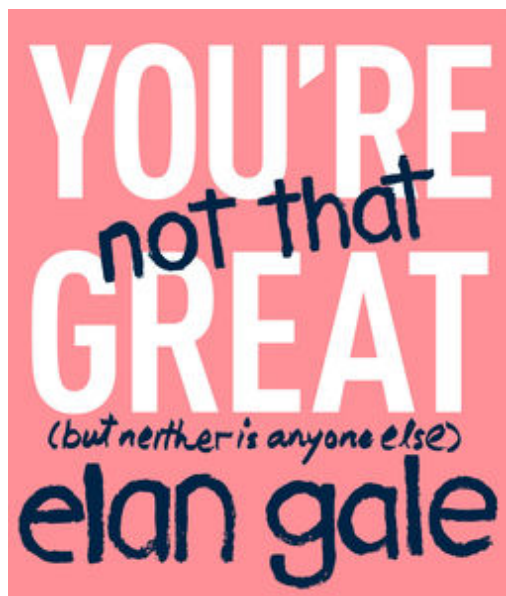


Ler Livro Online You're Not That Great Elan Gale



Faça o download ou leia online **You're Not That Great Elan Gale** , *I am addicted to positivity. I am addicted to positivity. I am addicted to positivity.*

*I care more about **feeling** great than **being** great.*

I am NOT THAT GREAT.

The self-help industry tells you that if you're positive, if you put your best foot forward and if you just believe in yourself that you will find happiness. Let's be real, you can read all the inspirational quotes you want. You can spend your days giving yourself affirmations in your heart-shaped mirror and trying to learn to love yourself. You can say your mantra over and over again while sitting cross-legged on a yoga mat in a

Whole Foods parking lot.

But the truth is, you're not a badass and you still don't have the life you want. That's where *You're Not That Great (but neither is anyone else)* comes in. This book teaches you how to harness all the negativity in the world and use it to improve your life, taking everyday feelings like self-loathing, regret and shame and making them work for you.

Positive thinking is for a*****s. Negative thinking is for winners.

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