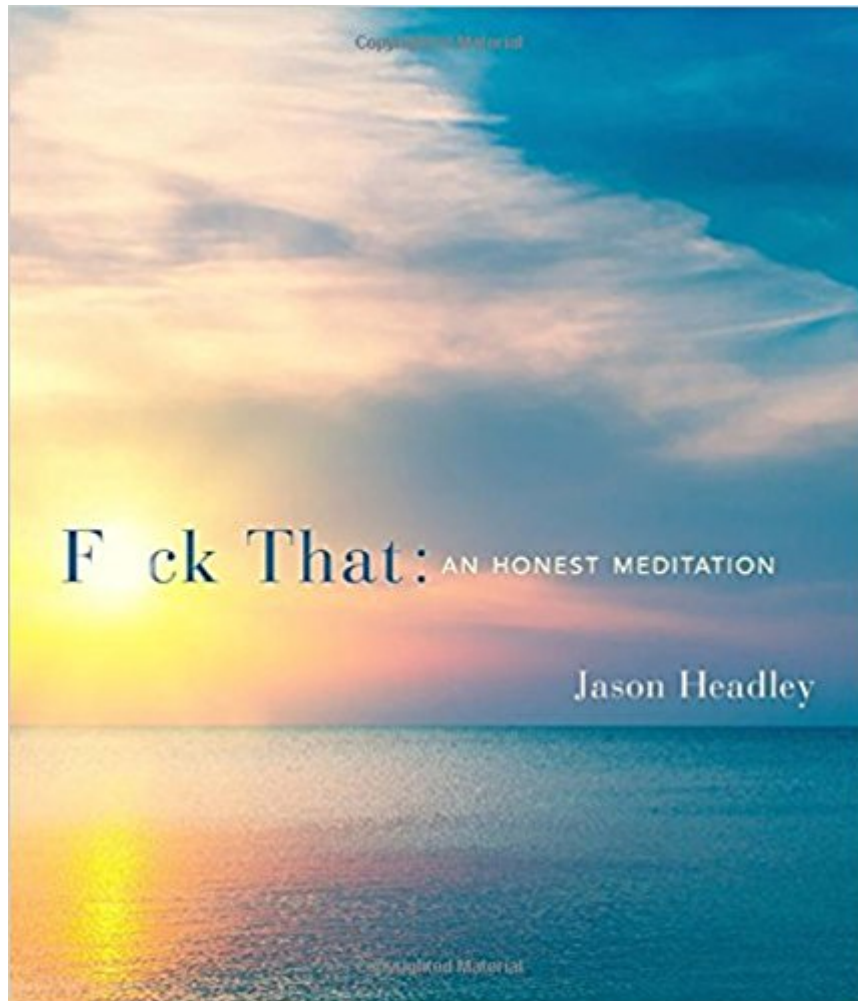




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F*ck That: An Honest Meditation



Synopsis

Let this book help you find peace with the challenges that surround you.Â Â Because they are f*cking everywhere. We all have an inner voice. Sometimes it's just not quite as serene as we'd like.Â Â Based on the viral video that had everyone from yogis to workaholics raving,Â F*ck ThatÂ is the completely truthful and oddly tranquil guide to achieving your inner peace.

Book Information

Hardcover: 64 pages

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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 inÂ Books > Humor & Entertainment > Humor > Parodies #52 inÂ Books > Humor & Entertainment > Humor > Self-Help & Psychology #62 inÂ Books > Humor & Entertainment > Humor > Love, Sex & Marriage

Customer Reviews

JASON HEADLEY is a writer and director whose short films have been featured on theÂ Today Show, SundanceTV, Funny or Die,Â 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.

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