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Listen to John C. Parkin explain his F**k It philosophy John C. Parkin Feb 12, 2015 at 08:45 AM Editor's note: In this clip from John C. Parkin's new audiobook of F**k It Therapy, John explains how his profane philosophy works in practice.

Buy the Paperback Book F**K It Therapy: The Profane Way to Profound Happiness by John C. Parkin at Indigo.ca, Canada's largest bookstore. Free shipping and pickup in store on eligible orders. If every therapist and psychotherapist on the planet could repeat this to their clients, like a mantra, again and again, there would be fewer therapists and psychotherapists.

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F**k It Therapy | If every therapist and psychotherapist on the planet could repeat this to their clients, like a mantra, again and again, there would be fewer therapists and psychotherapists. Because it works.

F**k It Therapy makes available for the first time the process they teach during their week-long retreats. With their six-part process, you are guided through how to deeply relax and let go, then how to carry this out into your life.

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"Sometimes you just gotta say, 'What the f**k!'" Okay, you movie fans (and probably older ones) will probably recognize that line from the Tom Cruise movie Risky Business, and saying 'what the f**k' to life's trials and vicissitudes is the general idea conveyed in F**k It Therapy. I mean, there's something to the idea.

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Buy F**k It Therapy: The Profane Way to Profound Happiness First Edition by John C. Parkin (ISBN: 9781781800010) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Fk It Therapy: The Profane Way to Profound Happiness ...**

John and Gaia have taught F**k It Retreats in Italy and around the world since 2005. They have taught thousands of people how to say F**k It: how to ease up, let go, and feel the natural flow in their lives. F**k It Therapy makes available for the first time the process they teach during their week-long retreats.

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John C Parkin - Fk It Therapy: Reaching the F**k It ...**

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FK It Therapy: The Profane Way to Profound Happiness ...**

F**k It Therapy : The Profane Way to Profound Happiness, Paperback by Parkin, John C., ISBN 140194079X, ISBN-13 9781401940799, Brand New, Free shipping in the US Aims to help

readers realize that things they worry about and stress over don't really matter so much in the grand scheme of things.

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John & Gaia launch F**k It Retreats: doing what they do best at the best locations they can find in Italy. John & Gaia publish the first F**k It book in 4 years, 'F**k It Therapy', in the U.K. and U.S.A., based on the powerful and successful methods they teach during F**k It Retreats.

Famous John & Gaia - The home 'Fuck It' aka 'Fk It', for ...**

One man's F**k It therapy teaches us to let go. (Lisa Scott Metro) Refreshing, funny and inspirational. Say F**k it and buy this book! (Ashley Lister Scarlet Magazine) I believe Fuck It is a major contribution to the human race. (Barefoot Doctor) The perfect book to help. (Clare Nasir Now Magazine) A Western take on the Eastern idea of letting ...

Fk It: The Ultimate Spiritual Way: Amazon.co.uk: John C ...**

John & Gaia have been running Fuck It Retreats in Italy for 15 years. They wrote the international bestselling Fuck It / F**k It books. They live with their sons near the beach in Italy - spending their time walking on the beach and helping people around the world find freedom through a brilliant profanity.

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John C. Parkin - FK It Therapy: Breaking Through the ...**

F**k It: The Ultimate Spiritual Way definitely has shock value, if for no other reason than for its title and provocative word choice. Mr. Parkin stresses that by saying "f**k it," we can learn to let go, relax and simply give in to the flow of life.

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