

Bad Advice: How to Survive and Thrive in an Age of Bullshit

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✓ Verified Book of Bad Advice: How to Survive and Thrive in an Age of Bullshit

Summary:

Bad Advice: How to Survive and Thrive in an Age of Bullshit download free pdf ebooks is given by bookylist that give to you for free. Bad Advice: How to Survive and Thrive in an Age of Bullshit free ebook download pdf created by Venus Nicolino at November 6th 2018 has been changed to PDF file that you can read on your tablet. For the information, bookylist do not host Bad Advice: How to Survive and Thrive in an Age of Bullshit download free pdf on our server, all of book files on this server are collected through the syber media. We do not have responsibility with copywright of this book.

Over motivational messages? Sick AF of inspirational quotes? Done with the shiny happy bad advice that gets you nowhere? Well, heads up: youâ€™re about to get a shitload of Good Advice.

In Bad Advice, relationship expert Dr. Venus Nicolinoâ€™a.k.a. Dr. Vâ€™takes a blowtorch to the shrink-wrapped, â€œfeel goodâ€• BS that passes for self-help these days.

When youâ€™re heartbroken, what do you hear? You canâ€™t love anyone until you love yourself. When someoneâ€™s hurt you? Nobody can make you feel bad without your permission. When youâ€™re just a little too positive? Expectations lead to disappointment.

Pop culture noise gives Bad Advice the varnish of truthiness and inspiration.Â But itâ€™s not truth; itâ€™s not inspiration. Itâ€™s bullshit. And at its root, all Bad Advice operates off the same lie: Emotions are optional. In Bad Advice, Dr. V delivers a bracing truth serum, in the form of Good Adviceâ€™an antidote to the bullshit, from â€œJust Be Yourselfâ€• to â€œLive Each Day Like Itâ€™s Your Last,â€• that teaches you to live your life in a way that honors who you are, what you need, and how you feel.

Smart and irreverent, Dr. V fuses the brains and insight of a nerdy Ph.D. with the heart of a doting Italian Mother and the artful profanity of a Philly trucker. Dr. Vâ€™s signature combination of humor, hard science, and heart make Bad Advice an iconoclastic course-correction like no other. A fiercely sharp wake-up call that tackles some of self-helpâ€™s most damaging truisms, Bad Advice is a never shy guide to tapping into your full potential.

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Bad Advice: How To Survive