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It's hard to leave a negative review of this book without falling into one of the many traps we find ourselves falling into as human beings or, as the author puts it, the ways we fu*k ourselves. Fortunately, I don't have to.

Unfu*k Yourself: Get Out of Your Head and Into Your Life

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Ladies and Gents welcome to a brand new blog post format! We are excited to share our first ever book review, Unfu*k Yourself by Gary John Bishop. A New Idea . Before we get into the review of Unfu*k Yourself,

let me explain the idea behind these reviews. As you may have noticed, if you are a regular reader, we have not posted a new blog recently.

The UYP Book Review - Unfu*k Yourself - UYP Lifestyle

Summary Unfu*k Yourself: Get Out of Your Head and into Your Life is a self-empowerment book that will help you reach any goal you set for yourself. It is designed to show you what is holding you back so you can overcome it.

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Unfu*k Yourself by Gary John Bishop by Gary John Bishop

It isn't other people that are standing in your way, it isn't even your circumstances that are blocking your ability to thrive, it's yourself and the negative self-talk you keep telling yourself. In Unfu*k Yourself , Bishop leads you through a series of seven assertions:

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