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Titolo	Get Your Sht Together : How to Stop Worrying about What You Should Do So You Can Finish What You Need to Do and Start Doing What You Want to Do
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Nota di contenuto	Intro -- Title Page -- Copyright -- Table of Contents -- Author's note -- Introduction -- I: What we talk about when we talk about getting your shit together -- Who needs to get their shit together-and why -- I lost my shit so you don't have to -- Winning at life (without being an insufferable prick) -- Life is like an adult coloring book -- A coloring exercise -- Your real and metaphorical keys, phone, and wallet -- GYST Theory -- Let's talk strategy -- Focus pocus -- Saying "I do." -- But [thing I want to do] is too hard! -- The Power of Negative Thinking -- Ready, set, goal! -- II: SMALL SHIT: Nailing down the day-to-day to build a better future -- Beginning for beginners -- The What/Why Method for Setting Goals -- The bar is too damn high -- Time flies when you don't have your shit together -- It's on the calendar -- Your best friend and worst enemy -- (Feat. Prioritization, procrastination, and the difference between "to-do" and "must-do" lists) -- Best Friends 4-EVA -- Fuck Overload™ -- The Must-Do Method -- Sleeping with the enemy -- Ten things I've done that weren't on my to-do list to

procrastinate doing things that were -- Get your shit together: a flowchart -- Where does the time go? -- Frailty, thy name is distraction! -- The Wizard of Impulse Control -- Making the sober decision -- Correspondence course -- It's not the size of the inbox, it's how you use it -- Reining in your sending habits -- "Great, thanks!" -- The Purge -- The day-to-day (or week-to-week) -- Inbox Anxiety -- Dialing it in -- Quittin' time: an experiment -- The midday ambush -- The money shot -- Hey, Big Spender -- No pennies left to pinch -- Five things on which you don't need to spend 3.57 (or more) -- We bought a zoo -- A spoonful of willpower helps the medicine go down -- (Feat. The Art of War Willpower) -- An emotional spanking.

III: TOUGH SHIT: Getting older, getting ahead, getting healthy, and getting better at life in general -- Responsibilities & Relationships -- For adults only -- Life's a pitch -- Righting the relationship -- Missed connections -- "Hi" maintenance is low-maintenance -- Wish you were here! -- The Relationship Relay -- Strategize, focus, [de]commit -- Nobody puts Baby in the culturally acceptable corner -- Work & Finances -- Skills include -- Be a con(fidence) man -- Ask and ye shall receive -- Five more ways in which you can demonstrate to your boss that you have your shit together -- I'll show you my out-of-office if you show me yours -- (Feat. Anticipation vs. reality) -- Make like Elsa and let it go -- Good things come to those who delegate -- But what if it doesn't get done to my standards? -- Nobody's going to die on the table -- The 411 on your 401(k) or IRA -- (Feat. Charts!) -- Health, Home & Lifestyle -- Let's get physical -- Work it out-or find the work-around -- Get your sheets together -- Take the cinnamon bun, maybe leave the cannoli -- Good clean living -- HGTV is lying to you -- I've got a guy for that (and so could you) -- Winning by osmosis -- PS Don't be such a fucking martyr -- "Me time" is a right, not a privilege -- Hobbies with which I have rewarded myself for getting other shit done (Feat. Bubble baths) -- You have to lobby for your hobby -- Becoming pro-creation -- Selfish is not a four-letter word -- IV: DEEP SHIT: Mental health, existential crises, and making big life changes -- Getting your shit together to get out of your own way -- Anxiety, you ignorant slut -- (Feat. Ripping off the Band-Aid and The Practice Test) -- Avoidance is not a zero-sum game -- How to start a difficult conversation -- The other F-word(s) -- Analysis paralysis -- The call is coming from inside the house.

Things that are healthier to fear than failure -- Just say no to being perfect -- Twelve steps for defeating perfectionism -- Help wanted -- The case of the disappearing girl -- Want to make big life changes? Look at the small picture. -- B-I-N-G-O -- I know you are but what am I? -- Get your shit together, Pam -- Hello from the other side -- Epilogue -- Acknowledgments -- Discover More Sarah Knight -- About the Author -- Also Available.

Sommario/riassunto

Provides a straight-talking, humorous, and helpful guide to shedding self-doubt and finding one's own path to success.