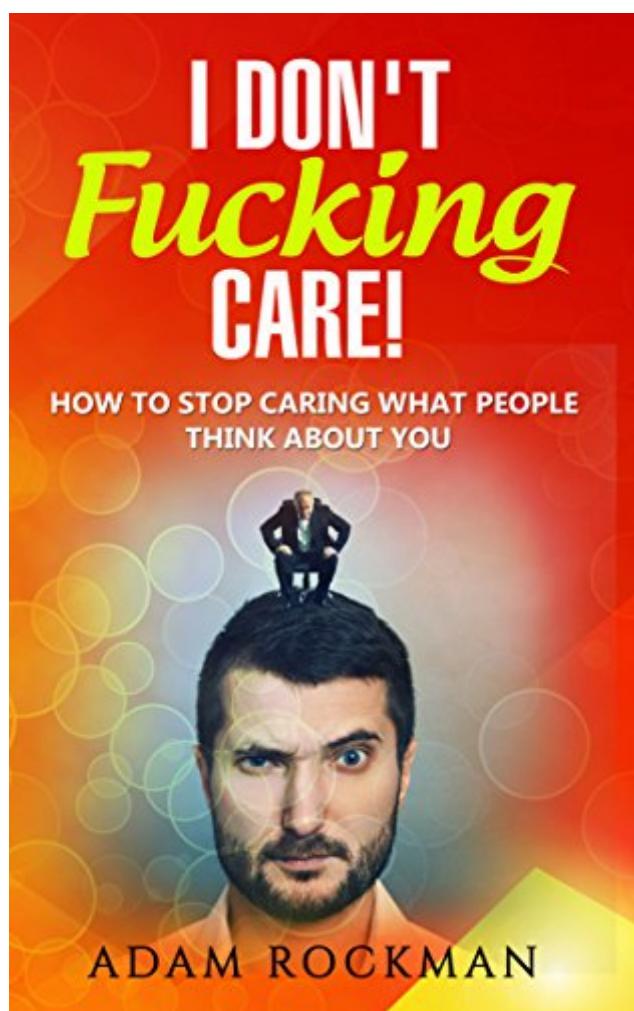


The book was found

I Don't Fucking Care!: How To Stop Caring What People Think About You



Synopsis

Do you care too much about other people's opinion of you? Do you constantly worry about rejection? If yes, then read this book! Imagine being at a party and saying exactly what you want without worrying people will think you are strange. Imagine being able to introduce yourself with confidence. Imagine freedom from the approval seeking behavior that prevents you from building real connections with other people. Your desire for social approval is normal, but letting it run your life definitely is not. Of course you want to make friends and avoid making enemies, but constantly sucking up to people, being afraid to be yourself, and lying about your beliefs and opinions just to make other people think you are cool is a disease. You don't need to be inauthentic. InÂ I Dont Fucking Care! How to stop caring what other people think about you,Â You will learn how to recognize all your habits and behaviors that show you care too much, and how to change these bad habits so you can live life as your authentic self and be appreciated for being you. Think about how your life can improve once you stop caring what other people think of you. Treat your mind like a house. Sometimes you need to do some green housecleaning to save energy and stay organized. It's the same for your mind because negative thoughts, and worry of rejection drainÂ all your energy and leaveÂ your mental state in a pathetic mess.Â Inside You will Discover:How to Confidently Share Your OpinionHow to Stop WorryingHow to be AssertiveHow to Accept RejectionHow to Improve Your Self-EsteemHow to Overcome Social PhobiasThe 3 Things That Prevent Expressing Your Authentic SelfAnd More. See what others are saying: "This book is great for people who have a low sense of self esteem, or are trying to impress other people to 'fill a void'. Its written in a sharp, quirky manner that makes it straight forward and exciting to read, and prompts the reader to do exactly as the book does and 'leave emotion out if it'! It poses a lot of questions I could personally relate to and wasn't actually aware of. All in all quiet an eye-opening book with great practical tips on how to love life more by stopping the act of making others happy, and rather focusing on your own happiness! We all need to love ourselves a bit more." - D. Chittendon "I'm happy I can finally feel free to express myself." - Joe GideonBuy now and stop worrying today!

Book Information

File Size: 2051 KB

Print Length: 72 pages

Simultaneous Device Usage: Unlimited

Publication Date: January 19, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01AV9JS84

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #157,830 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #5 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Crafts & Hobbies > Dye #27 in Books > Crafts, Hobbies & Home > Crafts & Hobbies > Needlecrafts & Textile Crafts > Dye #171 in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Crafts, Hobbies & Home

Customer Reviews

This book is both fun and profound. What I found in this book was a lot of practical advice on curing my addiction to social approval. I used to worry more about what people think of me and my actions. Now sometimes I still worry about it. But I'm a lot more aware of how people think and I worry much less what people think about me. I know I shouldn't be trying to impress everyone and there was some good advice in this book for figuring out how to do that.

At times the advice in this book seemed a little harsh, but I think it was merely because I'm female and the book was written from a decidedly male perspective. Overall, the advice is very practical and can help you regardless of gender.

Here is a book that pulls no punches but was really good to read with lots of useful information. It was interesting and enjoyable. Would recommend to all my friends and anyone else who asks.

We live in a world where we focus too much on what other people think about us and forget to stay authentic and listen to what makes us happy. The need to fit in and be liked is a huge burden on our self-esteem and Adam Rockman gives great advice in a straight forward way on how to not care about what other people think. Anyone who struggles with low self-esteem and cares too much about other people's opinion should read this book.

Ok, I've read some other books, blogs, and videos on this topic. I came across this book on . It was free so I decided to download it. I read it and it just hit me. It takes many of the other advice you may or may not heard of but just takes away the fluff and tells you how to apply it. Short book, but really helps you learn how not to give a crap to live a happier healthier life. Highly recommended!

I liked the book but, I think it was written to help Men. I am a woman and learned a lot too. I liked the way it was written and explained. great read!!

A short, easy read with some great points and exercises to help combat an excessive need for social approval. I will be putting these exercises into my daily life and rereading parts often

Not what I was expecting, may be helpful to others.

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