

you do you

how to be who you are
and use what you've got
to get what you want

sarah knight



Little, Brown and Company

New York Boston London

Copyright © 2017 by Sarah Knight

Hachette Book Group supports the right to free expression and the value of copyright. The purpose of copyright is to encourage writers and artists to produce the creative works that enrich our culture.

The scanning, uploading, and distribution of this book without permission is a theft of the author's intellectual property. If you would like permission to use material from the book (other than for review purposes), please contact permissions@hbgusa.com. Thank you for your support of the author's rights.

Little, Brown and Company
Hachette Book Group
1290 Avenue of the Americas, New York, NY 10104
littlebrown.com

First Edition: November 2017

Little, Brown and Company is a division of Hachette Book Group, Inc. The Little, Brown name and logo are trademarks of Hachette Book Group, Inc.

The publisher is not responsible for websites (or their content) that are not owned by the publisher.

The Hachette Speakers Bureau provides a wide range of authors for speaking events. To find out more, go to hachettespeakersbureau.com or call (866) 376-6591.

Illustrations and hand lettering by Lauren Harms

ISBN 978-0-316-44512-2
LCCN 2017954819

10 9 8 7 6 5 4 3 2 1

LSC-C

Printed in the United States of America

THERE

IS

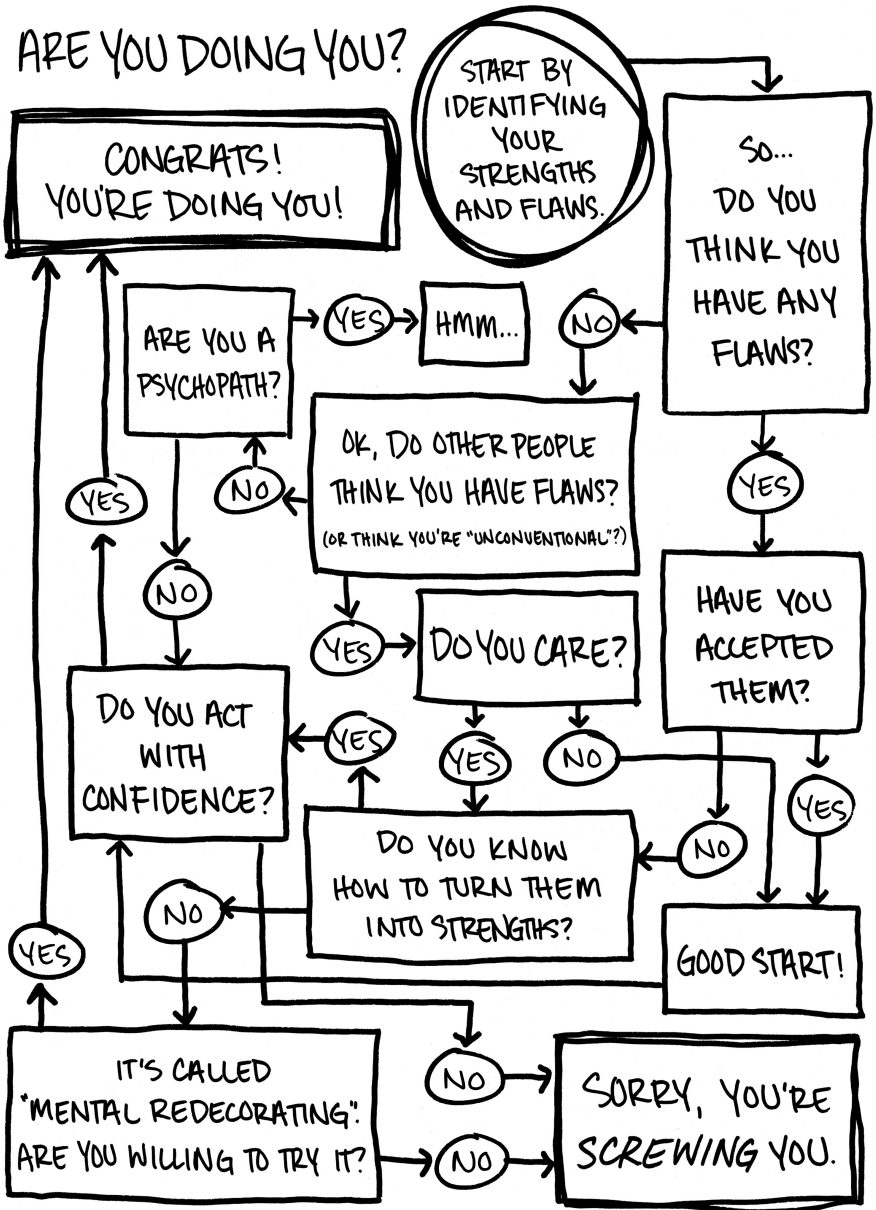
NOTHING

WRONG

WITH

YOU.

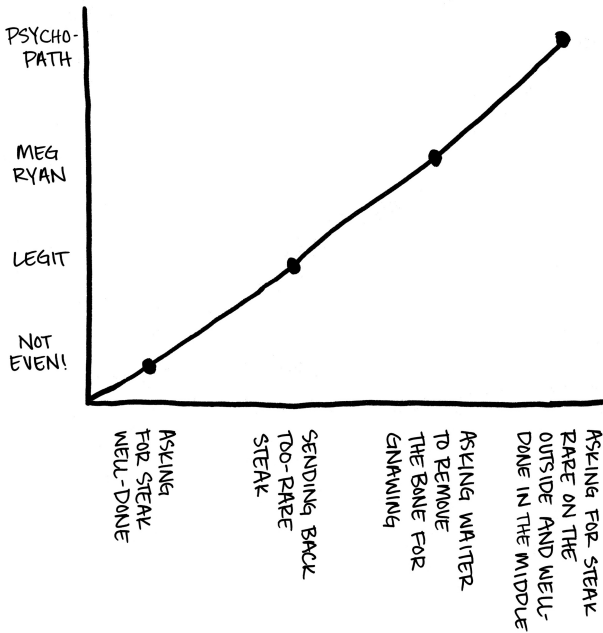
ARE YOU DOING YOU?





YOU MIGHT
DIE TOMORROW.

BE SELFISH TODAY.

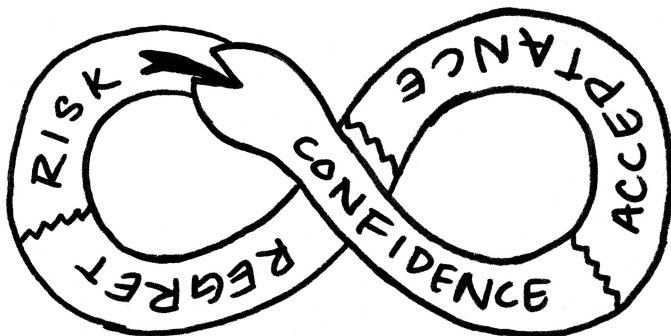


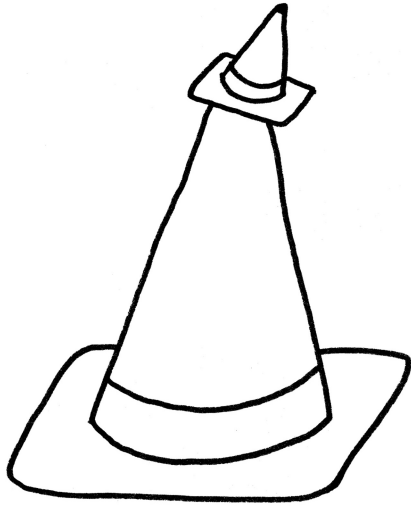


YOU MIGHT
DIE TOMORROW.

TAKE A RISK TODAY.

This book is a veritable Ouroboros of proof that
“doing you” is mostly about “just doing it.”





IF YOU'RE

NOT

DOING YOU,

YOU'RE
SCREWING
YOU.

About the Author



Sarah Knight's first book, *The Life-Changing Magic of Not Giving a Fuck*, has been published in eighteen languages and counting, and her TEDx talk, "The Magic of Not Giving a Fuck," has more than two million views. The second book in the No Fucks Given guides series, *Get Your Shit Together*, is a *New York Times* bestseller. Her writing has also appeared in *Glamour*, *Harper's Bazaar*, *Marie Claire*, *Red*, *Refinery29*, and elsewhere. After quitting her corporate job in 2015 to pursue a freelance life, she moved from Brooklyn, New York, to the Dominican Republic, where she currently resides with her husband and a shitload of lizards.

You can learn more at sarahknightauthor.com, follow her on Twitter and Instagram @MCSnugz, or sign up for her No Fucks Given newsletter at tinyletter.com/sarahknight.