious book on meditation, but as far as gag gifts or a pick me up for a special friend, it's perfect. The next you're at work and somebody is going on and on about some inane drivel, just take a deep breath and repeat the title to yourself! I received this book from Blogging for Books for my honest review.

This book is meant to be a humorous meditation aimed at those who enjoy the humor of say a Saturday Night Live. I have been to Jason Headley's website before and there are many funny short videos, stories and essays. While the sentiment is basically "Shake it off" there is language that may offend some folks. I completely get the attitude though as many times, 98% of the time it's at work, there are people you just want to shake or curse or wonder why you have given 29 years to state government and yet your experience and education are completely ignored on many important issues. Whew "I guess that hit close to home! The photos are lovely, calm scenes you would expect to see in motivational posters. The message is to take a deep breath and don't let the bastards get you down. Leave the frustrations behind when you clock out for the day or when you have an unpleasant social or family engagement. I totally get it. If you would like to check out Jason Headley's website you'll find more tongue in cheek humor, not all of it is R rated. I received this book complimentary from Blogging for Books program. All opinions are my own.

This book is purely a novelty item. The pictures in it are absolutely gorgeous, but there is only a sentence or two to go with each page. It's pretty obvious that the book is meant to go with the video from last year and Jason Headley's longer audio "meditations." With that said, I really enjoyed the humor in it and with all the craziness in the world right now, it was the perfect time to release. It may be a novelty item, but I think that it's one that most people can enjoy and talk about. Well worth the price in my opinion. *I received this book complimentary from Blogging for Books for this review.

We've bought at least 10 of these books after being "gifted" one from a very fun friend who knows us well. If you need humor, this book is for you. Read it in your calming voice and have story time in the office!

This book is brilliant and really funny. And it is also a terrific and relaxing meditation. I've been giving copies to my family and friends and everyone loves it. This is a very smart author, I hope he writes more books!

Best book ever - My daughter gave it to me for my birthday - Puts things in perspective for you in a minute or less - Better than meditation with Oprah & Deepak - I have given it to many friends since I got it and they all love it -

[Download to continue reading...](#)

F*ck That: An Honest Meditation Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD The Honest Life: Living Naturally and True to You Winning Monologs for Young Actors: 65 Honest-To-Life Characterizations to Delight Young Actors and Audiences of All Ages Abe's Honest Words: The Life of Abraham Lincoln (Big Words) Honest Pretzels: And 64 Other Amazing Recipes for Cooks Ages 8 & Up Girl to Girl: Honest Talk About Growing Up and Your Changing Body Yummy Supper: 100 Fresh, Luscious & Honest Recipes from a Gluten-Free Omnivore Dog Obsessed: The Honest Kitchen's Complete Guide to a Happier, Healthier Life for the Pup You Love How to Train Your Horse: A Complete Guide to Making an Honest Horse Preparing Your Son for Every Man's Battle: Honest Conversations About Sexual Integrity (The Every Man Series) Expecting the Unexpected: An Honest Look at Miscarriage, Postpartum Depression & Motherhood A Friend in the Business: Honest Advice for Anyone Trying to Break into Television Writing Doing Honest Work in College: How to Prepare Citations, Avoid Plagiarism, and Achieve Real Academic Success The Honest Guide to Candlestick Patterns: Specific Trading Strategies. Back-Tested for Proven Results. The Honest Guide to Stock Trading: Make Market-Beating Returns. Achieve Long-Term Wealth. Plain, Honest Men: The Making of the American Constitution Mission in a Bottle: The Honest Guide to Doing Business Differently--and Succeeding It's Not Really About the Hair: The Honest Truth About Life, Love, and the Business of Beauty

[Dmca](#)