



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

By Jen Sincero

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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 27 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 would rather take a bullet than get 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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Editorial Review

Review

Publishers Weekly online

"Sincero (Don't Sleep With Your Drummer) brings a fun, feminine verve to now well-tread self-help tropes... The tone is far more feisty than academic, and there's humor on every page, all of which is exactly what her intended audience most needs". ""

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"Author and success coach Jen Sincero takes the self-help book to another level with her cutthroat humor and in-your-face attitude. ...The 27 thoughtful, well-written chapters are worth it--by the time you finish the book, you will understand the secrets to a life you deserve and how awesome you really are at controlling the outcome of your life. In other words, you'll realize how much of a BAMF you really are!"

-- Albuquerque's "Weekly Alibi"

"Sincero has probably written the most entertaining self-help book many readers will ever get in their hands on.... Reading this book was like talking to a best friend - the one that will tell you like it is no matter the circumstances and that forces you to think outside the box."

--The State Hornet," California State University, Sacramento campus paper

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About the Author

Jen Sincero is a Bestselling author and success coach who has helped countless people transform their personal and professional lives via her private sessions, public appearances, newsletters, products and books.

She's spoken on stages all over the world and has coached full-on super heroes, helping her clients build their dream businesses, become NY Times Bestselling authors, navigate million dollar business deals, find their soul mates and forgive their bitchy mothers who they now realize were doing the best they could. Her other books include the semi-autobiographical novel, *Don't Sleep With Your Drummer*, and the National Bestseller, *The Straight Girl's Guide to Sleeping With Chicks*. Jen has been featured in media outlets all over the world, including Interview Magazine, The Howard Stern Show, Allure, Comedy Central, German Cosmo, Bust, Playboy Magazine/TV, the Village Voice, The NY Post and The LA Times.

In 2011 Jen bid her home in California farewell to travel the world indefinitely and encourage as many people as possible to live lives of unbridled awesomeness.

Users Review

From reader reviews:

Martha Wilson:

As people who live in the actual modest era should be change about what going on or info even knowledge to make all of them keep up with the era and that is always change and progress. Some of you maybe will certainly update themselves by reading books. It is a good choice for you but the problems coming to you actually is you don't know what one you should start with. This *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life* is our recommendation so you keep up with the world. Why, because this book serves what you want and need in this era.

Julie Flanagan:

People live in this new time of lifestyle always try and and must have the extra time or they will get large amount of stress from both daily life and work. So , when we ask do people have extra time, we will say absolutely indeed. People is human not really a huge robot. Then we question again, what kind of activity are there when the spare time coming to anyone of course your answer will unlimited right. Then do you try this one, reading publications. It can be your alternative with spending your spare time, the book you have read will be *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*.

David Manning:

You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life can be one of your beginning books that are good idea. All of us recommend that straight away because this guide has good vocabulary that could increase your knowledge in words, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to set every word into enjoyment arrangement in writing *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life* however doesn't forget the main level, giving the reader the hottest as well as based confirm resource information that maybe you can be among it. This great information could drawn you into new stage of crucial pondering.

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