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Just saying ‘ F**k It ’ is therapeutic. And John C. Parkin ’ s F**k It philosophy – in the form of books and courses – has spread around the world (the original book has been translated into 22 languages). F**k It Therapy works its magic in many ways: helping people to relax, let go, do what they love and create a wonderful, abundant life.

F**k It Therapy Online Course: The
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TIME TO SAY “ F**K IT ” . Posted on August 17, 2013. October 26, 2017. by Sabrina Andrea Sachs. 17 Aug. When I first saw the book “ F**k It Therapy: The Profane Way to Profound Happiness ” at my local bookshop I thought it was the usual “ help-yourself-useless-bulls**t-type-of-book, but then after a few months, a

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friend who read it said it was great and hilarious and I also decided to give it a go.

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of Suffering and the ...

F**k It Therapy review (of techniques) ...

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