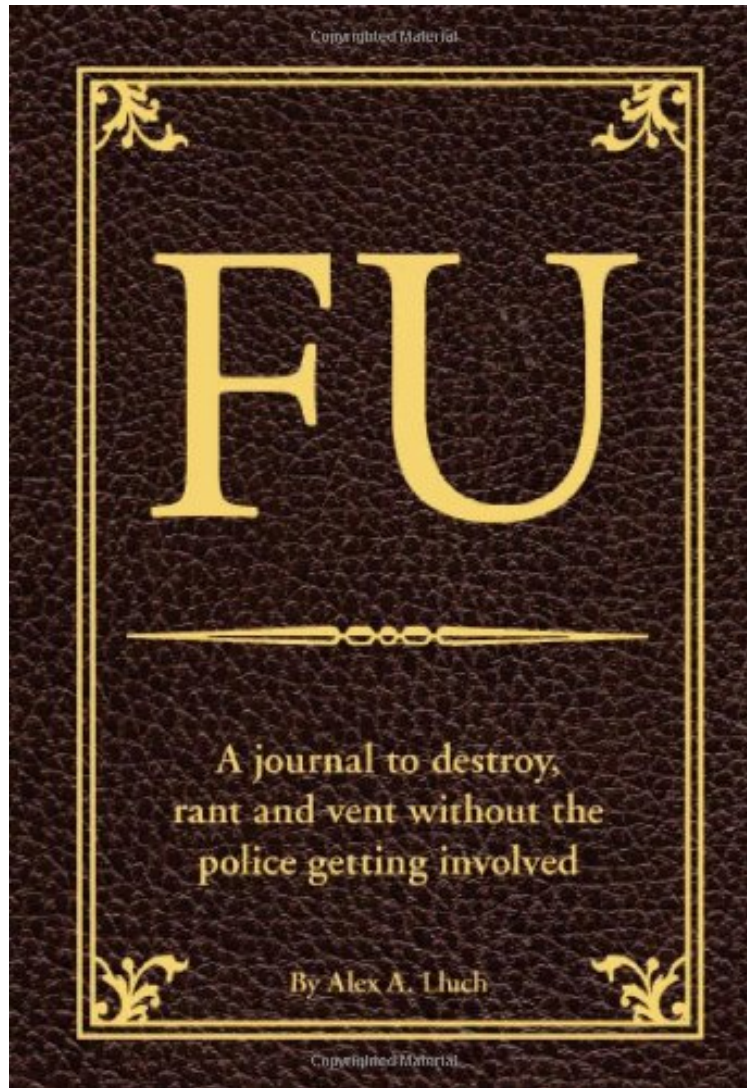


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FU: The Journal to Destroy, Rant and Vent Without the Police Becoming Involved

Alex A. Lluch

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laugh out loud while filling the pages. Many of the topics are issues that you would never think to talk about with your child, but because it is presented in a funny manner it can allow discussions that lets you talk and laugh about different issues. It really is for a mature young adult and I don't recommend it for anyone under 17.0 of 0 people found the following review helpful. Keep it to yourself!By shopgirl76Have you ever read the comments on an article that seemed incredible belligerent or vitriolic - and wondered, is that really necessary? We all have moments of anger, frustration - and the ensuing desire to lash out verbally is often hard to contain. Enter this gem of a book, which I really feel should not only be re-published but should be handed out to everyone who has ever been unable to deal with stress in a "zen" way. The perfectly guided journal/diary for those moments where you feel like you want to scream, pepper someone with F-bombs or are dealing with someone/something that required a composed demeanor while leaving you boiling inside.I wonder whether using something like this regularly might not prevent some people from acting out their anger in more destructive ways...4 of 4 people found the following review helpful. Best journal ever!!!!!!!!!!!!By dansrandomThis is the best journal I have owned thus far.I recommend this book to anyone that likes to keep a record of their life and needs an outlet for the happenings and people that irritate them beyond belief.So much fun. My best friend and I both have one and we like to share some of the activities. Truly great invention. Thank you

FU offers readers more than 60 activities to scribble, rant, and vent whenever they need release some tension. Featuring fun and hilarious exercises, like making a list of favorite swear words, casting a spell on the most annoying person they know, or turning a journal page into spitballs, this book is the perfect way to keep readers from freaking out on their boss, ex, fellow drivers, or anyone else who ticks them off.

About the AuthorAlex A. Lluch is a renowned author who has written more than 200 books in a diverse range of subjects, including business, weddings, weight loss, health, fitness, babies, pregnancy, self-help and more. He has sold more than 4 million books in North America alone. Lluch is known for writing books that are very comprehensive yet extremely easy to read and understand, making them favorites of readers worldwide.He has been featured on Fox News, AOL Health, WebMD, Pregnancy Today, Parenting magazine, the Chicago Sun Times, and more.