

Give a F*ck, Actually

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Synopsis

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The Wall Street Journal bestseller!

Stop battling your emotions and engage them to live a better life.

Youâ€™ve been told that itâ€™s a subtle art to not give a f*ck, to only live, laugh, and love, and to f*ck your feelings. Thatâ€™s impossible and unhealthy. What if you could stop trying to fix your emotions and work with them instead of against themâ€”even the â€œbadâ€• ones?

Give a F*ck, Actually is the self-help guidebook to doing that with Radical Emotional Acceptance, a simple five-step process for having a healthy relationship with your emotions in real time. Developed by psychiatrist Dr. Alex Wills through over 15,000 hours with patients, REA stops the fight against your own feelings and allows you to acknowledge, accept, interpret, and act on emotionsâ€”even the painful ones that you are told to suppressâ€”before they become a problem. Rather than pretending you donâ€™t give a f*ck, REA helps you embrace your f*cks and learn from them emotional data to live a fuller life.

Give a F*ck, Actually integrates teaching with anecdotes, historical lessons, and narrative encounters with patients to demonstrate REA in action. The result is an unforgettable how-to guide for emotions that will change your life.

Reader's comments

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