

BIBLIOGRAPHY

Unf*ckology: A Field Guide to Living with Guts and Confidence

by Amy Alkon

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CHAPTER 5: Your Mind Is Also in Your Elbow

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CHAPTER 6: Eat Shit and Die

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CHAPTER 7: Souplantation for the Soul

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CHAPTER 8: Self-Esteem Is Not What You Think It Is

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CHAPTER 9: Jeer Pressure

What shame actually is and how to beat it

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CHAPTER 11: Your Feelings Are Not the Boss of You

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CHAPTER 12: Be Inauthentic!

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CHAPTER 13: They Should Call It Won't-Power

The pathetic realities of willpower

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CHAPTER 14: Where There's a Will...There's a Brain That's Been Slipped a Cookie

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PART THREE: Putting It All Together

CHAPTER FIFTEEN: Rise and Spine

Grow a backbone and ride it out into the world

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CHAPTER 16/17 (combined)

Chapter 16: Rock 'n' Role!

Time to slip into somebody more comfortable

Chapter 17: Saddle Up Your Fear and Ride It Like a Pony

Fear is the answer, not the problem

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