



F**k Up This Book: (. And Not Your Life)

By Fred Calhoun

Black and White Publishing. Paperback. Book Condition: new. BRAND NEW, F**k Up This Book: (. And Not Your Life), Fred Calhoun, F**K UP THIS BOOK (.not your life) is all about you. What do you love? What do you hate? Where's your life going? What can you do to make it better? What frustrates you and what makes you angry? Are your jokes funny? Do you really like your partner? What's your worst swear word? Should you start a new business? Can you draw a perfect circle? What's your favourite nightmare? What's the worst lie you've ever told? Which celebrity annoys you most? What are your real guilty pleasures? And what's it all about, Alfie? And as you answer the questions and complete the tasks, every time you feel angst, frustration or anger you get to take it out on this ultimate destructive therapy book. And when you've punched it, kicked it, hit p19 with a hammer (as many times as you like), torn it to shreds and run it over, you will feel better. Your book will be f**cked up, but it might just change your life forever.



Reviews

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Index to the Classified Subject Catalogue of the Buffalo Library; The Whole System Being Adopted from the Classification and Subject Index of Mr. Melvil Dewey, with Some Modifications.

Rarebooksclub.com, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****. This historic book may have numerous typos and missing text. Purchasers can usually download a free scanned copy of the...



1300+ Jokes: Animal Jokes for Kids

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.1300+ Funny Animal Jokes for Kids!Are you looking for a fun book to keep the kids entertained and happy? This...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



Dom's Dragon - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...



Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!

Harriman House Publishing. Paperback. Book Condition: new. BRAND NEW, Millionaire Mumpreneurs: How Successful Mums Made a Million Online and How You Can Do it Too!, Mel McGee, Inspiring stories from some of the world's most successful mumpreneurs 'Millionaire Mumpreneurs' isn't about traditional...



Grandpa Spanielson's Chicken Pox Stories: Story #1: The Octopus (I Can Read Book 2)

HarperCollins, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Foreword by Raph Koster. Introduction. I. EXECUTIVE CONSIDERATIONS. 1. The Market. Do We Enter the Market? Basic Considerations. How and Which Niche? Market Analysis: Who Are...