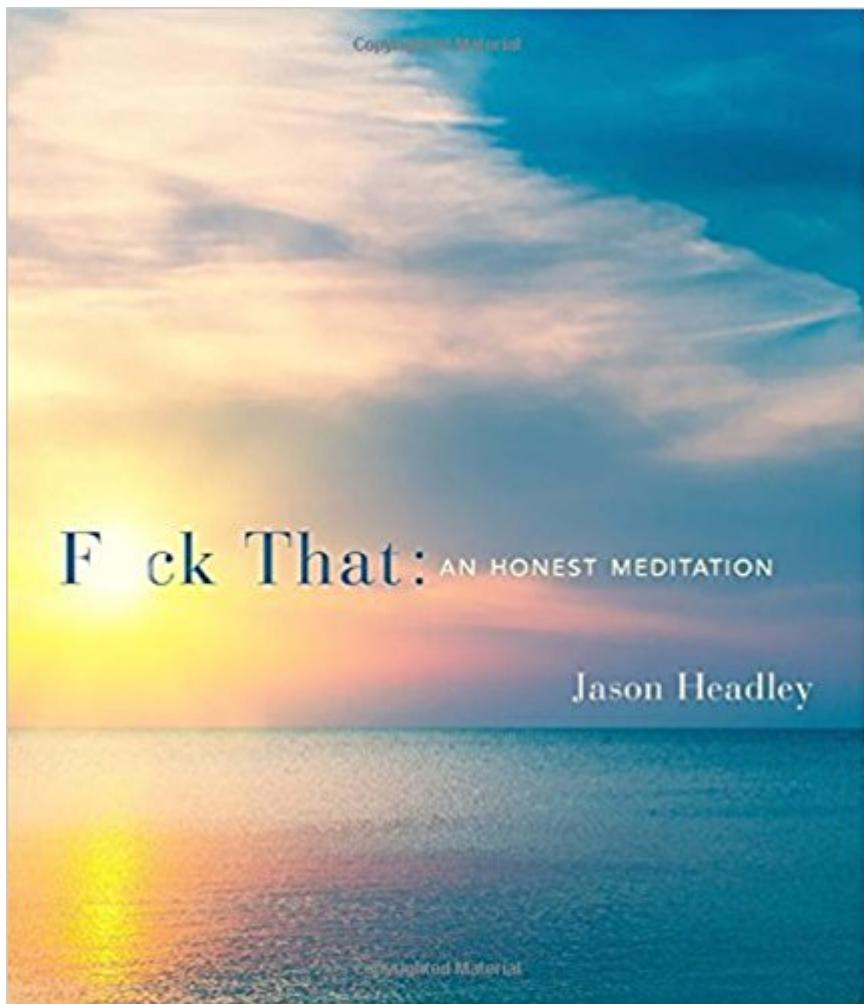


The book was found

# 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: 6.4 x 0.4 x 7.4 inches

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

Average Customer Review: 4.4 out of 5 stars 71 customer reviews

Best Sellers Rank: #20,927 in Books (See Top 100 in Books) #30 in Books > Humor & Entertainment > Humor > Parodies #52 in Books > Humor & Entertainment > Humor > Self-Help & Psychology #62 in Books > Humor & Entertainment > Humor > Love, Sex & Marriage

## Customer Reviews

JASON HEADLEY is a writer and director whose short films have been featured on the Today Show, SundanceTV, Funny or Die, Banksy's Dismaland, and film festivals far and wide. He is a participant in the IFP Emerging Storytellers program, a resident of the San Francisco Film Society's FilmHouse, and has also written, directed, and produced short films for Heineken, Sony, and Chrysler.

Good for a laugh. Even though I meditate and have a spiritual practice, sometimes it's good to not take it all so seriously. This little book is perfect for that. It's irreverent, not mean spirited (IMO).

Many people think serene pictures, calming meditation phrases, and light reading when it comes to coffee table conversation pieces. This is just that! Especially if you have a sense of humor and aren't worried about offending your friends and family (I'm certainly not!). I actually purchased

another as a funny gift for my friend who is into meditation. It was part of a "wedding gift" that was very well received (because not everyone wants a gravy boat they'll never use. This actually will ;)).

This little gem is a necessity for everyone who has a heartbeat. In my worst moment this will make me, "breathe in strength...breathe out bullsh\*t."

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 -

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.

One of those books where you say to yourself, F\$\*K, I should have written that thing!

Book is hilarious...quality of pics are little faded and not "pretty"

I have now bought five copies of this book. It was just what a friend going through a rough patch needed. I laugh and feel better every time I read it. This is actually a \*great\* meditation book. The images are lovely, and the text is funny and true.

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

Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation  
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)  
Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners)  
F\*ck That: An Honest Meditation How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People)  
Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques)  
Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn  
Meditation, My Friend: Meditation for Kids

and Beginners of all Ages The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss\*\*Guided Meditation and Hypnosis CD Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquillity, Happiness) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Understanding Meditation: How to Use Meditation as a Powerful Force for Self-Development Empath: The Ultimate Guide For Developing And Understanding Your EmpathÃ¢ ¸s Gift While Using Meditation To Overcome Fears (Meditation, Alone, Introvert, Sensitive, Energy, Intuitive, Emotion Book 1) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques The 15 Minute Meditation Guide for Tennis Parents: Teaching Your Kids Meditation to Enhance Their Performance by Controlling Their Emotions and Staying Calm under Pressure Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) The Fundamental 15 Minute Meditation Guide for Gymnastics Parents: Teaching Your Kids Meditation to Enhance Their Performance by Controlling Their Emotions and Staying Calm under Pressure

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)