



# You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life

*Jen Sincero*

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## **You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life** Jen Sincero

Bestselling author, speaker, and world-traveling success coach Jen Sincero cuts through the din of the self-help genre with her own verbal meat cleaver in *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*. In this refreshingly blunt how-to guide, Sincero serves up twenty-seven bite-sized chapters full of hilariously inspiring stories, life-changing insights, easy exercises, and the occasional swear word. Via chapters such as "Your Brain Is Your Bitch," "Fear Is for Suckers" and "My Subconscious Made Me Do It," Sincero takes you on a wild joy ride to your own transformation, helping you create the money, relationships, career, and general all-around awesomeness you so desire. And should you be one of those people who dreads getting busted with a self-help book in your hands, fear not. Sincero, a former skeptic herself, delivers the goods minus the New Age cheese, giving even the snarkiest of poo-pooers exactly what they need to get out of their ruts and start kicking some ass. By the end of *You Are a Badass*, you will understand why you are how you are, how to love what you can't change, how to change what you don't love, and how to start living the kind of life you used to be jealous of.

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