



Unfu*k Yourself: Get out of your head and into your life

By Gary John Bishop

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Nothing is exempt from the power of guidance that Gary offers in this book. Divorce, loss, failure, burden, health... There is no circumstance or concern that won't be affected and elevated to a state of workability by his offerings. Within the pages of this book, you will find the power you've given away and use it to untwist the veil that clouds how you see life. When you're finished reading it you'll likely find yourself going back to it over and over to feel the energy and passion that Gary puts into helping the world undo a lifetime of what's been done by them. You'll find yourself owning more than you ever thought you were responsible for and you'll actually feel good about it, no in fact, great about it.

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Unfu*k Yourself: Get out of your head and into your life By Gary John Bishop Bibliography

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Editorial Review

Review

“*UnFu*k Yourself* ... will guide you in how to deal with divorce, loss, failure, health, work place woes, and will give you the power back in tackling life and teach you how to deal with your problems by taking responsibility.” (*Reader's Digest*)

“If you like your self-help without any BS, look to Gary John Bishop's *Unfu*k Yourself*, [which] aims to help readers who feel f*cked up work through their challenges. You'll get advice and tools to combat negative self-talk and feel more empowered.” (*Bustle*)

“Meet Gary John Bishop, the straight-talking Glaswegian taking the self-help world by storm.” (*Sunday Herald*)

From the Back Cover

Wake up. You're a fu*king miracle of being.

What's standing in the way of you living your best life? Most people would reference things like relationships with other people, money, their job, or unfortunate circumstances. None of these explanations make any difference. Through decades of working with people as a personal development coach, Gary John Bishop has discovered that the barrier is one thing only: you. If you're easily offended, stop reading now. This isn't the book for you.

But if you're looking for a book that gives you the power to find everything you ever wanted residing within you like a well of potential, waiting to be expressed, you're in luck. *Unfu*k Yourself* is the handbook for the resigned and defeated, a manifesto for real life change and unleashing your own greatness.

About the Author

Gary John Bishop began his life journey in Glasgow, Scotland. The grit and wit of his early life have contributed to his tough-love, in-your-face approach to coaching. Coupled with world-class training and development, Gary has created a potent brew of effectiveness and the ability to reach through the crust of people's lives and root out the deeper issues that consume them and tie them to their challenges. His ability to elevate and expand people's greatness makes the kind of life-altering impact that is rare in the industry. Gary's hyper-awareness and years of elite training allow him to assess each client and guide them to the path that best expresses their lives; with micro precision, he cuts straight to the heart of what is going to make a difference. Gary's experience and quick ascent to becoming a senior program director for one of the world's leading personal development organizations is proof that he is dedicated and committed to what is possible for every person he encounters. He doesn't claim perfection. He's been through life and doesn't sugar coat his folly. He uses his experience as both a human being and a world class coach to mentor and coach people to raise the bar higher than what they once thought would be their greatest self. It is this experience that puts him in a class all his own as an author. His ability to condense vast ontological and phenomenological philosophy into a relatable approachable and empowering book are beyond earth shifting. He is committed to making a difference in the world and authorship part of that commitment.

Users Review

From reader reviews:

Nicholas Walsh:

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Robert Russo:

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Christina Pena:

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