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Packed with humor, inspiration, and advice, You Are a Badass is the #1 New York Times bestselling self-help book that teaches you how to get better without getting busted.In this refreshingly entertaining how-to guide, bestselling author and world-traveling success coach, Jen Sincero, serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to:Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want.Create a life you totally love. And create it NOW, andMake some damn money already. The kind you've never made before.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. ISBN-13: 9780762490547 Publisher: Running Press Book Publishers Publication date: 10/17/2017 Edition description: Deluxe Edition Pages: 272 Sales rank: 68,257 Product dimensions: 6.00(w) x 8.10(h) x 0.90(d) The County of Los Angeles Public Library system is a manifestation of my subconscious. I put books on hold with its online tool and then forget all about them. Later I get a notification that the book is waiting for me at my local library, and I go pick it up and read it. Simple. More often than not, the latest book that emerges from the system is the exact thing I need to read at that time in my life. Tina Fey's Bossypants when I most needed a belly laugh. Neil Gaiman's The Ocean at the End of the Lane when I needed an escape. When I picked up Jen Sincero's You Are a Badass: How to Stop Doubting your Greatness and Start Living an Awesome Life, it turned out I needed some high-level motivation delivered with a wink and a raised eyebrow. As usual, I had forgotten I put it on hold. I had seen a photo of the book shared on Facebook by a colleague. It's bright yellow and has the word "badass" in the title. Naturally, it caught my eye. I first thumbed through it with idle curiosity. Why did my colleague, who seemed so put-together, enjoy this self-help book so much? What would I gain from it? Did I even have time to read this? But Sincero's voice grabbed me right away. Her first line, after quoting Reverend Michael Bernard Beckwith, is, "I used to think quotes like this were a bunch of crap." This wouldn't be your usual self-help book after all. She uses salty language, makes fun of and then embraces traditional soul-searching techniques, and shares her own journey of self-discovery and success. Determined to improve her life, Sincero gave up on the way she used to do things and took a chance on the extremes of the self-help world. This included retreats where she had to scream and beat pillows and write letters to her uterus. But with a cheerful eye roll, she uses these moments as entertaining stories that segue into the deeper subjects at the heart of this book: how to get your act together, stop wasting time on self-doubt and live a life that makes you happy. I'm a writer, so I'm fairly well-acquainted with self-doubt. Using that familiar subject as a touchpoint, I found that many of Sincero's short, easily digestible chapters had commentary about what's happening in my life these days. Feeling insecure about applying for a new opportunity, I read this line: "[W]hat if you had the audacity to leave your excuses and your shame about wanting to be huge and fabulous behind and really went for it full-on anyway?" The next day, I found myself giving my 10-year-old son advice about speaking up in class. "Don't let fear of embarrassment keep you from doing the things you want to do." Way to preach, Mom. I held my breath and applied for that job. Another day, I was handling a conflict with a difficult friend. I happened to be reading the chapter "Millions of Mirrors," which advises us to examine the people in our lives. If they're unpleasant and crazy-making, why are they there in the first place? Sincero doesn't tell us to dump difficult people outright — first, take a look at what they mean. Are we the problem? Is it time to own our "ugly"? Or are we enabling them, allowing them to beat us up? She writes "Don't miss the glorious opportunity to learn what's being handed to you by the person whose mouth you'd really love to stick your fist in." Reading this, I was reminded to take a step back and be more patient. In most self-help books, there is God, of course. Sincero doesn't skip over this concept in favor of being cool and snarky, but she does allow for skeptics, suggesting the reader can choose her own name for divine inspiration: "The Universe," "Source Energy," "The Force." Faith is a through-line in the book, and it only got heavy-handed for me in her section about attracting money. I'm not ready to buy an expensive car I can't afford with the faith that doing so will force me to go out and make the money to pay for it. But hey, it worked for her. As contemporary and relatable as Sincero's language is, every chapter in You Are a Badass ends with the advice to "love yourself," in specific ways that incorporate the chapter's topic. That may sound a little bit too self-helpy, but I'll allow it. We can all benefit from that advice. I returned the library's copy of the book and bought my own, a bright yellow reminder to pay attention and be awesome. Kim Tracy Prince is a Los Angeles-based freelance writer. Sign in to add and modify your software Continue with email By joining Download.com, you agree to our Terms of Use and acknowledge the data practices in our Privacy Policy. 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, bestselling author and world-traveling success coach, Jen Sincero, serves up 27 bitesized chapters full of hilariously inspiring stories, sage advice, easy exercises, and the occasional swear word, helping you to: Identify and change the self-sabotaging beliefs and behaviors that stop you from getting what you want, Create a life you totally love. And create it NOW, Make some damn money already. The kind you've never made before. 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. Page 238: Hang out with people who are kicking ass and will make you feel like a giant loser if you're not kicking ass, too. I (obviously) can't stress this enough.NOW you tell me.I'm not a fan of "tough love." I understand it's necessary in some situations, but for example, if I were on The Biggest Loser, there is NO WAY I would choose the personal trainer who bellows and screams at everyone as if she's lost her marbles. That sort of thing would make me angry but it wouldn't really motivate me. Page 238: Hang out with people who are kicking ass and will make you feel like a giant loser if you're not kicking ass, too. I (obviously) can't stress this enough.NOW you tell me.I'm not a fan of "tough love." I understand it's necessary in some situations, but for example, if I were on The Biggest Loser, there is NO WAY I would choose the personal trainer who bellows and screams at everyone as if she's lost her marbles. That sort of thing would make me angry but it wouldn't really motivate me. Page 238: Hang out with people who are kicking ass and will make you feel like a giant loser if you're not kicking ass, too. I (obviously) can't stress this enough.NOW you tell me.I'm not a fan of "tough love." I understand it's necessary in some situations, but for example, if I were on The Biggest Loser, there is NO WAY I would choose the personal trainer who bellows and screams at everyone as if she's lost her marbles. That sort of thing would make me angry but it wouldn't really motivate me. One thing I hated about You Are a Badass is that Jen Sincero works really hard to make you feel like a big loser if you haven't yet achieved every single dream you've ever had in life. I didn't find it motivating, I found it demoralizing and depressing. And I didn't even realize she was doing it deliberately until I got to the excerpt above. I wish I'd known it was intentional all along—I still wouldn't have found it motivating, but at least I would have been annoyed or angry instead of feeling like a giant loser the whole time.Beyond that, this book was way more woo-woo than I was expecting. Sincero believes very strongly that we need to "vibrate at a high frequency" and this will cause good things to come our way. Of course, we also need to work really hard, keep our eyes on the prize, and possibly wait years and years for those good things, which makes you wonder if the vibrating part is actually necessary. But it is! Be vibrating at a high frequency at all times or you have only yourself to blame if your life isn't amazing every minute! If you're not put off by this oft-repeated bit of woo-woo, just wait until you see the out-there books she recommends in the suggested reading at the back. Frankly, if I'd known this was what I was signing up for, I never would have bought this book in the first place. (Don't ask me why I did buy this book in the first place, because I don't remember.)As for what I liked about it. I know a lot of people are against self-help books on principle, but I'm not—people sometimes need advice, and as book people it makes sense we might turn to books. The only reason I've read so few self-help books myself is that most of them are deadly boring. But this one wasn't! It was well-written and lively and way funnier than any other self-help book I've tried. So at least I was entertained while feeling like a loser.Also, sometimes it's just good to get a reminder that thinking positively is a better idea than thinking negatively. I'm looking to make some big changes in my life, but I know it's going to be hard and a lot of work, and I've just been feeling depressed about it. This book reminded me that, even if things don't work out exactly as you want them to, you make things much easier on yourself simply by trying to have a good attitude instead of a poor one. I realize this is an obvious point, but it was something I did need to hear right now. In that sense this book was helpful.As I was getting close to finishing this book I was thinking I'd leave it in the lobby of my apartment building or my workplace's book swap rather than keeping it, but then I realized I'd done so much underlining in the book it would be a little weird to give it away. So that's where I'm at with this book—I apparently found a lot of meaning in it but still saw it as disposable. Should you read it? I think you all know whether this sort of thing appeals to you or not, and if it doesn't, this won't be the book that changes your mind.more

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