



Give a F**k

A Brief Inventory of Ways In Which You Can

Felicity Morse

Keynote

Compact and punchy, Give a Fk will become your daily companion, your prompt to maintaining self-esteem, opening your eyes to the people and myriad situations you can bring your confident caring to.**

Description

A funny, wise, practical and expressive guide to caring and compassion – also known as 'giving a fk'!**

As a unique counter to other 'f**k' titles, in which we are encouraged to strive for what we want, our dreams and ambitions, by walking our own individual path, autonomously and without caring what others think, *Give A F**k* has one important, vital and highly topical theme at its heart: **compassion**. Otherwise known as caring, AKA giving a f**k. Journalist and life-coach Felicity Morse has turned her smart, witty and informed focus on developing our innate compassion / kindness skills, for the enduring benefit of ourselves, and for the many ways in which we can care for, help, learn from and work with the people and the world around us to achieve profound fulfillment.

*Give a F**k* covers **Self, Relationships, Community and Infinity and Beyond** and combines the author's warm, witty and philosophical narrative with thought-provoking and easy-to-implement emotional and role-play exercises. As a practicing successful life coach, Felicity Morse uses this expertise, along with her unique and entertaining voice to help us conquer our personal obstacles in the path of developing our most caring selves.

Sales Points

- A witty, thought-provoking and refreshing angle on the theme of compassion and caring
- A great shelf-companion to the likes of *The Life-Changing Magic of Not Giving a F**k*, with a distinct perspective
- Beautiful gift hardback in an elegant format
- Felicity Morse is a writer with a growing platform (37,000 Twitter followers) and reputation for her sharply intelligent journalism. She has written for *Huffington Post*, the *Independent*, *GQ* and the BBC, and more recently was the digital editor for *i*

Author Biography

Felicity Morse is a digital journalist, editor, social media consultant and life coach. She's written and worked for *Huffington Post UK*, the *Independent*, *GQ* and the BBC – and has more recently been digital editor for *i*. She is now a full-time life coach and writer.

Felicity has been focusing her writing and career on relationships and personal development, running an advice column for the *i* – as well as a coaching business, advising clients on how to overcome their personal hurdles to live a more fulfilling life. As part of this process she has also written powerfully and to acclaim about her own personal journey through grief and trauma.

Michael O'Mara.

www.mombooks.com

