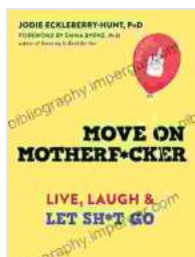


Live, Laugh, and Let Sh*t Go: The Ultimate Guide to Finding Freedom from Worry, Stress, and Self-Sabotage



Move on Motherf*cker: Live, Laugh, and Let Sh*t Go

by Evelyn Underhill

★★★★☆ 4.7 out of 5

Language : English
File size : 1503 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 186 pages



Are you tired of feeling like you're constantly on edge? Do you worry about everything, from your job to your relationships to your health? Do you find yourself sabotaging your own success, even when you know better?

If you answered yes to any of these questions, then you're not alone. Millions of people around the world struggle with worry, stress, and self-sabotage. But there is hope. In her new book, *Live, Laugh, and Let Sh*t Go*, author Sarah Knight offers a practical and compassionate guide to overcoming these challenges and finding freedom from worry, stress, and self-sabotage.

Knight's approach is based on the idea that we all have the power to choose how we respond to life's challenges. We can either let our worries

and fears control us, or we can choose to let them go. Knight provides a number of tools and techniques to help readers let go of the things that are holding them back, including:

- **Identifying the things that are holding you back.** The first step to letting go is to identify the things that are holding you back. Once you know what's holding you back, you can start to take steps to overcome those obstacles.
- **Letting go of the past.** The past can be a heavy burden to carry. If you're constantly dwelling on the past, it's going to be difficult to move forward. Knight provides a number of tips for letting go of the past and living in the present.
- **Embracing your true self.** One of the biggest obstacles to happiness is trying to be someone we're not. Knight encourages readers to embrace their true selves and to live authentically.
- **Finding joy and happiness in every day.** Even in the midst of difficult times, there is always something to be grateful for. Knight provides a number of tips for finding joy and happiness in every day, even when things are tough.

*Live, Laugh, and Let Sh*t Go* is a must-read for anyone who is struggling with worry, stress, or self-sabotage. Knight's practical and compassionate approach will help you to overcome these challenges and find freedom from worry, stress, and self-sabotage.

Free Download your copy of *Live, Laugh, and Let Sh*t Go* today!

JODIE ECKLEBERRY-HUNT, PhD

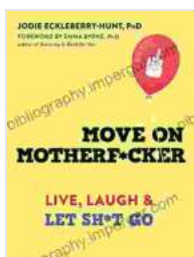
FOREWORD BY EMMA BYRNE, PhD

author of *Swearing Is Good for You*



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