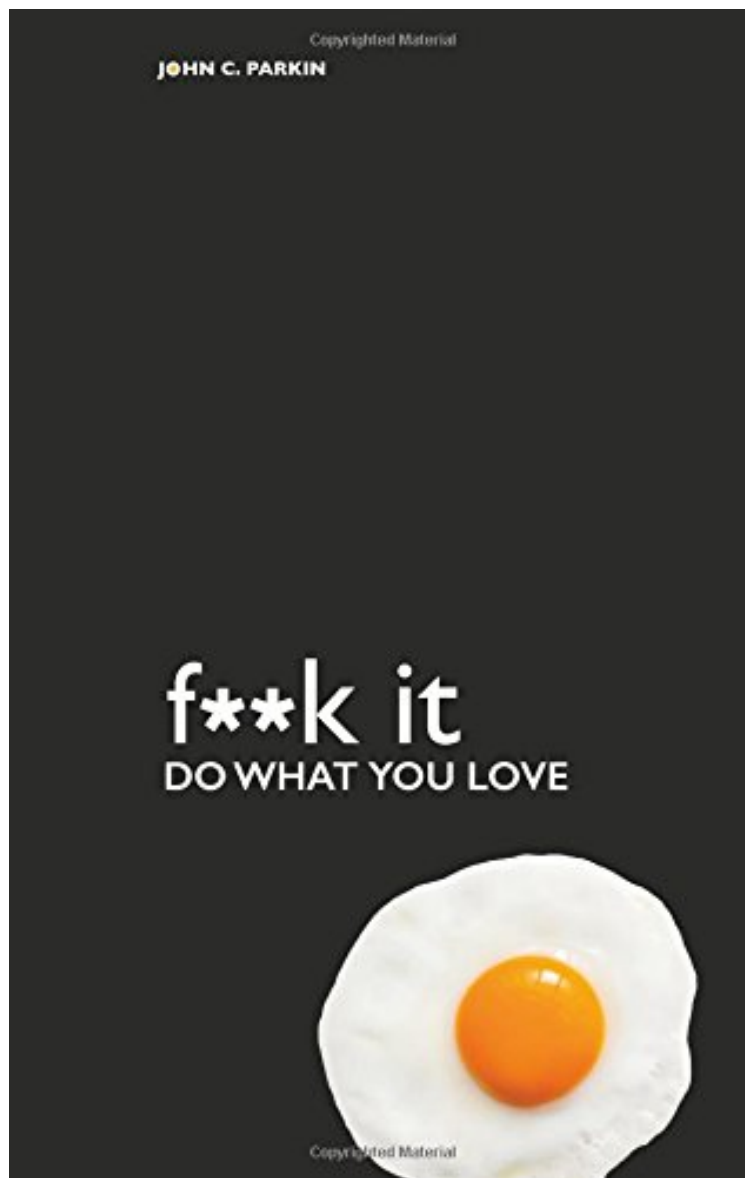


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F**k It – Do What You Love

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A recent Gallup poll in the US found that 70% of those in work didn't enjoy their job. In his latest book, John C. Parkin brings the power of saying "F**k It" to the subject of doing what we love. In this highly entertaining and motivational book, John sets out to prove that when we do what we love, we're actually more likely to be happier, healthier, wealthier, and more successful. He addresses the significant blocks that people experience when they consider doing what they love, including: "Doing what you love is for time off, not work", "Doing what I love would be selfish", "I just don't know what I love" and "I could never make a living from doing what I love". Through no-nonsense ideas, fascinating facts and motivating calls to action, John brings us from pessimism to inspiration, so that our thoughts become powered by "F**k it, I can't waste any more of my life", "F**k it, I will find a way to make this work", "F**k it, I will do what I love". F**k It: Do What You Love is not just a book: it's a step-by-step map to get every single person to spend their precious time on this planet doing what they love.

About the Author John C. Parkin is one of the UK's bestselling wisdom teachers. The son of Anglican preachers, John realized that saying F**k It was as powerful as all the Eastern spiritual practices he'd been studying for 20 years. Having said F**k It to a top job in London, he escaped to Italy with his wife, Gaia, and their twin boys, where they now teach their famous F**k It Retreats in various spectacular locations. www.thefuckitlife.com