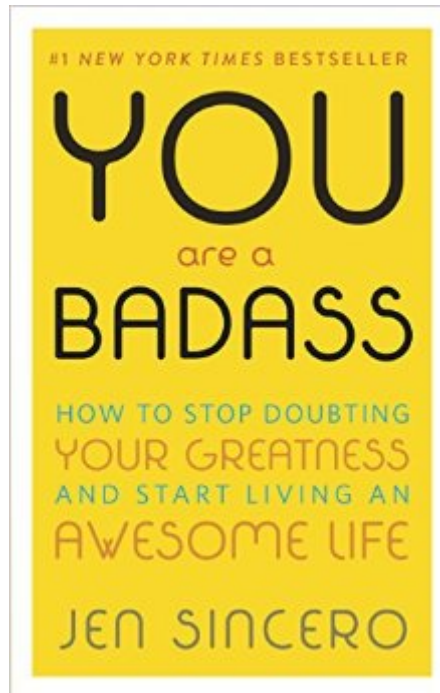


The book was found

You Are A Badass: How To Stop Doubting Your Greatness And Start Living An Awesome Life



Synopsis

The #1 New York Times Bestseller YOU ARE A BADASS IS THE SELF-HELP BOOK FOR PEOPLE WHO DESPERATELY WANT TO IMPROVE THEIR LIVES BUT DON'T WANT TO GET BUSTED DOING IT. In this refreshingly entertaining how-to guide, #1 New York Times Bestselling Author and world-traveling success coach, Jen Sincero, serves up 27 bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word. If you're ready to make some serious changes around here, You Are a Badass will help you: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, blast past your fears so you can take big exciting risks, figure out how to make some damn money already, learn to love yourself and others, set big goals and reach them - it will basically show you how to create a life you totally love, and how to create it NOW. By the end of You Are a Badass, you'll understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to use The Force to kick some serious ass. If you're wanting to kick some serious ass in the money department (you wanna?) and start making the kind of dinero you ain't never made before, pre-order the next book in the series that's all about your financial badassery: You Are a Badass at Making Money: Master the Mindset of Wealth, coming in April, 2017 from Viking Press.

Book Information

Paperback: 256 pages

Publisher: Running Press; 1 edition (April 23, 2013)

Language: English

ISBN-10: 0762447699

ISBN-13: 978-0762447695

Product Dimensions: 0.8 x 5.8 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars See all reviews (1,509 customer reviews)

Best Sellers Rank: #43 in Books (See Top 100 in Books) #3 in Books > Self-Help > Personal Transformation #4 in Books > Self-Help > Motivational

Customer Reviews

I rarely write negative reviews because I know that what goes into writing a book is a lot of hard work. But as a therapist, I am concerned that the "badass" attitude that the author holds toward the reader is potentially damaging. Several times in the first 1/2 of the book (which was all I could

stomach) she declares that you are a wimp if you don't follow her ideas or methods. Ick. This totally goes against the basic premise of the law of attraction. There are so many books on manifesting that are more comprehensive and respectful to the reader. And the information is not rocket surgery. Here are the basics: 1. Self limiting beliefs that you formed from early negative experiences hold you back from doing what you would most love. 2. Those same beliefs are likely creating self-criticism, anxiety and depression in you, which also holds you back. 3. Learning to love yourself (by practicing doing loving things and speaking to yourself kindly and compassionately) will eventually shift your beliefs. You can speed up this process with repetition (mantras, affirmations, etc.). 4. If all the spiritual, woo-woo talk about frequencies and vibrations makes you roll your eyes, no worries. It is your own energy that creates the relationships, experiences and perceptions you have. You know this from experience. When you are having a great day, the world looks brighter. People seem friendlier (because they are responding to your warmth). When your day is sucking, everyone becomes a pain in the butt. 5. Staying in a loving space with yourself requires ongoing maintenance and support. You will do better if you limit contact with people who make you feel bad or doubt yourself and increase contact with those you make you feel stronger and happier. 6.

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Summary of You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero: Includes Analysis Badass: A Relentless Onslaught of the Toughest Warlords, Vikings, Samurai, Pirates, Gunfighters, and Military Commanders to Ever Live (Badass Series) Badass: Making Users Awesome PASSIVE INCOME: Stop working - Start living - make Money while you sleep (top ideas to create your personal money machine, a step by step guide to create passive income) Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) Stop Dieting Start Living: 5 Foundations for Your Health to Permanently Lose Weight Without Dieting, Starvation or Suffering in Silence The Spender's Guide to Debt-Free Living: How a Spending Fast Helped Me Get from Broke to Badass in Record Time The Spender's Guide to DebtFree Living: How a Spending Fast Helped Me Get from Broke to Badass in Record Time Small Time Operator: How to Start Your Own Business, Keep Your Books, Pay Your Taxes, and Stay Out of Trouble (Small Time Operator: How to Start Your ... Keep Yourbooks, Pay Your Taxes, & Stay Ou) How to Stop Worrying and Start Living: Time-Tested Methods for Conquering Worry Como Suprimir las Preocupaciones y Disfrutar de la Vida [Stop Worrying and Start Living] How to Stop Worrying and Start Living Mid-Life Career Rescue (Employ

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