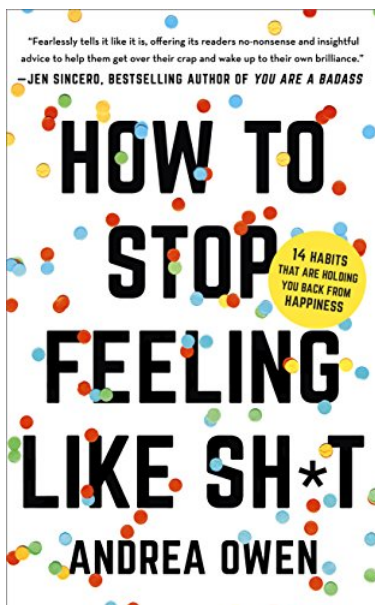


# [GET] How to Stop Feeling Like Sh\*t: 14 Habits that Are Holding You Back from Happiness



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For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F\*ck*--a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success--*How to Stop Feeling Like Sh\*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen--a nationally sought-after life coach--crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

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