



# How to Not Give a F\*ck at Christmas: A No F\*cks Given Guide to Surviving the Holidays

*Sarah Knight*

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For a stressed-out, overbooked, steadfast giver of too many f\*cks, the holidays can be your Kryptonite. In this season of giving, spending, going, doing, and more, it's all too easy to wear yourself out pleasing everyone else.

In *The Life-Changing Magic of Not Giving A F\*ck*, Sarah Knight taught you how to shed your unwanted obligations, shame, and guilt, and devote your time and f\*cks to things that make you happy. In this pint-sized ebook, she'll tell you how to apply the principles of not giving a f\*ck that work for you 11 months of the year to the holiday season.

## How to Not Give a F\*ck at Christmas: A No F\*cks Given Guide to Surviving the Holidays Details

Date : Published November 28th 2016 by Little, Brown and Company

ISBN :

Author : Sarah Knight

Format : Kindle Edition 21 pages

Genre : Nonfiction, Self Help, Humor

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# **From Reader Review How to Not Give a F\*ck at Christmas: A No F\*cks Given Guide to Surviving the Holidays for online ebook**

## **Hayden says**

Yes I read this in its entirety on Christmas Eve. Yes it was a good way to spend the time (I was at my in-laws' house).

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## **Natalie says**

Very entertaining and short little ebook. I am all about simplifying my "F\*cks Given Budget" and this was a perfect read for starting the new year. I have her next book already on deck!

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## **Lisa Lou says**

No new, earth-shattering advice but a few useful, simple reminders/examples to slow down and do what is best for you (although I would have preferred different vocabulary since it distracted from the message of the book).

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## **Dominique says**

Meh.

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## **Ally says**

A short and sassy book (essay?) about how to have a happier holiday season without going crazy, broke, or exhausted. If you've read this, you'll find more information (and sass) in the author's previous book THE LIFE-CHANGING MAGIC OF NOT GIVING A F\*CK.

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## **Christina says**

It was a short but quite enjoyable read. Lots of F-bombs, naturally.. but the title alone should have told you That was going to be a thing.

I really liked this book, very uplifting. I plan on picking up her other titles soon.

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## **Madelyn says**

I want this to be longer. I really needed to read the part about just not buying gifts. As a person who has her NotSorry method properly down, I am still perplexed by what dire consequence I imagine id run into if I just simply don't buy someone a gift.

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## **Tasha Driver says**

Just meh.

Cute and sassy, I guess. But too short to be considered a book and mostly stuff reiterated from her other books, just "Holiday" style.

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## **Kristen McBee says**

Of course I love it. Sarah gives some concrete tips for staying sane during the holidays. Just the quick reminder I needed today.

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## **Connie Weiss says**

I still give a \*\*\*\*\*. I can't help myself...but I have pared down. If it stresses you out or your family doesn't enjoy it anymore, get rid of that tradition/event/food.

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## **Bill Kramer says**

I thought most of the material was intuitively obvious and has been covered by one major magazine or another at this time of year. I don't mind the use of the "F" word as it occurs in natural conversation, but it was used so often that it was a major distraction from the message she was trying to convey.

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