



Unf*ck Your Life: A Guide for the F*cked: Aphorisms & Sayings

Mark Child

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Drawing on sources as diverse as Dr. Viktor Frankl, Marcus Aurelius, Lou Reed, William Blake and Daniel Lanois, UFYL is both inspiration and exhortation for those who find themselves disconnected from the life they meant to have. UFYL is a manual for living, a form that stretches back to "The Art of Living" by Epictetus and "Dhammapada: The Sayings of the Buddha." It is written in a voice both high and low: a mixed diction of the southside of Chicago and a bit of poetry and erudition. The book unfolds in aphorisms and meditations on the one true freedom each of us has: the ability to choose how we respond to the circumstances of our lives. It diverges from most self-help books in that self-improvement is not to be desired at all, but rather what each individual needs to unf*ck his or her life is to be entirely who they are - complete, no part left out. It is this drive to completeness that makes UFYL a vital resource for anyone trying to realize the fullness of their lives.

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