



F*ck That: An Honest Meditation

Jason Headley

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Let this book help you find peace with the challenges that surround you.

Because they are f*cking everywhere.

We all have an inner voice. Sometimes it's just not quite as serene as we'd like.

Based on the viral video that had everyone from yogis to workaholics raving, *F*ck That* is the completely truthful and oddly tranquil guide to achieving your inner peace.

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