

## The French Art of Not Giving a F\*ck



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*(Hunter Witting)*

## THE FRENCH ART OF NOT GIVING A F\*CK



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Allen & Unwin, 2017. Paperback. Condition: New. It's time to stop giving a f\*ck! Be calm. Stop stressing. Embrace the universe. Try yoga. Be fulfilled. and that's an order! We hear these commands everywhere, and we often torture ourselves to 'try harder', yet somehow we never feel we've done quite enough. It's about time we stopped feeling guilty for not being perfect, and instead simply allowed ourselves to be angry, be tired, be silly, be passionate - to stop giving a f\*ck, and just be. This international bestseller explains why the key to true mindfulness is freeing ourselves from social and often self-imposed stresses-and highlights how we can embrace life more fully by giving ourselves a break. One of the world's leading teachers of meditation and mindfulness, Midal offers us a new solution to the perennial problem of our too-much, too-fast modern life. It's OK, he urges us, to say no to the things that don't fulfill us. It's necessary, in fact, to give ourselves a break and say, simply, 'F\*ck it! C'est la vie'. The French Art of Not Giving a F\*ck grants each of us permission to stop doing the things that don't make us happy. So we have room in our lives for the things that do. Paperback.

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