



You Do You: How to Be Who You Are and Use What You've Got to Get What You Want (A No F*cks Given Guide)

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You Do You is a down-to-earth, irreverent, and no-holds-barred guide to letting go of the weight of others' expectations and doubling down on your dreams to find real, lasting happiness.

First, bestselling "anti-guru" Sarah Knight taught you to shed unwanted guilt and obligations like a year's worth of old socks in *The Life-Changing Magic of Not Giving a F*ck*. Then, in *Get Your Sh*t Together*, she taught you how to set goals for the life you want and really achieve them.

Now she's back, with her most broadly-applicable "No F*cks Given Guide" yet: helping you let go of family, social, and existential pressures to be happy with yourself and the life you really want. In the down-to-earth, warmly irreverent tone that has become her trademark, Sarah Knight helps readers find the conviction that it's not just *okay* to be who you are and want what you want, but that it's *great*.

In the bestselling tradition of Shonda Rhimes' *Year of Yes* and Jen Sincero's *You Are a Badass*, *You Do You* is an unconventional yet universal guide to getting down with your bad self.

You Do You: How to Be Who You Are and Use What You've Got to Get What You Want (A No F*cks Given Guide) Details

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Diana says

I listened to this because I was too tired to read since I was sick all week and therefore I might have missed the point.

I don't think I need a "you do you" lesson, because I've never really had a problem with being my own person. I'm a bookworm, who loves electro swing, will (literally) wear my fandom on my sleeve and have no problem doing my own thing.

Or saying what I want. Which might be the lesson I need: be you, but don't be so mean about it.

Jacqueline says

I didn't like this book at all. I felt like it was written by someone who forgot to mature when they became an adult. Too shallow, no substance, and part of the problem. This book makes people think the world revolves around them and what they do and say doesn't matter at all. Two many attempts to be funny (when they were not) and too many plugs for other books (which I won't be reading). Two thumbs down!

Deah says

An easy read that didn't take me long to skim through, because honestly, I am awesome at being me and have it nailed pretty well.

Castle Spooktacular says

FANTASTIC!. Constantly on a quest to being the most authentic and best version of myself. The author really gets it and is SUPER FUNNY!

Rebecca Viner says

I've just finished reading You Do You (Sarah's third book) and LOVED it as much as the others. It was just the reminder I needed and was such a true reflection of today's society and the reality of the judgements we face every day. This book even got me singing when I stopped at traffic lights - something I would usually feel embarrassed about doing!

Leslie says

You do you.

When I first started as a published author (instead of a closet writer), I needed a lot of handholding. With my first bad review, I'd tearfully text one of my close friends that "THEY DON'T LIKE IT! SO THEY DON'T LIKE MEEEEEEEEE." When someone said something mean to me, I'd take it personally, as if I needed to change.

All of that has slowly changed. I've learned that bad reviews are boons because they keep away peeps who think the same, and they often amusingly reflect the critic's own issues. I've learned that how people treat me is interesting, maybe, but not a command for me to do anything different. And another's opinion of me is certainly not a reason to collapse back into the closet, not allowing myself to live the life I'm meant to live.

While I've grown in many ways, I'll admit I still need these lectures from time to time from my friends. (The transcript of the lecture, is essentially, Me: ??? My Friend: "F*ck them. You do you.")

Which brings me to this book. I wish I had this book to hold and hug and absorb and read and reread when I first started to take those tentative steps to break out of what I thought I was supposed to do (based on my interpretation of what I experienced whenever I colored outside the lines—a stern look and reprimand to get back in line with the rest). I wish I had the benefit of its strong, supportive, and irreverent wisdom brimming with love.

This book is the strong girlfriend texting you, saying, "YOU GOT THIS. You don't do the world any favors if you pretend to be anything you aren't. If you imitate someone else, we're all gonna miss out on the joy and experience of knowing YOU."

While we learn from imitation, at some point we need to break away from others and pay attention to ourselves. We are trustworthy. We are here for a reason. We need to shine.

You Do You has the following simple and shocking premise: what if, really and truly, there isn't anything wrong with you.

Let that sink in.

There is nothing to improve. Nothing that needs to be different in order to be allowed to live.

What if there isn't anything wrong with you?

Simple in the most Earth-shattering way, You Do You is profound and witty, entertaining and deep, and very sweary. Thank f*ck.

Little, Brown sent me a copy of this book to review, but honestly, I think the Universe sent it to me because it is exactly in line with my beliefs and feelings.

Heidi The Hippie Reader says

The self-styled "anti-guru" Sarah Knight adds another volume to her quirky, profanity-laden self-help series with *You Do You*.

The focus, as you can guess from the title, is the art of allowing your authentic self to shine through without feeling guilt or being so far out of the social norms that you border on "psychopath."

You Do You is about accepting your strengths and your flaws, whether those flaws are self-identified, or just things that you're perfectly happy about but that other people seem to have a problem with. Or, should I say, that you WOULD be happy about, if you felt a little more confident in yourself..." loc 146, ebook.

And, like the previous books, Knight doesn't stint on the bad words. She admits she kept the title clean so a certain publication *cough* New York Times *cough* would print the all the words of the title in their sought after Best Seller list.

Which Knight has made before... but had her titles censored for their content.

"The advice in this book boils down to one simple mantra: Stand up for who you are and what you want. How do you do that? Stop letting other people tell you what to do, how to do it, or why it can't be done." loc 188, ebook.

I enjoyed *You Do You*, but I felt it wasn't as strong as Knight's other titles because she spends so much time rehashing material she has already covered elsewhere.

That being said, I like Knight's style, her famous diagrams and her illuminating stories. This is an author who has been there, done that and cussed about it.

My favorite diagram in *You Do You* is Knight's "ouroboros" or symbolic, conjoined serpent of wisdom picture. The text with the cute doodle says: *"Is it right or wrong? You won't know unless you have the confidence to take a risk and find out. If you regret your decision, then accept the consequences, swallow the lesson, and start over. With confidence."* loc 1995, ebook.

Verges on mystic Eastern wisdom, doesn't it?

She encourages all readers everywhere to let the strange sides of yourself out- within certain boundaries. Don't hurt anybody. Don't take advantage of people. Be reasonable within your freakishness.

"Now, with those ground rules established, I do declare that we, as a society, should celebrate weirdness in all its forms- and that the right to be weird should be inalienable- just like the right to life, liberty, and the pursuit of happiness." loc 2130, ebook.

"You do you" and let everybody else do them. It's that simple. It's that hard.

Sarah Knight may be a bit of an acquired taste. Please don't read unless you have a high tolerance for bad words and, dare I say, mild snark.

But, if you are someone in need of encouragement to let your freak flag fly, look no further.

Thank you to NetGalley and Little Brown and Company for a free digital copy of this book.

Ada-Marie says

Enjoyable, funny, and had some good nuggets of advice.

Katie (katieladyreads) says

Eh this felt to me like a long winded stand-up comedy routine that continually referenced points made in her two previous books but in between all that she did make some insightful points about “letting your freak flag fly”

KABUDI "Obamaniac" Tumi says

This book definitely deserves a 4 ?. If 2018 is your year of AUTHENTICITY AND SELF-ACCEPTANCE, this is the book to read. Without a doubt, Sarah Knight authentically shares the best life lessons of you being yourself. This "anti-guru" ? talks of various social norms that made most people live in their "cocon-shelf" instead of being the "butterfly" one is meant to be. And my oh my, Sarah goes against all norms of normal book writing. The foul words that were thrown out of the blues ?

Reason for a one-less ? is because I couldnt understand some of her examples and the foul words were too much for me ?. That doesnt mean I dont appreciate her style. Quite inspired ?. YOU DO YOU. There is no one like you.

Jenb16 says

I typically like reading a motivational self-help book in January. I just found this soooo basic. There was absolutely nothing new that the title of the cover doesn't cover. Very mehhhhhhh.

Kat says

As far as self improvement books go, this is one of my favorites. It's funny, simple, to the point, with great advice on how to do what makes you happy and why it's ok to put yourself first and stop caring about what other people think. I especially related to the rant about people who tell you to smile, may they stub their toes every morning.

Laura Rash says

As always, Sarah Knight gives realistic advice with a grand sense of fucking humor! I always walk away from reading her books with my head held a little higher & my middle finger ready to extend to those who don't like the choices I make to improve me!

Thanks to Little Brown & Sarah for this early copy!

Diane says

I did enjoy this book but essentially it is full of very bad advice that I want to take, especially around Christmas and baby shower season. Haha! I could write this exact same book myself if I too could pack up my entire life and move to the Dominican Republic. Pretty easy to get out of all the social commitments and pressures when you are that far away from everyone. No sooner had I finished a chapter on how to be more selfish did I read a chapter on how important it is not to be selfish in the book 'how to win friends and influence people'. Basically while her advice given in this book might be true- the opposite of her advice is also true. And further to that she writes 50% of this book in brackets. There are too many side points that don't need to be said. Take those words away and you have yourself a pamphlet on how to be a mega b-itch. (even though I secretly enjoy that fuck you attitude)

Angie Dokos says

Not only good advice, but hilarious. I don't agree with everything she says, and some people will hate all the cussing, but it was enjoyable to me. Very entertaining, and encouraging.
