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Download or Read Online Buy Yourself the F\*cking Lilies Free eBook (PDF/ePub/Mobi/Mp3/Txt) Tara Schuster -, Brutally honest, often hilarious, hard-won lessons in learning to love and care for yourself from a former vice president at Comedy Central who was called “ahead of her time” by Jordan Peele

“You’re going to want Tara Schuster to become your new best friend.”—Glennon Doyle, #1 *New York Times* bestselling author of *Untamed*

“Compelling, persuasive, and useful no matter where you are in your life.”—Chelsea Handler, #1 *New York Times* bestselling author of *Life Will Be the Death of Me*

By the time she was in her late twenties, Tara Schuster was a rising TV executive who had worked for *The Daily Show with Jon Stewart* and helped launch *Key & Peele* to viral superstardom. By all appearances, she had mastered being a grown-up. But beneath that veneer of success, she was a chronically anxious, self-medicating mess. No one knew that her road to adulthood had been paved with depression, anxiety, and shame, owing in large part to her minimally parented upbringing. She realized she’d hit rock bottom when she drunk-dialed her therapist pleading for help.

*Buy Yourself the F\*cking Lilies* is the story of Tara’s path to re-parenting herself and becoming a “ninja of self-love.” Through simple, daily rituals, Tara transformed her mind, body, and relationships, and shows how to

- fake gratitude until you actually *feel* gratitude
- excavate your emotional wounds and heal them with kindness
- identify your self-limiting beliefs, kick them to the curb, and start living a life you choose
- silence your inner frenemy and shield yourself from self-criticism
- carve out time each morning to start your day empowered, inspired, and ready to rule
- create a life you truly, totally f\*cking LOVE

This is the book Tara wished someone had given her and it is the book many of us desperately need: a candid, hysterical, addictively readable, practical guide to growing up (no matter where you are in life) and learning to love yourself in a non-throw-up-in-your-mouth-it’s-so-cheesy way.

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