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**FU: The Journal to Destroy, Rant and Vent Without the ...**

FU offers readers 50 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, drawing a picture of 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 ...

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INTRODUCTION : #1 Fu The Journal To Destroy Publish By Catherine Cookson, Fu The Journal To Destroy Rant And Vent Without The fu the journal to destroy rant and vent without the police becoming involved paperback november 16 2009 by alex a lluch author 39 out of 5 stars 19 ratings see all 2 formats and editions hide other formats

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FU Job A journal for employees to destroy, rant and vent without losing their j. AU \$38.52 + AU \$9.99 shipping . FU Liberals: A Journal for Conservatives to Destroy, Rant and Vent Without. AU \$21.49 + AU \$9.95 shipping . FU Conservatives: A Journal for Liberals to Destroy, Rant and Vent Without.

Can't stand your job, your boss, or your coworkers? Now, when you need to blow off some steam, you can do just that with this offbeat, quirky journal. This is the perfect place to release frustrations in a creative and innocent way. Featuring hilarious exercises, like writing the email you wish you could send to your boss, making a voodoo doll of an annoying office mate, or attacking a journal page with a stapler, this book is the perfect way to keep from freaking out on your supervisor, coworkers, or anyone else who ticks you off. You will love this creative way to cope with the irks and annoyances of the workplace. This book is sure to be a great conversation piece and gift for friends and family.

“Not gonna lie, this is probably the coolest journal you’ll ever see. . . . Wreck This Journal is here to inspire you.” —Buzzfeed The internationally bestselling phenomenon with more than 10 million copies sold—and an excellent holiday gift! Paint, poke, create, destroy, and wreck—to create a journal as unique as you are For anyone who’s ever had trouble starting, keeping, or finishing a journal or sketchbook comes this expanded edition of Wreck This Journal, a subversive illustrated book that challenges readers to muster up their best mistake- and mess-making abilities to fill the pages of the book—or destroy them. Through a series of creative and quirky prompts, acclaimed guerilla artist Keri Smith encourages journalers to engage in destructive acts—poking holes through pages, adding photos and defacing them, painting pages with coffee, coloring outside the lines, and more—in order to experience the true creative process. With Smith’s unique sensibility, readers are introduced to a new way of art- and journal-making, discovering novel ways to escape the fear of the blank page and fully engage in the creative process. To create is to destroy. Happy wrecking!

FU offers readers 50 activities to scribble, rant, and vent whenever they need to release some tension. Featuring fun and hilarious exercises, like making a list of favorite swear words, drawing a picture of 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.

For the days every Conservative is making them want to scream, this journal offers Liberals more than 75 activities to scribble, rant, and vent. It features such hilarious exercises as defacing a Glenn Beck voodoo doll and writing a scathing letter to Sarah Palin.

Do you want to just say “FU” to all Liberals and the Obama administration? Now, when you’re pissed off about politics and need to blow off steam, you can do just that with this quirky, edgy journal. On the days when you wake up on the wrong side of the bed and every Liberal is making you want to scream, this journal offers more than 75 activities to scribble, rant, and vent. Featuring hilarious exercises, like defacing a Hillary Clinton voodoo doll, writing your own indoctrinating song about Obama, or playing Liberal Jargon Bingo, this book is the perfect way to keep from completely freaking out on your Liberal friends and coworkers. You will love this creative way to cope with moronic Liberals and this infuriating administration.

Readers will love this creative way to cope with the memories and annoyances associated with an ex. This is the journal for all those days after a breakup when ex boyfriends and girlfriends just want to scream. It’s a place to destroy and rant and vent without receiving a restraining order. It’s a place where readers can blow off steam and let out stress so they don’t go postal on people walking down the street minding their own business. This journal offers 60 activities to scribble, rant, and vent whenever readers need to release some post-relationship tension. It features hilarious exercises, like casting a spell on an ex, making a voodoo doll, or writing a list of the most irritating things about him or her. This book is the perfect way for readers to keep from freaking out after a breakup.

The provocative and mind-bending new novel from the bestselling author of Fight Club and Haunted. Rant takes the form of a (fictional) oral history of Buster “Rant” Casey, in which an assortment of friends, enemies, admirers, detractors, and relations have their say on this evil character, who may or may not be the most efficient serial killer of our time. Buster Casey was every small kid born in a small town, searching for real thrills in a world of video games and action/adventure movies. The high school rebel who always wins – and a childhood murderer? – Rant Casey escapes from his hometown of Middleton into the big city and becomes the leader of an urban demolition derby called Party Crashing, where, on designated nights, the participants recognize each other by dressing their cars with tin-can tails, “Just Married” toothpaste graffiti, and other refuse, then look for special markings in order to stalk and crash into each other. It’s in this violent, late-night hunting game that Casey makes three friends. And after his spectacular death, these friends gather the testimony needed to build an oral history of his short life. Their collected anecdotes explore the charges that his saliva infected hundreds and caused a silent, urban plague of rabies . . . Expect hilarity and horror, and blazing insight into the desperate and surreal contemporary human condition as only Chuck Palahniuk can deliver it. He’s the postmillennial Jonathan Swift, the man to watch to learn what’s – uh-oh – coming next. Excerpt from RANT: Wallace Boyer (Car Salesman): Like most people, I didn’t meet and talk to Rant Casey until after he was dead. That’s how it works for most celebrities, after they croak their circle of close friends just explodes. A dead celebrity can’t walk down the street without meeting a million best buddies they never met in real life. Dying was the best career move Jeff Dahmer and John Wayne Gacy ever made. . . . The way Rant Casey used to say it: Folks build a reputation by attacking you while you’re alive–or praising you after you ain’t.

Does public speaking paralyze you and tie your stomach into knots? Want to get a standing ovation every time? What goes into a dazzling opening and closing? Does the prospect of facing embarrassing judgment make your palms sweat? Or do you want to learn how to absolutely own the stage and become a magnetic speaker? Public speaking and presenting is one of the most common phobias -- and it’s completely understandable. When else in our lives are we so open and vulnerable? But it’s a necessary evil in all aspects of our lives, whether professionally and personally. From making a presentation in the boardroom to being more confident with the opposite sex, your speaking skills will take you to the next level and get what exactly what you want in your life. Fearless Public Speaking is the rare book that will (1) help you destroy your anxiety so you can confidently take any stage, and (2) once you’re up there, be unforgettable and captivating as a speaker. The tenets in this book come from studying the experiences of the best presenters in the world, from CEOs, standup comics, to actors, and more. Jason Bax, noted actor, speaker, and entrepreneur, lends his thoughts in a guest chapter. And me? I’m a social skills and charisma coach, speaker, and semi-professional musician who thrives in front of the crowd... but I wasn’t always like this - I know your struggles and I can help you from point A to point B! How will you learn to captivate audiences? •Why knowing where your audience gets their news is key to your memorability. •How to construct a bulletproof opening and closing. •How to make sure you reach any audience emotionally. •Overcoming stage fright and jitters with mental rehearsal techniques. As well as... •What rehearsed spontaneity is and how it makes your audience connect. •Stage presence techniques of the masters of performance like Freddie Mercury. •How standup comics own the stage and win over hostile crowds. •What a memory palace is and how it will help you memorize your speech. Put the audience in the palm of your hand, starting now! •Feel confident and empowered in taking the stage anywhere, anytime. •Speak your way to better jobs and relationships with each mini-presentation. •Build a reputation as an effective and engaging speaker. •Learn to overcome judgment and build self-confidence. •Own the room, audience, and applause.

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