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Give a F**k

A Brief Inventory of Ways
in Which You Can
FELICITY MORSE

A funny, wise and practical guide to caring and compassion - also known as giving a fk.**

In life, we are often encouraged to strive for what we want - our dreams and ambitions - by walking our own individual path, autonomously and without caring what others think.

Journalist and life coach Felicity Morse believes this is bullshit. Self-reliance and being 'tough' leaves us feeling drained, unhappy and unfulfilled. So what can we do? How can we care more, about ourselves and others, without burning out?

A unique counter to not giving a f**k, *Give a F**k* has one important, vital theme at its heart: compassion. In this compact and punchy guide, Felicity shares funny, wise and practical advice on:

- Why sensitivity is a superpower, and why being emotional is nothing to be ashamed of
- How to harness sensitivity and use compassion to stay engaged with yourself and the wider world
- How to nail self-love, treat yourself with care and set boundaries in relationships
- Why being self-reliant is an outdated concept, and how realising that we're all connected ultimately leads to greater self-awareness and fulfilment

Covering Self, Relationships, Community and Infinity and Beyond, *Give a F**k* provides thought-provoking, easy-to-implement emotional and role-play exercises to help us conquer our personal obstacles in the path of developing our most caring selves.

Warm, witty and entertaining, *Give a F**k* is a daily companion combining Felicity's unique philosophical voice with her expertise as a successful practising life coach, prompting us to develop our innate compassion and kindness skills to achieve profound fulfilment.

Felicity Morse is a digital journalist, editor, social media consultant and life coach with a growing platform and reputation for her sharply intelligent journalism. She has written and worked for *Huffington Post UK*, the *Independent*, *GQ* and the *BBC*, and was most recently Digital Editor for *i*. She is now a full-time life coach and writer. Join her 37k followers on

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