



F*ck Feelings: One Shrink's Practical Advice for Managing All Life's Impossible Problems by Michael Bennett, MD and Sarah Bennett | Key Takeaways, Analysis & Review

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PLEASE NOTE: THIS IS A COMPANION TO THE BOOK AND NOT THE ORIGINAL BOOK.

F*ck Feelings by Michael Bennett, MD and Sarah Bennett | Key Takeaways, Analysis & Review

*F*ck Feelings by Michael Bennett, MD and Sarah Bennett is a self-help book with a pragmatic outlook on the types of change that individuals can expect in their lives given a specific set of circumstances. Most advice runs counter to the big promises made by other self-help books, stating instead that there are some things that readers will be able to change, some things they want to change but cannot, and unintended consequences to even the most well-meaning action...*

This companion to F*ck Feelings includes:

- Overview of the book
- Important People
- Key Takeaways
- Analysis of Key Takeaways
- and much more!

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