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When I first saw the book "F\*\*k It Therapy: The Profane Way to Profound Happiness " at my local bookshop I thought it was the usual "help-yourself-useless-bulls\*\*t-type-of-book, but then after a few months, a friend who read it said it was great and hilarious and I also decided to give it a go. The book is written by John C. Parkin who had a "top job in London" before saying "F\*\*K ...

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