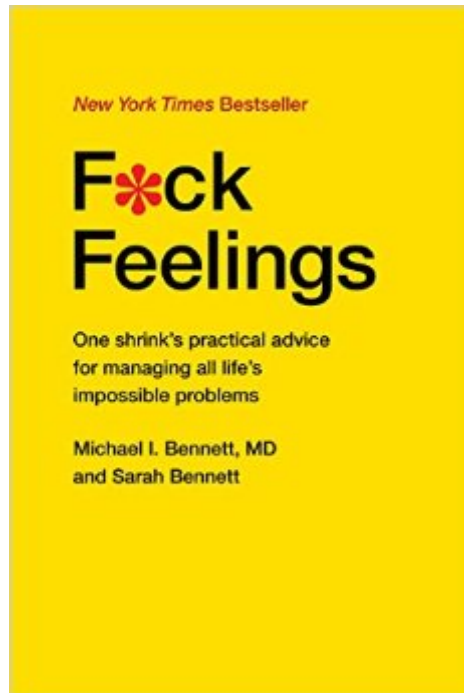


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# F\*ck Feelings: One Shrink's Practical Advice For Managing All Life's Impossible Problems



## Synopsis

New York Times Bestseller The only self-help book you'll ever need, from a psychiatrist and his comedy writer daughter, who will help you put aside your unrealistic wishes, stop trying to change things you can't change, and do the best with what you can control—the first steps to managing all of life's impossible problems. Here is the cut-to-the-chase therapy session you've been looking for! Need to stop screwing up? Want to become a more positive person? Do you work with an ass? Think you can rescue an addicted person? Looking for closure after abuse? Have you realized that your parent is an asshole? Feel compelled to clear your name? Hope to salvage a lost love? Want to get a lover to commit? Plagued by a bully? Afraid of ruining your kid? Ready to vent your anger? In this brilliantly sensible and funny book, a Harvard-educated shrink and his comedy-writing daughter reveal that the real f-words in life are feelings and fairness. While most self-help books are about your feelings and fulfilling your wildest dreams, *F\*ck Feelings* will show you how to find a new kind of freedom by getting your head out of your ass and yourself onto the right path toward realistic goals and feasible results. *F\*ck Feelings* is the last self-help book you will ever need!

## Book Information

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## Customer Reviews

**WARNING:** Naughty language in this book. Despite the cheerfully bright yellow cover and salaciously curt, morally outskirting title, *F FEELINGS* is a landmark of psychological help. With tongue-in-(hopefully)-cheek mocking of every Dr. Firstname (Phil, Deepak, Oprah) book out there, Dr. Bennett and his comedic daughter seek to dispense actually useful advice with wit and

practicality. To the point: this stuff works. Whether you feel like an [donkey] are trying to get a piece of [donkey] or if you're tired of living with an [donkey], the doctor and daughter prescribe an overdose of "off" to the feelings and cuts to the chase: you can't change [fecal matter]. Live with it. Deal with it. Because we're on the "off" word: one of their favorite idioms is to say not to trust your gut "it's full of [fecal matter]". Instead, work it out in your mind, control what you can, make the best of it. In this book, the Bennets give the script, provide examples, and bullet point it, too. (Wow, I've really had to edit this review heavily before posting on retail outlets.) In our world, feelings don't rule, many things can't be changed, and acceptance of limits, not limitless self-improvement, is the key to moving forward and dealing effectively with any and all crap that life can throw your way. The two-Harvard-degree Bennet knows his stuff. He's ivy league2 educated with three decades of practice. He's got a sick sense of humor (wouldn't you?) that his daughter helps convey in print to a wisecracking T. Make no mistake "this is not satire or a side-splitting laugh at toothless Uncle Joe.

I am completely on the fence with this book, as I pretty much agree with both sides -- and both extremes -- of the reviews that exist here on . First, I expected that this book would be funny, which it is not. Not even remotely, even though I know humor is very subjective. It's not even that clever and/or well written because of the insistence on formula when it comes to the organization of this book. This book is almost ruined by its formulaic writing and way of organizing chapters, which got tedious and annoying super-fast. Plus, I agree with others that the "case studies," which are clearly fictional, are pointless, boring and self-serving (just to make each chapter identical). Really: the writing and editing in this book are terrible, and for me it keeps this book from rising above meh. However... The ideas in this book? I must admit that they resonate, and for some they might be revelatory and a true a-ha moment, as Oprah would say. My problem in life -- which is thinking that if I find/know the "root" of a problem I will therefore be free of it -- is addressed expertly on every page (and the solution is -- duh -- to STOP DOING THAT); and while I know this is true, it's so easy to get lost in the pursuit. To wit, there is some fantastic advice within these pages. It's just that there are some barricades to finding it. It's true, too, that this book kind of has a left-wing bent, so if you're one of those people on the wrong side of everything you will not like this author's humor, perhaps especially. I'm on the same side, but I didn't find anything particularly funny myself, so there's that. I don't know whether I'd recommend or not recommend this book.

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