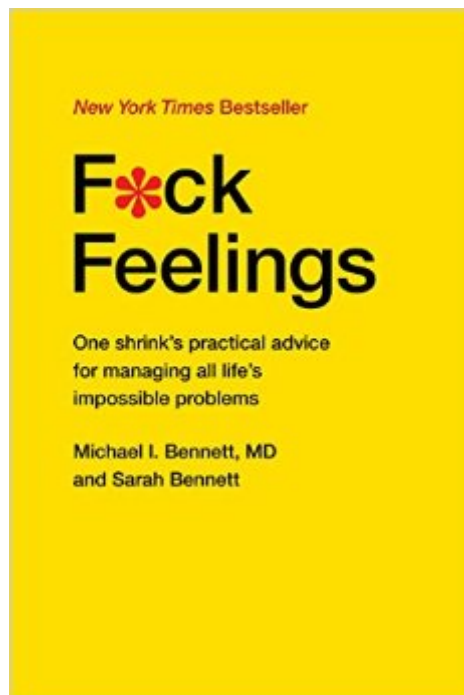




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# F\*ck Feelings: One Shrink's Practical Advice For Managing All Life's Impossible Problems



## 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

"Gives the middle finger to the self-help genre....Refreshingly blunt." (Harper's Bazaar)"The Ice Bucket Challenge of self-help books...sound advice." (New York Post)"The Bennetts have no time for gooey motivational slogans....Together they urge readers to abandon a quest for perfection in favor of realistic attempts at betterment....The Bennetts' goal is not that you might finish the book

and say, 'I am perfect,' but that you might finish the book and say, 'I am the best version of myself that I can be at the moment.' (The New York Times Book Review)"A tough-love, irreverent take on 'life's impossible problems.'" (The Atlantic)"F\*ck Feelings is the ultimate anti-self-help book." (Refinery 29)"A highly informative and entertaining smack down to get your head on straight." (Kirkus Reviews, starred review)"Engaging...it's hard to argue with the book's advice." (Elle)"F\*ck Feelings offers not only reliable, practical, and eminently useful advice to deal with all of life's various points of pain, but it is also funny, engaging, intelligent, and warm. Full of arresting examples and memorable quips, the book will help anyone who reads it to replace fool's gold with the genuine gem of wisdom." (Edward Hallowell, M.D., author of Driven to Distraction)"I don't trust anything called a "self-help" book which is why I love F\*ck Feelings. There's no smiling guru on the cover. We would all be smiling, motivated, people all day long if our f\*cking feelings didn't keep f\*cking us up but this book helps. It gives clear examples of our own circular thinking and how to accept our feelings but not always cater to them, and it's FUNNY. Because life is even when it sucks is FUNNY." (Jen Kirkman, stand-up comedian and New York Times bestselling author of I Can Barely Take Care of Myself)"Despite the in-your-face title, Dr. Michael Bennett really does believe in feelings. He just thinks that there is only so much time that one should spend examining one's belly button searching for answers or getting hung up on guilt or anger. Instead, people should recognize and accept their flaws and get on with modifying or changing their behaviors and attitudes. This is useful advice for everyone, including therapists who can use this technique as a way of helping patients avoid getting stuck in endless therapy. I found myself using it on several of my patients. A great combination of valuable education and a fun read." (Gail Erlick Robinson MD, DPsych, Professor of Psychiatry, University of Toronto)"A wise, witty and practical book filled with wonderful case examples that speak to all of us. It has been a pleasure to read. " (Carol C. Nadelson, M.D., Professor of Psychiatry, Harvard Medical School, Past President, American Psychiatric Association)

Dr. Michael I. Bennett, educated at both Harvard College and Harvard Medical School, is a board-certified psychiatrist, Canadian, and Red Sox fan. While he's worked in every aspect of his field, from hospital administration to managed care, his major interest is his private practice that he's been running for almost thirty years. The author of F\*ck Feelings, with his daughter Sarah Bennett, he lives with his wife in Boston and New Hampshire. Sarah Bennett has written for magazines, the Internet, television, and books. She also spent two years writing for a

monthly sketch comedy show at the Upright Citizens Brigade Theater in New York City. When not living by her philosophy of "I will write for food," Sarah walks her dog, watches Red Sox games, and avoids eye contact with other humans. Somehow, she lives in New Hampshire and works in New York. *F\*ck Feelings*, written with her father Dr. Michael I. Bennett, is her first book.

This book has plenty of swears -- whether that's a draw or a hindrance for you, they are in there and they are plentiful. But more importantly, this book has some of the best advice that no one gives you. Spending years getting to the source of why you don't get along with your parents or your siblings or why it's hard for you to commit or why you have self-destructive impulses is ultimately pointless to your wellbeing. Dr. Bennett recognizes these as diversions from doing the work that makes you proud of the life you have. The book doesn't promise to give you the life you want or the life you deserve, because so much of that is beyond your control. If you're born into difficult circumstances or don't have support or resources, it's going to be very hard to get the kind of life "you've always dreamed of" -- this book gives you real tools and the right mindset to achieve your goals and be proud of making the best life you can. In other words, teaches you to concentrate on getting shit done and what to do when unexpected shit hits the fan (clearly, I don't mind the swears, and I wish I didn't mind either). I've bought five copies for everyone in my immediate family, I'm going to probably give one to everyone on my Christmas list. Including my 90-year-old grandmother.

Full speed ahead, stick it out, persevere, shuck the psychotherapy crap! Sometimes this philosophy can work. A good tool to have in your arsenal of dealing with real life and different kinds of people and situations.

Love this book. I work in the field, and I have wished for years someone professional, would say this to their patients! Gives not only laughs, but real suggestions that may improve one's quality of life!

This book is AMAZING! For a self-help book, it's an easy and interesting read. No sugar-coated, nicey niceness either. Both my counselor and a friend who's a shrink have now purchased their own copies. Highly recommended!

It's useful and funny but a bit repetitive

A great perspective on everyday life. Book is written in a style that reminds me of a good friend

sitting you down and talking to you. It doesn't BS and throw more triple score words at you or pretend that you have a medical background. I recommend for anyone who is looking to get a new perspective on their problems and problem solving.

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 "f 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 "s" 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 league<sup>2</sup> 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. This is a practical guide, with large portions of humor-infused advice that helps you survive an eight-hour Thanksgiving engagement with that same toothless Uncle Joe and his insufferable turkey-induced flatulence. This book also serves as help to kick your kissing-cousin Jack Daniels to the curb (most of the time) and survive most of the goals that motherly Jenny Craig sets in unreasonable expectation. It's an f-you to self-help books and an indispensable survival guide to be the best person that we can be. Old Army cliché mottos, aside. Here's the gist: "What you can't really control but feel you should: (straight from the book) Income Relationship status How others feel about you Your offspring Ability to refuse the gravitational

pull of a *“party-sized bag”* So while other self-help books guarantee the path to happiness, *F FEELINGS* guarantees that said path is nonexistent. *“Instead, assume you’re stuck with s\*\*\* and ask yourself what a good person should do in your situation.”* *“A good person is not someone who is trying to be happy, because that’s not possible, but someone who is trying to do right.”* There, a whole paragraph of selected quotes. You get the idea. Using examples and quotes from Trump to RuPaul (never seen them compared before, have you?) this book will help you raise kids, ward off drugs, stop picking scabs, and tolerate kisses on the (hopefully) cheek from Aunt Mildred. This stuff works because it’s practical and achievable. For once, stop sharing that smiling preacher’s quotes on Facebook and give this book a try. *F those feelings!* Note: in case you haven’t picked up on this – the book is FULL of naughty, potty talk. The grandest curse word of all, the mighty f-bomb, literally appears on every page (as a heading, with no asterisk). Be forewarned. Be entertained. Be the better person because of it.

Practical thoughts in a no frills manner.

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