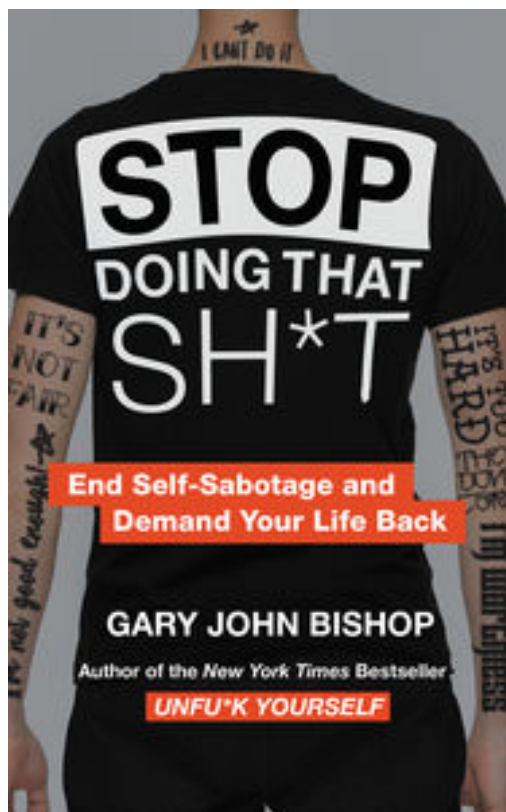


Stop Doing That Sh*t - Gary John Bishop

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Stop Doing That Sh*t Gary John Bishop Read ebooks [EN] PDF, ePub, Mobi, Why do you act the way you do? Do you ever feel like you get stuck in destructive cycles that hold you back from living the life you really want? In a dynamic, compelling and aha-filled journey, Stop Doing That Sh*t helps you connect the dots of your “stuff” all the way from your past to the present. You’ll make sense of yourself as you uncover how to interrupt those destructive cycles of yours and make the kind of profound shift needed to get your life on track.

If you can’t save money, if you keep ending up in the same types of toxic relationships, if you feel unloved, don’t fit in, not enough or any one of the myriad of ways that a human being trashes an otherwise good life, this is the book for you.

Written in the same irreverent, in-your-face style that resonated with the hundreds of thousand of fans who read Unfu*k Yourself, Stop Doing that Sh*t skillfully reveals our deepest subconscious machinery, with a real-world approach to powerfully translate our most negative thoughts and behaviors into a vitalizing, sabotage-free future. “Stop

indulging yourself with fantasies and dramas and unresolved issues. Wake the hell up!” Bishop writes.

Look, you might have fu*ked up in the past, so what? Stop Doing That Sh*t reveals how you can break free of those deep-seated patterns to live the life you always knew you wanted but could never quite seem to have. As Bishop says, “The future has arrived. Now what the hell are you going to do about it?”

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