

My Shit Life So Far Frankie Boyle

Work! Consume! Die! Paper Towns The Energy Glut Unstoppable Get Your Sh*t Together My Sh*t Therapist Spy The Shit Book How to Stop Losing Your Sh*t with Your Kids Sh*t Sandwich My Important Shit The Book of General Ignorance My Booky Wook The Future of British Politics Shit is Real My Shit Life Your Guide to Hell End of Life Planning Workbook : Shit You'll Need When I'm Gone My Shit Therapist The Moorchild The Subtle Art of Not Giving a F*ck Kick-Ups, Hiccups, Lock-Ups Eat for Life How to Be Alone Scotland's Jesus Escape Route The Men Who Stare at Goats Shit Happens So Get Over It Sh#t Your Ego Says Owing My S.H.I.T. How to Stop Feeling Like Sh*t Contaminated Samples Scotland's Jesus and My Shit Life So Far 2-in-1 Collection An Edited Life Tough Sh*t My Shit Life So Far Figuring Shit Out Stop Doing That Sh*t What Matters Most History of Shit

Work! Consume! Die!

Frankie Boyle's uproarious bestseller My Shit Life So Far combined with his latest book, Scotland's Jesus, which showcases Frankie's increasingly unsympathetic worldview and philosophical despair, now available in one complete eBook volume.

Paper Towns

Brace yourself, Frankie's back, and he's more outspoken and brilliantly inappropriate than ever. There are fears that this year could see the start of a double-dip recession, or worse still a double-dip-with-misery-sprinkles and f**k-where's-my-job?-sauce. Why not chuckle into the howling void as taloned fingers reach up to consume you with Frankie Boyle's new book, Work! Consume! Die! In Work! Consume! Die! stand-up comedy's favourite pessimist, Frankie Boyle, offers his outrageous, laugh-out-loud, cynical rant on life as he knows it. He describes your reality as viewed through a bloodshot eye pressed against a shit-smeared telescope, focused on hell: * 'Charlie Sheen's life consists of going on huge drug benders with groups of porn stars. If he straightened himself out he could have a really mediocre career as a bit-part Hollywood actor. Playing the role of Martin Sheen's corpse. He's crazy like a fox! And also actually crazy. What a tragic waste, not being Charlie Sheen is. How majestic it will be for him to die, possibly quite soon, knowing that when they make a movie of his life, it will be a porno.' * 'The X Factor will be allowed to show product placements. That's powerful advertising. Last series I realised that looking at the judges alone had made me subconsciously buy a gnome, a scrag-end of mutton, a vacuous mannequin and a suspected gay.' * 'The Taliban are running out of bullets. Operation 'Get our troops to absorb them with their bodies' is finally paying off. The Taliban are finding it impossible to get hold of essential supplies - at last we're fighting on equal terms. But let's not get complacent. Just because they're running out of bullets we mustn't assume our boys won't get shot. Remember, the US troops have still got plenty.' A no-holds-barred tour de force of comic writing, Work! Consume! Die! is Frankie Boyle at his brutal, taboo-busting best. This is nothing more or less than the clanging call to arms of a dying mechanical God.

The Energy Glut

Ashley is a young blogger living in NYC, she has to deal with the struggles of being a blogger and trying to navigate every day. She has her best friend to deal with and not only that is a relationship on the horizon. Follow Ashley as she journeys through the ups and the downs.

Unstoppable

Maverick is one of the kinder words uttered about Mickey Thomas, the 'Welsh George Best', during a remarkable football career spanning spells at Wrexham, Manchester United, Chelsea, Everton - and Kirkham Open Prison FC. Mickey's world didn't just revolve around pulling on boots on a Saturday afternoon for club and country. His life was dedicated to pulling birds, pranks and generally getting into scrapes which would make Paul Gascoigne look like a choirboy. But no-one knows about the heart-breaking events in his private life which Mickey has kept secret for twenty years. How he hit rock bottom, and below, and survived as one of the greatest characters the game has ever known. From his early days growing up on a rough council estate, leaving school at 14 without the ability to read and write, through to his spells at the bright lights of Old Trafford and Stamford Bridge, where he became a cult hero for fans who recognised his rogue and unique genius, this is football's ultimate rollercoaster ride story. There are extraordinary highs, and heart-rending lows - none more so than the episode in 1993 when he was jailed for passing counterfeit money to apprentices. Through it all, Mickey has endeared a generation of football fans with his good humour and boundless energy and enthusiasm for the game and life. Mickey's story is the most exciting, enthralling and touching football autobiography of 2008.

Get Your Sh*t Together

The former Sex & Relationships Editor for Cosmopolitan and host of the wildly popular comedy show Tinder Live with Lane Moore presents her poignant, funny, and deeply moving first book. Lane Moore is a rare performer who is as impressive onstage—whether hosting her iconic show Tinder Live or being the enigmatic front woman of It Was Romance—as she is on the page, as both a former writer for The Onion and an award-winning sex and relationships editor for Cosmopolitan. But her story has had its obstacles, including being her own parent, living in her car as a teenager, and moving to New York City to pursue her dreams. Through it all, she looked to movies, TV, and music as the family and support systems she never had. From spending the holidays alone to having better “stranger luck” than with those closest to her to feeling like the last hopeless romantic on earth, Lane reveals her powerful and entertaining journey in all its candor, anxiety, and ultimate acceptance—with humor always her bolstering force and greatest gift. How to Be Alone is a must-read for anyone whose childhood still feels unresolved, who spends more time pretending to have friends online than feeling close to anyone in real life, who tries to have genuine, deep conversations in a roomful of people who would rather you not. Above all, it's a book for anyone who desperately wants to feel less alone and a little more connected through reading her words.

My Sh*t Therapist

A free sampler containing the outrageous first chapters from Frankie's three books *My Shit Life So Far*, *Work! Consume! Die!* and *Scotland's Jesus*. Perfect for when you want to feel deeply offended.

Spy

No one succeeds without sacrifice can we all agree on that? The problem is that most every book on the subject of success misses the big picture by ignoring all the little pictures. Think about it; while there have been plenty of books that claim to help anyone achieve the near impossible - like wealth beyond their wildest dreams - the fact is that most everyone on the planet has their sights set on something a little more realistic (and way more rewarding). That is, their goal is simply to live a great life. Living a great life is the epitome of success can we all agree on that? Great! Based on the two axioms we've all agreed on: Living a great life is what we all want, and living a great life takes sacrifice. The interesting thing about sacrifice is that it's not the huge, bold, public sacrifices one makes in life that drive the most success; but rather the small, seemingly insignificant sacrifices we make (or avoid) every single day that have the greatest positive (or negative) impact on our life and the lives of those around us. I call these shit sandwiches. All successful people ate shit sandwiches to get where they are today. In fact, the more successful they are the more shit sandwiches they ate. The funny thing about shit sandwiches, however, is that the more successful you become, the more shit sandwiches you have to eat to stay there. Shit sandwiches are those little sacrifices, hardships, or unpleasantness we undertake every day to achieve some common or personal good; and everyone who wants to succeed eats them. As you'll read in this book, great employees eat a lot of shit sandwiches. Great leaders eat a lot of shit sandwiches. Great husbands, wives, brothers, sisters, mothers, fathers, boyfriends and girlfriends all eat a lot of shit sandwiches. Successful people - in work or in play - all eat their share shit sandwiches. Are you ready to start eating your share?

The Shit Book

For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F*ck* -- a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success *How to Stop Feeling Like Sh*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

How to Stop Losing Your Sh*t with Your Kids

Russell Brand learned early on to make a joke of fear and failure. From a troubled childhood in industrial Essex, England, to his descent into addictions to alcohol,

drugs, and sex in the seamy underbelly of London, Brand has seen his share of both and miraculously lived to tell the tale. In *My Booky Wook* he leads readers on a rollicking journey through his disastrous school career, his infamous antics on MTV, and his multifarious sexual adventures. But this irreverent memoir is a story not simply of struggle but also of redemption, a testament to the difficulty of discovering what you want from life and the remarkable power of a bloody-minded determination to get it. *My Booky Wook* is a giddy trip through the brilliant mind of one of Britain's most valuable exports.

Sh*t Sandwich

That Kevin Smith? The guy who did “Clerks” a million years ago? Didn’t they bounce his fat ass off a plane once? What could you possibly learn from the director of “Cop Out”? How about this: he changed filmmaking forever when he was twenty-three, and since then, he’s done whatever the hell he wants. He makes movies, writes comics, owns a store, and now he’s built a podcasting empire with his friends and family, including a wife who’s way out of his league. So here’s some tough shit: Kevin Smith has cracked the code. Or, he’s just cracked. *Tough Sh*t* is the dirty business that Kevin has been digesting for 41 years and now, he’s ready to put it in your hands. Smear this shit all over yourself, because this is your blueprint (or brownprint) for success. Kev takes you through some big moments in his life to help you live your days in as Gretzky a fashion as you can: going where the puck is gonna be. Read all about how a zero like Smith managed to make ten movies with no discernible talent, and how when he had everything he thought he’d ever want, he decided to blow up his own career. Along the way, Kev shares stories about folks who inspired him (like George Carlin), folks who befuddled him (like Bruce Willis), and folks who let him jerk off onto their legs (like his beloved wife, Jen). So make this your daily reader. Hell, read it on the toilet if you want. Just make sure you grab the bowl and push, because you’re about to take one *Tough Sh*t*.

My Important Shit

Ever since being brought up by The Beatles, Frankie Boyle has been a tremendous liar. Join him on his adventures with his chum Clangy The Brass Boy and laugh as he doesn’t accidentally kill a student nurse when a party gets out of hand.

The Book of General Ignorance

History of Shit is emblematic of a wild and adventurous strain of 1970s' theoretical writing that attempted to marry theory, politics, sexuality, pleasure, experimentation, and humor.

My Booky Wook

A brokenhearted woman drifts into depression as she occupies her traveling neighbor's apartment in this graphic novel where base human desires and functions alternate with dreamlike symbolism to create a tension-filled tale of the nightmare that is modern life.

The Future of British Politics

Stop the yelling, lose the guilt, and become a calmer, happier parent. Drawing on evidence-based practices, here is an insight-packed and tip-filled plan for how to stop the parental meltdowns. Its compassionate, pragmatic approach will help readers feel less ashamed and more empowered to get their, ahem, act together instead of losing it. “Using a powerful combination of humor and reality checks, Naumburg helps parents unpack their unique stressors (we all have them) and find ways to stay calm even the most frustrating of family moments.” —Katie Hurley, LCSW, author of *No More Mean Girls* and *The Happy Kid Handbook* “By the end not only are you laughing out loud, but you’ve gained a sense of self-compassion and a concrete action plan.”—Rebecca Schrag Hershberg, PhD, author of *The Tantrum Survival Guide*

Shit is Real

Reading Scotland's Jesus should be like being called into the living room by your child shouting that they see a little red dot on the head of a TV newscaster, then riding the white hot bullet through the propaganda circuitry of his or her exploding brain. It's a funny book about the news, partly because it was decided that a pornographic book about Scottish Independence wouldn't really sell. In chapters ranging from International Politics to the Animal World, Scotland's Jesus is allowed the opportunity to showcase his increasingly unsympathetic worldview and disintegrating psyche. A torrent of jokes about recent events provide the framework for a broader philosophical despair. Frankie Boyle uses the stories of the popular press as a springboard to explain the nature of reality and the details of our enslavement to mirthless corporate Warlocks.

My Shit Life

Why do you act the way you do? Do you ever feel like you get stuck in destructive cycles that hold you back from living the life you really want? In a dynamic, compelling and aha-filled journey, *Stop Doing That Sh*t* helps you connect the dots of your “stuff” all the way from your past to the present. You’ll make sense of yourself as you uncover how to interrupt those destructive cycles of yours and make the kind of profound shift needed to get your life on track. If you can’t save money, if you keep ending up in the same types of toxic relationships, if you feel unloved, don’t fit in, not enough or any one of the myriad of ways that a human being trashes an otherwise good life, this is the book for you. Written in the same irreverent, in-your-face style that resonated with the hundreds of thousand of fans who read *Unfu*k Yourself*, *Stop Doing that Sh*t* skillfully reveals our deepest subconscious machinery, with a real-world approach to powerfully translate our most negative thoughts and behaviors into a vitalizing, sabotage-free future. “Stop indulging yourself with fantasies and dramas and unresolved issues. Wake the hell up!” Bishop writes. Look, you might have fu*ked up in the past, so what? *Stop Doing That Sh*t* reveals how you can break free of those deep-seated patterns to live the life you always knew you wanted but could never quite seem to have. As Bishop says, “The future has arrived. Now what the hell are you going to do about it?”

Your Guide to Hell

Brexit Trump Syria The Chilcot Enquiry and now a vicious General Election: it's not been a good year for the world. Luckily Frankie Boyle is here with his own biting brand of satire, to guide us through this political wasteland we all call home. Whether talking about Nigel Farage as 'a sort of end of level boss for Freudian psychoanalysis', spending billions on Trident as 'like convincing a tramp to buy a bazooka', or America as a country that has gone 'from The West Wing to a sitcom where the incidental music involves a tuba', Your Guide to Hell cuts through the bullshit to give a savage, hilarious, and at heart, utterly humane political commentary about the world we live in.

End of Life Planning Workbook : Shit You'll Need When I'm Gone

Founder of popular website Get Your Shit Together blends personal story and must-have advice in the ultimate guide to getting your affairs in order—from wills and advance directives to insurance, finances, and relationships—before the unthinkable happens. On July 17, 2009, Chanel Reynolds' husband, José, was struck by a car while cycling near their home in Seattle. In the wake of her husband's untimely death, Reynolds quickly realized that she was completely unprepared for what came next. What was the password to his phone? Did they sign their wills? How much insurance did they have? Could she afford the house? And what the hell was probate anyway? Simply put, when life went sideways she didn't have her shit together. As it turns out, most of us don't either. We're too busy, in denial, overwhelmed by too much information, uncertain where to start, or just uncomfortable having those difficult conversations. Reynolds learned the hard way that hoping for the best is not a plan, but you don't have to. Drawing on her first-hand experience, expert advice, and the unparalleled resources she's compiled for her celebrated website, Reynolds lends a human voice to a warren of checklists and forms and emotional confusion, showing readers how to: Create a will and living will Update (or finally get) the right life insurance policy Start or grow an emergency fund Make a watertight emergency plan Keep secure, up-to-date records of personal information Authoritative yet personal, grounded but irreverent, Reynolds' voice carries readers through a tough subject with candor and compassion. Weaving personal story with hard-won wisdom, What Matters Most is the approachable, no-nonsense handbook we all need to living a life free of worry and "what ifs."

My Shit Therapist

"Your life isn't over." My dad says this. "I mean, YOUR life isn't over. Beyond the kids. You'll go on living, doing things. This isn't it." I know, I assure him. I have the kids. They need me. They're my life now. "OK," he replies, then grunts—more of a brief hum. He only hums when he thinks I'm full of shit. Shockingly single. Amy Biancolli's life went off script more dramatically than most after her husband of twenty years jumped off the roof of a parking garage. Left with three children, a three-story house, and a pile of knotty psychological complications, Amy realizes the flooding dishwasher, dead car battery, rapidly growing lawn, basement sump

pump, and broken doorknob aren't going to fix themselves. She also realizes that "figuring shit out" means accepting the horrors that came her way, rolling with them, slogging through them, helping others through theirs, and working her way through life with love and laughter. Amy Biancolli is an author and journalist whose column appears in the Albany Times Union. Before that, Amy served as film critic for the Houston Chronicle where her reviews, published around the country, won her the 2007 Comment and Criticism Award from the Texas Associated Press Managing Editors Association. Biancolli is the author of *House of Holy Fools: A Family Portrait in Six Cracked Parts*, which earned her Albany Author of the Year. Amy lives in Albany, New York, with her three children.

The Moorchild

World-wide, over a billion adults are overweight and 300 million are officially 'obese', more than 3,000 people die every day on the world's roads and global warming and war threaten our survival as a species. *The Energy Glut* tells the story of energy and how our abuse of fossil fuel energy links all of these public issues as manifestations of the same fundamental planetary malaise. This exciting new book argues that the pulse of fossil fuel energy released from the ground after the discovery of oil not only started the process of catastrophic climate change, but also propelled the average human weight distribution upwards. The author presents a frightening vision of humans besieged by a food industry that uses sophisticated marketing techniques to sell mountains of energy-dense food to those who are 'functionally paralysed', with fewer opportunities to move our bodies than ever before. We see why the accumulation of body fat is a political, not a personal, problem. This insightful new work offers and appraises for the reader a set of personal and political de-carbonising strategies, but to 'tread more lightly on our world' we first need to make sense of the systemic processes, and *The Energy Glut* takes expert first steps in this direction.

The Subtle Art of Not Giving a F*ck

Bizarre military history: In 1979, a crack commando unit was established by the most gifted minds within the U.S. Army. Defying all known laws of physics and accepted military practice, they believed that a soldier could adopt the cloak of invisibility, pass cleanly through walls, and—perhaps most chillingly—kill goats just by staring at them. They were the First Earth Battalion, entrusted with defending America from all known adversaries. And they really weren't joking. What's more, they're back—and they're fighting the War on Terror. An uproarious exploration of American military paranoia: With investigations ranging from the mysterious "Goat Lab," to Uri Geller's covert psychic work with the CIA, to the increasingly bizarre role played by a succession of U.S. presidents, this might just be the funniest, most unsettling book you will ever read—if only because it is all true and is still happening today.

Kick-Ups, Hiccups, Lock-Ups

"Don't read this book," your Ego says. "Your life could change. And that scares me." Sometimes our worst failures lead to our greatest transformation. In 2012,

James McCrae left behind a comfortable life in Minnesota and a successful career in advertising to move to New York City and pursue his dreams of being a writer. Soon after he arrived, Hurricane Sandy ripped through the eastern seaboard. New York City was underwater, and James —jobless and running out of money —was suddenly homeless. Fleeing to the island of Culebra for refuge, James sat alone on Flamenco Beach while his greatest doubts and insecurities rose to the surface. What he discovered was his Ego —and it had a lot of sh#t to say. This story of adventure, redemption, and transformation reminds us that we all have two voices inside us: the Ego and the Higher Self. The Ego is our reactive, attached mind that tells us we're victims of circumstance. The Higher Self is our source of intuition and imagination that reminds us we're the creators of our reality. *Sh#t Your Ego Says* exposes the battle between these voices. With arresting honesty and candid, compelling prose, James takes you through practical strategies for overthrowing your Ego and reclaiming a life of creativity and freedom. Whether you're looking to achieve meaningful career success, improve your relationships, or unlock your imagination, this book provides a no-nonsense roadmap to living with purpose.

Eat for Life

This book is about shit. Not the shit you have in your closet or those lying around the house or the shit in your car, but it is about shit. The stuff that comes out of your body when you have to go to the bathroom. Not the stuff that comes out the front side but the stuff that comes out of your butt. It doesn't matter how poor you are, how rich you are, how ugly you are, or how beautiful you are. It doesn't matter if you are skinny or overweight. And no matter what you may think, your shit does stink sometimes. This book is for all of you who have ever admired your dirty deed. For those of you whose brother made you run to the bathroom because you thought someone had died only to see the longest turd ever in the stool.

How to Be Alone

Misconceptions, misunderstandings, and flawed facts finally get the heave-ho in this humorous, downright humiliating book of reeducation based on the phenomenal British bestseller. Challenging what most of us assume to be verifiable truths in areas like history, literature, science, nature, and more, *The Book of General Ignorance* is a witty "gotcha" compendium of how little we actually know about anything. It'll have you scratching your head wondering why we even bother to go to school. Think Magellan was the first man to circumnavigate the globe, baseball was invented in America, Henry VIII had six wives, Mount Everest is the tallest mountain? Wrong, wrong, wrong, and wrong again. You'll be surprised at how much you don't know! Check out *THE BOOK OF GENERAL IGNORANCE* for more fun entries and complete answers to the following: How long can a chicken live without its head? About two years. What do chameleons do? They don't change color to match the background. Never have; never will. Complete myth. Utter fabrication. Total Lie. They change color as a result of different emotional states. How many legs does a centipede have? Not a hundred. How many toes has a two-toed sloth? It's either six or eight. Who was the first American president? Peyton Randolph. What were George Washington's false teeth made from? Mostly hippopotamus. What was James Bond's favorite drink? Not the vodka martini.

Scotland's Jesus

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of The Fault in our Stars. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

Escape Route

In *Owning My S.H.I.T!*, Jolanda shares her transformation from shame-filled victim to unapologetic victor. She learned to flip the script on what most people consider kryptonite and turned it into her superpower.

The Men Who Stare at Goats

NEW YORK TIMES BESTSELLER As Featured on PBS How to stay healthy and boost immunity with #1 New York Times bestselling author Dr. Joel Fuhrman's no-nonsense, results-driven nutrition plan. As a family physician for over 30 years and #1 New York Times bestselling author Joel Fuhrman, M.D. will tell you that doctors and medications cannot grant you excellent health or protection from disease and suffering. The most effective health-care is proper self-care and that starts with changing the way we eat. *Eat for Life* delivers a science-backed nutrition-based program that prevents and even reverses most medical problems within three to six months. This is a bold claim but the science and the tens of thousands who have tried this approach back it up. The truth is: you simply do not have to be sick. Most Americans are deficient in the vitamins, minerals and phytonutrients found in plants (micronutrients), and consume too many fats, proteins, carbohydrates (macronutrients). The results of this standard diet is that we are not only shortening our lives but damaging our energy, vitality, and daily health by eating packaged and processed foods, excessive meat and dairy, and unsustainable amounts of salt and sugar. What we need is to consume foods rich in phytonutrients such as greens, beans, onions, mushrooms, berries, and seeds. These delicious and abundant foods contain the largest assortment of micronutrients and when consumed in adequate quantities they prevent and reverse diabetes and heart-disease, lower cholesterol and blood pressure, and reduce hunger and food cravings. Rooted in the latest nutritional science and complete with recipes, menu plans, and testimonials, *Eat for Life* offers everything you need to change the course of your health and put this life-changing program to work for you.

Shit Happens So Get Over It

#1 New York Times Bestseller Over 1 million copies sold In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be "positive" all the time so that we can truly become better, happier people. For decades, we've been told that positive thinking is the key to a happy, rich life. "F**k positivity," Mark Manson says. "Let's be honest, shit is f**ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F**k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed both by academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade, but on learning to stomach lemons better. Human beings are flawed and limited—"not everybody can be extraordinary, there are winners and losers in society, and some of it is not fair or your fault." Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f**k about so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real-talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F**k is a refreshing slap for a generation to help them lead contented, grounded lives.

Sh#t Your Ego Says

From Maria Sharapova, one of our fiercest female athletes, the captivating—and candid—story of her rise from nowhere to tennis stardom, and the unending fight to stay on top. In 2004, in a stunning upset against the two-time defending champion Serena Williams, seventeen-year-old Maria Sharapova won Wimbledon, becoming an overnight sensation. Out of virtual anonymity, she launched herself onto the international stage. "Maria Mania" was born. Sharapova became a name and face recognizable worldwide. Her success would last: she went on to hold the number-one WTA ranking multiple times, to win four more Grand Slam tournaments, and to become one of the highest-grossing female athletes in the world. And then—at perhaps the peak of her career—Sharapova came up against the toughest challenge yet: during the 2016 Australian Open, she was charged by the ITF with taking the banned substance meldonium, only recently added to the ITF's list. The resulting suspension would keep her off the professional courts for fifteen months—a frighteningly long time for any athlete. The media suggested it might be fateful. But Sharapova's career has always been driven by her determination and by her dedication to hard work. Her story doesn't begin with the 2004 Wimbledon championship, but years before, in a small Russian town, where as a five-year-old she played on drab neighborhood courts with precocious concentration. It begins when her father, convinced his daughter could be a star, risked everything to get them to Florida, that sacred land of tennis academies. It begins when the two arrived with only seven hundred dollars and knowing only a few words of English. From that, Sharapova scraped together one of the most

influential sports careers in history. Here, for the first time, is the whole story, and in her own words. Sharapova's is an unforgettable saga of dedication and fortune. She brings us inside her pivotal matches and illuminates the relationships that have shaped her—with coaches, best friends, boyfriends, and Yuri, her coach, manager, father, and most dedicated fan, describing with honesty and affection their oft-scrutinized relationship. She writes frankly about the suspension. As Sharapova returns to the professional circuit, one thing is clear: the ambition to win that drove her from the public courts of Russia to the manicured lawns of Wimbledon has not diminished. Sharapova's *Unstoppable* is a powerful memoir, resonant in its depiction of the will to win—whatever the odds.

Owning My S.H.I.T.

Declutter every aspect of your life -- from your wardrobe, exercise schedule and food budget to your phone, bookshelves and beauty regime -- with this realistic guide to getting neat and keeping things that way. Anna Newton is just trying to balance work, her friends, her family, her husband Mark, a growing handbag habit and a love for takeaway pizza. Over the past 8 years of running the blog and corresponding YouTube Chanel 'The Anna Edit', she's grown a loyal viewership who tune in for her weekly videos on everything from house renovations to the best summer foundation. Anna is a typical Virgo - she loves being organised. She's Marie Kondo'd her house, nearly throwing away her TV remote in the process. She's waved goodbye to her things with Fumio Sasaki. She's minimized and bullet-journalled her schedules down to the finest detail. Along the way, she's realised something key: there's no one prescription for an organized life, a tidy home and calm mind. Instead, it's all about editing. Learn how to edit your home, calendar, exercise regime, social life, me-time, wardrobe, household budget, digital detox, beauty routine and office space. It's about how to utilise your time and spend more of it doing what makes you happy.

How to Stop Feeling Like Sh*t

A bold, irreverent, blisteringly funny guide to dealing with the day-to-day challenges of living with poor mental health.

Contaminated Samples

Loved Ones are Devastated When You're Gone. Leave the Gift of Your Important Information All Kept in One Place. "Planning is bringing the future into the present so that you can do something about it now." ~Alan Lakein
Steve's Story Steve has been married for 48 years. He always handled the household bills, and took care of all the banking, real estate and retirement accounts. But since his unexpected death, his wife, Linda, is overwhelmed. Of course she's grieving over Steve's passing. But, on top of that, She has absolutely no idea what bills need to be paid, or even, when they are due.
Mary's Story On the other side of town, 81-year-old Mary lives alone. After a long battle with a chronic heart condition, Mary comfortably passed away. Even though her two daughters live across the country, they were able to handle their mom's estate with much less grief. That's because, many years ago Mary had saved all her vital information in one convenient place.

Preparing and Organizing Important Information for the Future Death is sure to happen. Yet, with proper planning, you can save your family a lot of hassle at a time when they have more than enough pain and grief to deal with. Long before she finally succumbed to her illness, Mary recorded all her vital information in one place and told her daughters where it could be found. She gave them names, contact information, account numbers, financial information, instructions for pets, messages for friends and next-of-kin. Everything she thought her heirs needed to know. On the other hand, Steve always managed all the household money matters. And, he never had discussions about them with Linda. No one but Steve knew where to find life insurance policies, deeds to real estate, or even who to talk to about the retirement accounts. Steve never expected that his wife would some day have to take over. His lack of planning has made a tough job even tougher for Linda. The End of Life Planning Workbook is valuable, helpful, and it covers everything your family will need to know upon your passing. Which makes it so much easier for your loved ones to settle your affairs. Includes: Personal Information Information about Work/Business Military Service My Children Who to Call Attorney Doctors Family & Friends Documents You Will Need & Location My Will is Located My Living Will is Located The Family Trust is Located My Power of Attorney is Located My Advanced Directive is Located My Health Care Power of Attorney is Located Other Documents are Located Household Information Utilities Creditors Subscription Services Social Circle Memberships & Charities Social Information Social Networking Sites My Idea of Final Arrangements Note to Those Left Behind Regrets & Things That Have Bugged Me Proudest Moments Lessons Learned Apologies Aspirations for Others Choices for My Last Days Facts You May Not Have Known Notes and Updates Imagine the solace and peace of mind for your loved ones, knowing that you cared enough to record all your important information in one convenient book for them. Saving them from all sorts of grief and anguish. Place your order now for this end of life planning workbook

Scotland's Jesus and My Shit Life So Far 2-in-1 Collection

A shocking, heart-rending and blisteringly funny account of what it's like to live with mental illness, by a powerful new comic voice. When Michelle Thomas suffered her first major depressive episode six years ago, she read and watched and listened to everything about mental health she could get her hands on in an effort to fix herself. God, it was tedious. And, quite frankly, depressing. Which is the last thing she needed. What she did need was a therapist who would listen and offer a wellness strategy catered to her specific needs. What she got was advice to watch a few YouTube videos and a cheerful reminder that 'it could be worse'. An honest, hilarious and heart-rending account of living with mental illness, My Sh*t Therapist will help you navigate the world, care for your mind and get through sh*t diagnoses, jobs, medications, boyfriends, habits, homes and therapists. You'll find no scented candles or matcha tea 'cures' for mental illness here. Instead, learn how a modern woman and her friends and followers navigate life with their brilliant but unpredictably sh*t brains. Having a crappy mental health day? I've got you. Want to chat antidepressants and breakdowns? Pull up a pew and let's get into it.

An Edited Life

If you are like me, all of your important papers and documents are scattered all

over the place. Some things in desk drawers, some in the closet, maybe some in the home safe or bank safety deposit box, or just stuffed in a box somewhere. Well, now is the time to get your life organized in this life binder. Put all of your important documents or list their locations in this handy-dandy 8.5X11 inch, 200 page, paperback organizer and journal. When a loved one dies, it is heartbreaking for those still alive and can be a huge pain trying to find everything to settle the estate. Knowing where all the important documents, like mortgage, insurance, passwords, and credit card info, are located will save you a ton of grief. When you get the peace-of-mind planner life binder and fill it out remember to put it in a very, very safe place. There will be treasure trove of personal information in the life organizer that should only be made public when you are dead and gone. So, put it in a safe, safe deposit box, or with your attorney and let other family members know where it is. Enter your personal information in this guided life planner, and keep it in a secure location. Valuable and practical, it is a tremendous gift for your family and personal friends. What info will you record? Emergency Contact Numbers Personal Information Extended Family Information Important Passcodes Social Media Logins & Passwords Other Logins & Passwords Real Property Owned Checking & Savings Accounts Mortgage Information Utilities Information (Sewer, Water, Electric, Gas, Garbage) Utilities Information (TV | Dish | Satellite) Landline & Cell Phone Information Homeowner's Insurance Information Automobile Insurance Information Life Insurance Information Long Term Care Insurance Information Cancer Insurance Information Miscellaneous Insurance Information Credit Card Information Automobile Loan Information Personal / Other Loan Information Final Wishes Will | Living Will Power Of Attorney Other Important Information 30 Lined Journal Pages To Write Whatever You Want Use the journal pages to write letters to loved ones or record your final days. Every adult member of your family should maintain a Life Journal Binder to keep track of the important things in their lives. And, don't forget to keep it current and update it at least twice per year. Note: This planner is not a legal document and does not replace a valid will

Tough Sh*t

Where and who do we want to be? How might we get there? What might happen if we stay on our current course? In *The Future of British Politics*, comedian Frankie Boyle takes a characteristically acerbic look at some of the forces that will be key in coming years, from Scottish independence and post-colonial entitlement to big tech surveillance and the looming climate catastrophe. Despite his fears that 'soon the only red tape in this country will be across the finish line of the compulsory Food Bank Olympics', he manages to locate some hopeful signs amid the gloom, reminding us that 'despair is a moment that pretends to be permanent'. This brief but mighty book is one of five that comprise the first set of FUTURES essays. Each standalone book presents the author's original vision of a singular aspect of the future which inspires in them hope or reticence, optimism or fear. Read individually, these essays will inform, entertain and challenge. Together, they form a picture of what might lie ahead, and ask the reader to imagine how we might make the transition from here to there, from now to then.

My Shit Life So Far

This enchanting Newbery Honor Book is a “magical find” (School Library Journal). Half moorfolk and half human, and unable to shape-shift or disappear at will, Moqi threatens the safety of the Band. So the Folk banish her and send her to live among humans as a changeling. Named Saaski by the couple for whose real baby she was swapped, she grows up taunted and feared by the villagers for being different, and is comfortable only on the moor, playing strange music on her bagpipes. As Saaski grows up, memories from her forgotten past with the Folks slowly emerge. But so do emotions from her human side, and she begins to realize the terrible wrong the Folk have done to the humans she calls Da and Mumma. She is determined to restore their child to them, even if it means a dangerous return to the world that has already rejected her once.

Figuring Shit Out

What is an escape route? An escape route is essential if you want to stay scot-free and not end up in prison or worse. This is a story about myself and the many tight spots I have got myself into and how I managed to escape scot-free. Indeed I am a Scot and know the origin and meaning of the expression. So I have always known to make sure that I had an escape route to prevent me from ending up in the quicksand. In the course of this book, I intend to give you my outlook on life, how I've spent it and my opinions on many subjects. The vast majority of this book is true and the few exaggerations I have included for a laugh, you will be able to spot, but there are very few. I will not be caring if I offend anyone nor will I be politically correct in any way. If you are easily offended, don't read it. I was born in the sixties, so my sense of humour came into being in the seventies when things weren't quite so politically correct as they are now. Those were the days when Warren Mitchell's character Alf Garnett was the biggest comedy star on the television, so the sense of humour in this book will not be to everyone's taste. But if you enjoy a good laugh . . . read on.

Stop Doing That Sh*t

NEW YORK TIMES BESTSELLER • A young woman is caught up in a dangerous double life on behalf of her country during World War II in Danielle Steel's thrilling new novel. At eighteen, Alexandra Wickham is presented to King George V and Queen Mary in an exquisite white lace and satin dress her mother has ordered from Paris. With her delicate blond looks, she is a stunning beauty who seems destined for a privileged life. But fate, a world war, and her own quietly rebellious personality lead her down a different path. By 1939, Europe is on fire and England is at war. From her home in idyllic Hampshire, Alex makes her way to London as a volunteer in the First Aid Nursing Yeomanry. But she has skills that draw the attention of another branch of the service. Fluent in French and German, she would make the perfect secret agent. Within a year, Alex is shocking her family in trousers and bright red lipstick. They must never know about the work she does—no one can know, not even the pilot she falls in love with. While her country and those dearest to her pay the terrible price of war, Alex learns the art of espionage, leading to life-and-death missions behind enemy lines and a long career as a spy in exotic places and historic times. Spy follows Alex's extraordinary adventures in World War II and afterward in India, Pakistan, Morocco, Hong Kong, Moscow, and Washington, D.C., when her husband, Richard, enters the foreign

service and both become witnesses to a rapidly changing world from post-war to Cold War. She lives life on the edge, with a secret she must always keep hidden.

What Matters Most

Good advice for tough times "To succeed in life, you need three things: a wishbone, a backbone and a funny bone." —Reba McEntire "You can't be brave if you've only had wonderful things happen to you." —Mary Tyler Moore "Sometimes you just have to pee in the sink." —Charles Bukowski "Don't go around saying the world owes you a living. The world owes you nothing. It was here first." —Mark Twain "Anyone who trades liberty for security deserves neither." —Benjamin Franklin "When your dreams turn to dust, vacuum." —Desmond Tutu Ever had one of those days when nothing seems to go your way? Poor little you. Now deal with it! Life is too short to spend moping around when instead you could be taking things with a pinch of salt—and a shot of tequila. Here's a book packed with straight-talking quotations to help you get a grip and find the brighter side.

History of Shit

THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF THE LIFE-CHANGING MAGIC OF NOT GIVING A F*CK AND YOU DO YOU The no-f*cks-given, no-holds-barred guide to living your best life Ever find yourself stuck at the office-or even just glued to the couch-when you really want to get out (for once), get to the gym (at last), and get started on that "someday" project you're always putting off? It's time to get your sh*t together. In The Life-Changing Magic of Not Giving a F*ck, "anti-guru" Sarah Knight introduced readers to the joys of mental decluttering. This book takes you one step further--organizing the f*cks you want and need to give, and cutting through the bullsh*t cycle of self-sabotage to get happy and stay that way. You'll discover: The Power of Negative Thinking Three simple tools for getting your sh*t together How to spend less and save more Ways to manage anxiety, avoid avoidance, and conquer your fear of failure And tons of other awesome sh*t! Praise for Sarah Knight "Genius." --Cosmopolitan "Self-help to swear by." --The Boston Globe "Hilarious truly practical." --Booklist

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