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Within the pages of this book, you will find the power you've given away and use it to untwist the veil that clouds how you see life. When you're finished reading it you'll likely find yourself going back to it over and over to feel the energy and passion that Gary puts into helping the world undo a lifetime of what's been done by them.

Unfu*k Yourself: Get out of your head and into your life

UnF*ck Your Brain with Kara Loewentheil There's no point to any of that. You're just going to keep taking action until you get what you want. All you have to figure out is, "What is the next action you're going to take?" ... apply it to every area of your life all at once. You can't do everything.

Full Episode Transcript Kara Loewentheil

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Gary John Bishop embraces his Scottish decent in his no nonsense, get your shit together diatribe in the astutely titled self help book UnF*ck Yourself. The book is broken into seven personal assertions that are labelled and then thoroughly broken down and explained in repetitive detail.

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Unf*ck Yourself

It isn't bravado, but is, instead, acceptance: acceptance of the fact that you are who you are and not someone else, acceptance of the price you must pay for being who you are and not someone else, acceptance that your life is your's to make into the shape, form, color and tenor of your choosing in spite of all external pressures, and ...

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