



## May I Screw Up Your Life?: The Official Guide to Ludi-Q s (Paperback)

By Jan Black

Black Brand, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Unspoken ludicrous questions, like May I control you? and Will you pretend with me that I care? mess with you and make everything more difficult. Author Jan Black tags these questions as Ludi-Q s, and in this book she trains you to read and manage the Ludi-Q s in your own life, including the ones you ask yourself. The book not only teaches you to read unspoken ludicrous questions and the hidden agreements that come with them, but it simplifies setting boundaries and makes it easier to know what you do want in your life. The book ushers in a new literacy with lifelong rewards that begin immediately. An essential clarity hack used by therapists, coaches, companies, and anyone wanting to give themselves and their relationships the best possible chance to succeed.



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