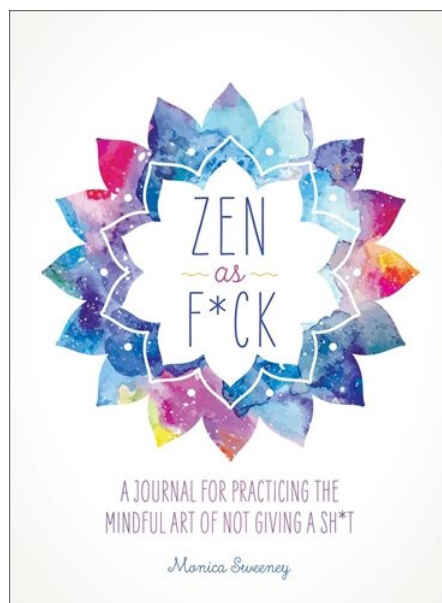


8nxV5 [Free PDF File] Zen as F*ck: A Journal for Practicing the Mindful Art of Not Giving a Sh*t



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A beautiful, uplifting guided journal for when you just don't give a f*ckThe road to serenity is ahead, and its paved with a f*ck-ton of profanity. When quiet meditation and peaceful mantras arent enough to cut through the bullsh*t and brighten your day?hold close the pages of Zen as F*ck. On each and every page, you can give the good around you a warm f*cking hug and kick the bad on its ass. Journal your way through positive affirmations and cathartic-as-f*ck activities on your liberating journey toward something pretty close to happiness. Sprinkle, scatter, or set off a glitter-bomb of happy vibes onto your trail of tranquility with Zen as F*ck! Start sparkling like the f*cking gem you are Learn how to rise, shine, and kick ass Cast your soul-shining light on others and spread some f*cking beauty

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