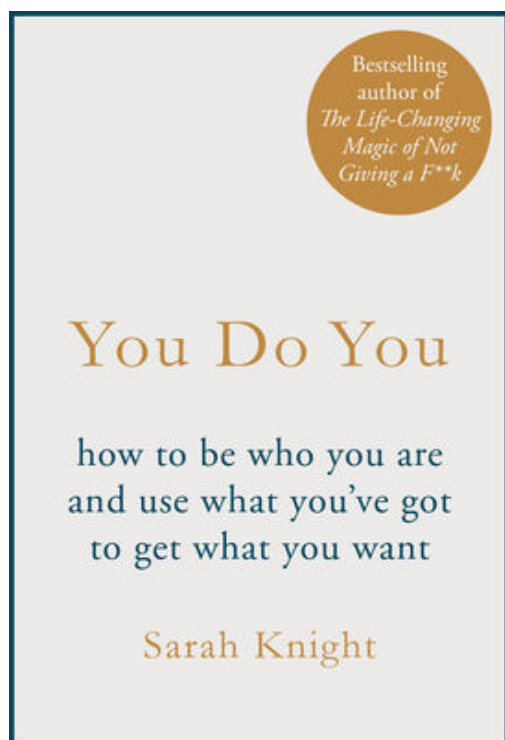


Télécharger Livres Gratuit You Do You (PDF | ePub | Mobi) Sarah Knight download-free



In *The Life-Changing Magic of Not Giving a F**k*, our favourite 'anti-guru' Sarah Knight unleashed the power of saying no. In *Get Your Sh*t Together*, she prioritised the sh*t you need and want to do so you can achieve your hopes and dreams. Now she's back, doubling down on your happiness with her latest message: *You Do You*.

Being yourself should be the easiest thing in the world. Yet instead of leaning in to who we are, we fight it, listening too closely to what society tells us. *You Do You* helps you shake off those expectations, say f**k perfect, start looking out for number one and keep on with your badass self. From career and finances to relationships and family, lifestyle and health, Sarah Knight rips up the rulebook.

Writing about her mistakes and embarrassments in her own personal quest to 'do me' - because nobody gets everything right all day, every day - Sarah Knight shows why you can and should f**k up and teaches you to let yourself off the hook,

bounce back and keep standing tall.

What everyone is saying about Sarah Knight:

'The anti-guru' *Observer*

'I love Knight' *Sunday Times*

'Life-affirming' Lucy Mangan, *Guardian*

'Genius' *Vogue*

Title	:	You Do You
Author	:	Sarah Knight
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File Size	:	3.04MB

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