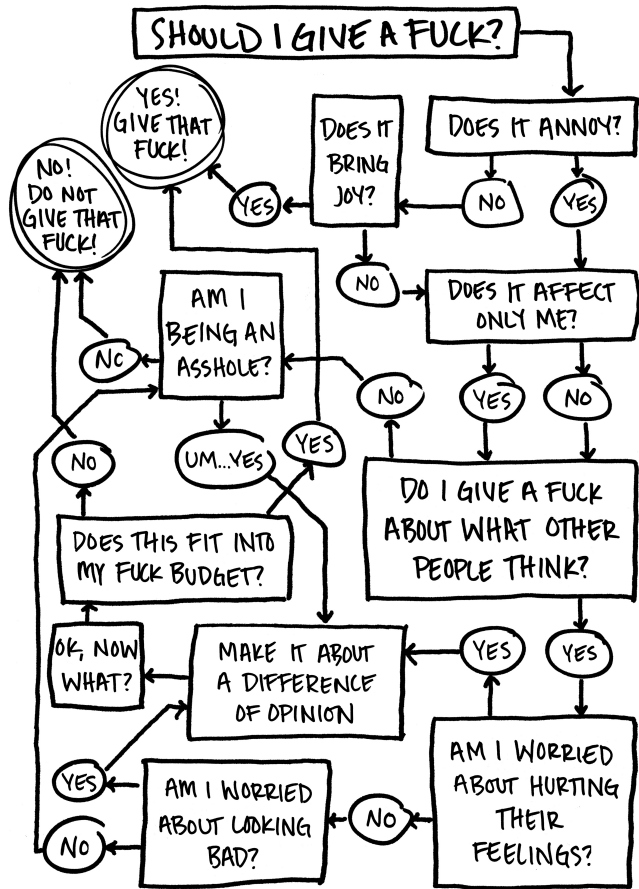


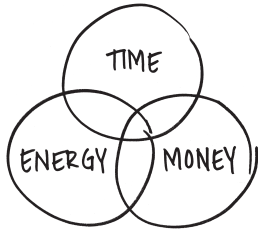


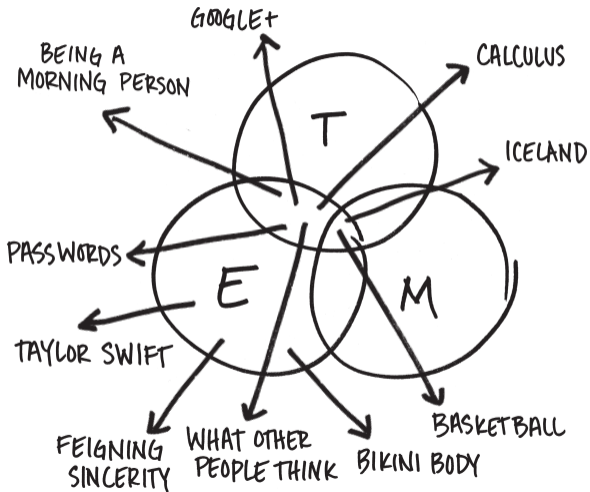
the life-changing
magic of NOT GIVING A F*CK

how to stop spending time you don't have
with people you don't like
doing things you don't want to do

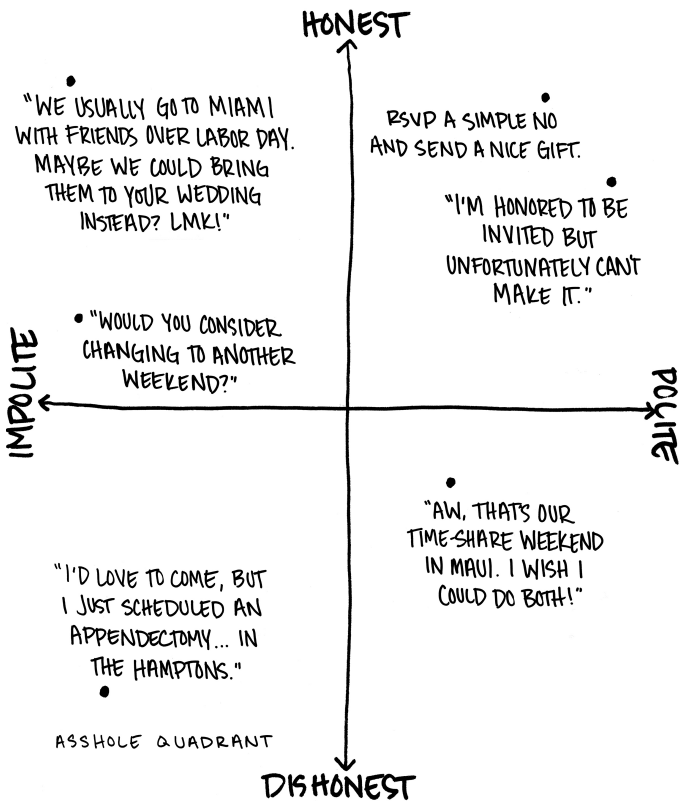
sarah knight



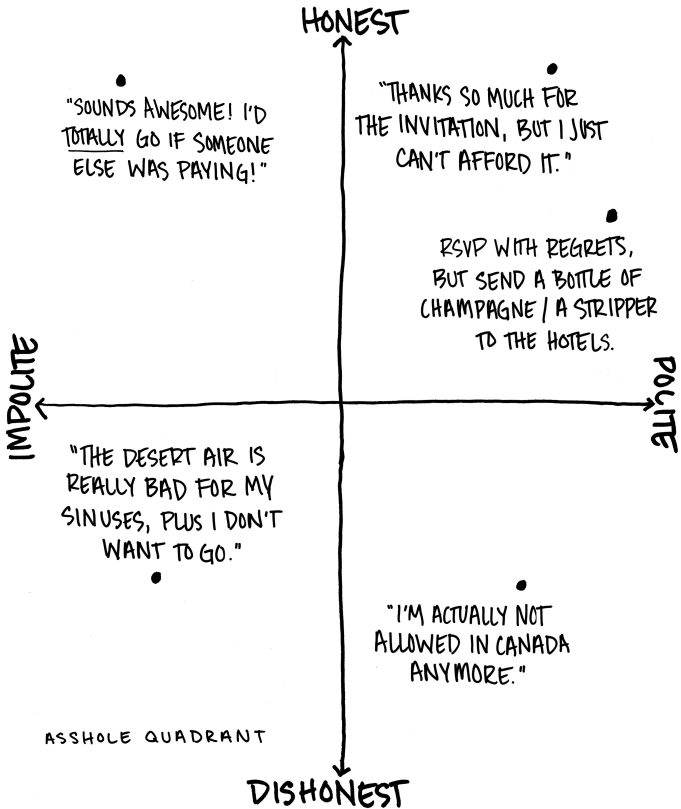




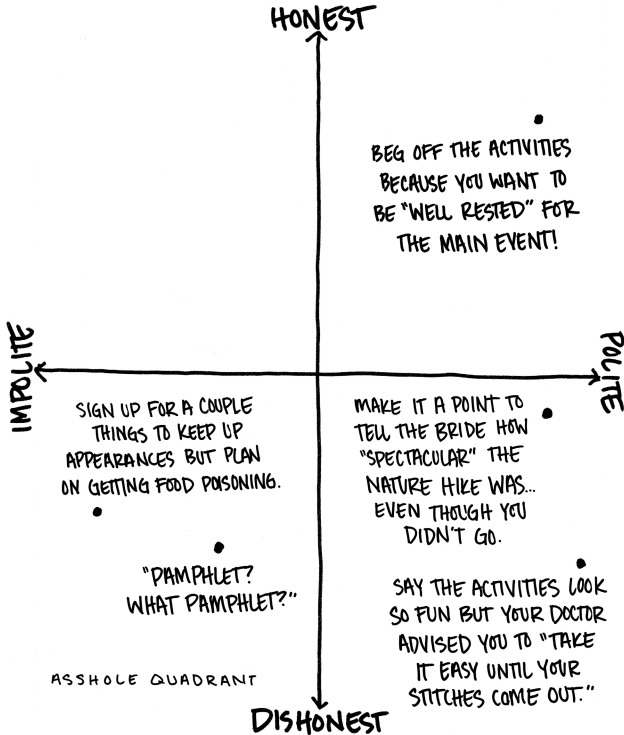
THE WEDDING THAT TAKES PLACE OVER A HOLIDAY WEEKEND



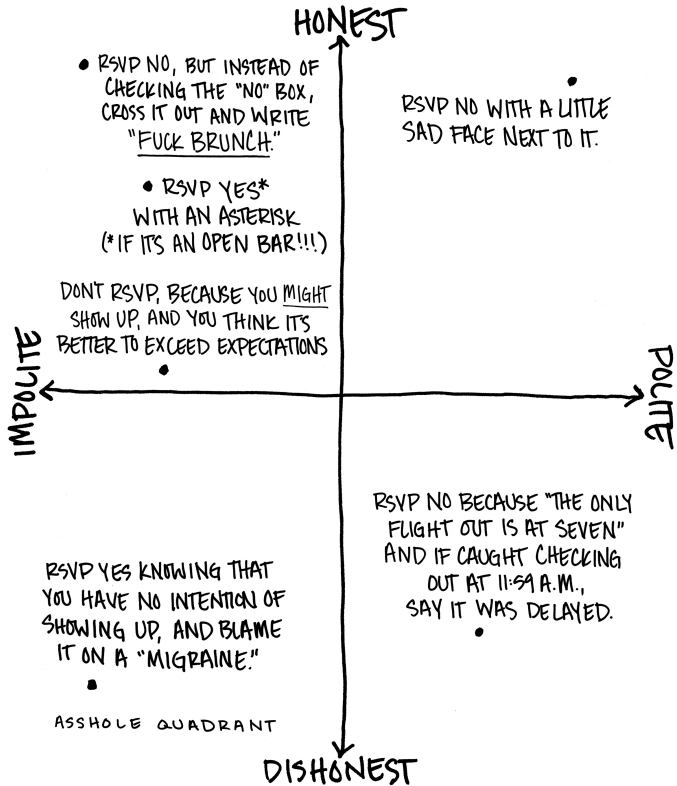
THE DESTINATION BACHELOR OR BACHELORETTE PARTY



THE WEDDING WITH SIX THOUSAND "ACTIVITIES"



THE MORNING-AFTER BRUNCH



TIME I HAVE GAINED BY NOT
GIVING A FUCK

ACTIVITY

BENEFIT

Example: Not watching
the VMAs

2 hours

ENERGY I HAVE GAINED BY NOT
GIVING A FUCK

ACTIVITY

BENEFIT

Example: Not getting wasted
at Margarita Monday
with coworkers

The will to live on
Tuesday

ACTIVITY

BENEFIT

Example: Not going to that Vegas bachelor party

\$1,000*

Acknowledgments



I feel lucky to live in an age where the no-fucks-given antics of public figures, as well as the occasional common man, are broadcast far and wide. In no particular order, I would like to thank these members of the Not Giving a Fuck Hall of Fame* for inspiring me every day as I wrote this book:

The Not Giving a Fuck Hall of Fame

October 3, 1992: Sinéad O'Connor rips up a picture of the pope on *Saturday Night Live*.

January 20, 2015: Ruth Bader Ginsburg falls asleep at the State of the Union... because she was drunk.

* Got Hall of Fame submissions of your own? Send them to magicofnotgaf@gmail.com. I love reader mail!

July 25, 1965: Dylan goes electric.

September 13, 2009: “Imma let you finish” at the 2009 MTV Video Music Awards, feat. Kanye West.

February 28, 2011: Charlie Sheen appears on the *Today* show, demands \$3 million per episode of *Two and a Half Men*, and claims to have “tiger blood” DNA.

June 7, 1993: Prince changes his name to an unpronounceable symbol in order to breach his contract with Warner Brothers.

December 15, 2011: RIP Christopher Hitchens, giver of no fucks.

March 10, 2003: Natalie Maines tells an audience in London that the Dixie Chicks “are ashamed that the president of the United States is from Texas.”

October 19, 2015: Passenger allegedly strangles a woman on Southwest Airlines for leaning her seat-back on him.*

February 16, 2007: Britney Spears shaves her head, gets tattooed, and one week later attacks a car with an umbrella.

* http://gawker.com/man-allegedly-strangles-woman-over-reclining-seat-1737308260?utm_campaign=socialflow_gawker_facebook&utm_source=gawker_facebook&utm_medium=socialflow.

About the author



GEORGE TOWNLEY

Sarah Knight lives in Brooklyn (when it's warm in New York) and the Dominican Republic (when it's not) with her husband and their ill-behaved cat, Doug. In 2015, she quit her corporate job to go freelance — a move that enabled her to give fewer fucks to winter, meetings, and conference calls, and many more fucks to sunshine and mojitos. An editor, writer, and cum laude graduate of Harvard University ('00), where she was also the first-ever female president of the Hasty Pudding Theatricals, she expects the speaking invitations to start pouring in from her alma mater any day now. Learn more at sarahknightbooks.com or follow her on Twitter and Instagram @MCSnugz.