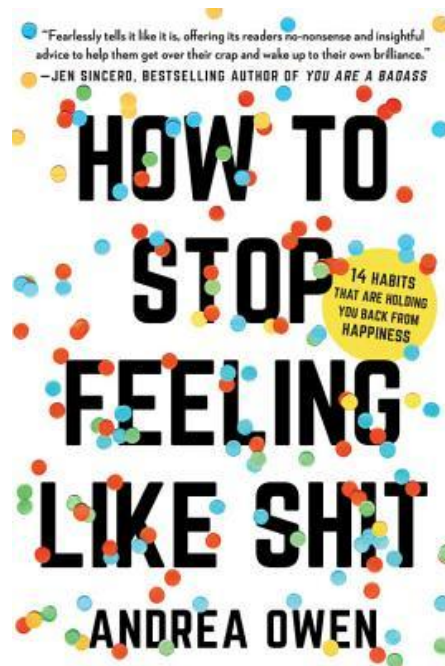




How to Stop Feeling Like Sh*t: 14 Habits that Are Holding You Back from Happiness

Andrea Owen

Download now

Read Online ➔

How to Stop Feeling Like Sh*t: 14 Habits that Are Holding You Back from Happiness

Andrea Owen

How to Stop Feeling Like Sh*t: 14 Habits that Are Holding You Back from Happiness Andrea Owen
For everyone who loved *You Are a Badass* and *The Subtle Art of Not Giving a F*ck*--a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success

*How to Stop Feeling Like Sh*t* is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen--a nationally sought-after life coach--crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of punch-points of awareness.

How to Stop Feeling Like Sh*t: 14 Habits that Are Holding You Back from Happiness Details

Date : Published January 2nd 2018 by Seal Press

ISBN : 9781580056793

Author : Andrea Owen

Format : Paperback 224 pages

Genre : Self Help, Nonfiction, Health, Personal Development, Audiobook

 [Download How to Stop Feeling Like Sh*t: 14 Habits that Are Holdi ...pdf](#)

 [Read Online How to Stop Feeling Like Sh*t: 14 Habits that Are Hol ...pdf](#)

Download and Read Free Online How to Stop Feeling Like Sh*t: 14 Habits that Are Holding You Back from Happiness Andrea Owen

From Reader Review How to Stop Feeling Like Sh*t: 14 Habits that Are Holding You Back from Happiness for online ebook

Katie says

This book gets four stars because of the chapter on overachieving. I found that many traits either didn't apply to me, or were ones I've read about thoroughly elsewhere (self-compassion vs self-criticism, and perfectionism). But the chapter on overachieving was so on-the-nose, that I have to believe some of the other chapters would be much more meaningful to others:

“Overachieving is making your accomplishments who you are. It's basing your self-worth on your accomplishments. Many overachievers hold extremely high standards for themselves and everyone around them. The two biggest issues overachievers tell me they struggle with are anxiety and insomnia.”

THIS IS ME. And while none of this is new or shocking information, it got me to stop and think. Andrea Owen tells you to get to the root of the issue and address why you are the way you are, because when you understand what's causing you to feel or behave a certain way, you can address the way you react—which will eventually cause you to stop feeling like shit!

Honestly, this wasn't the book I was looking for, because feeling like shit, to me, is currently more of a physical fitness problem. That's what I get for picking a book based on the title, but ultimately it worked out. Also, this book is intended for women (Owen constantly addresses the reader as “sister” or uses generalizations such as “we as women”), but I do think that there are useful lessons in here for everyone. Men can be overachievers and perfectionists, too!

See more of my reviews: [Blog](#) // [Instagram](#)

Sierra Menzies says

I really enjoyed this book! I'm glad I stumbled upon it at my local bookstore and I enjoyed (even though it made me uncomfortable) working on thinking about some of the tougher issues that keep me feeling kind of shitty. I've already noticed some positive improvements in my life as I've worked on some of the habits such as people-pleasing and letting my "inner critic" talk down to myself.

One of the most unique things about this book is that the author is currently conducting an online book club to discuss the themes from each chapter, answer questions and offer support. Again, it feels like perfect timing that I stumbled upon this book shortly after it was released and was able to take advantage of the book club.

Christine Luken says

“Who doesn't want to stop feeling like sh*t?” That's what I thought a month ago when I read the email from the PR company asking me if I'd like to preview Andrea Owen's new book, How to Stop Feeling Like Sh*t: 14 Habits That Are Holding You Back from Happiness. When I discovered that one of my author idols, Jen

Sincero, had endorsed the book, I was 100% on board.

In the intro Andrea says, “This book is about how to recognize a sh*tty habit, choose a different one, and practice the new behavior... This book is about taking action.” I had a hunch I’d read things in this book that would greatly benefit my financial coaching clients. What I didn’t expect was how much this book helped ME personally.

In a nutshell, How to Stop Feeling Like Sh*t is \$10,000 worth of therapy for a book that costs less than \$20.

Andrea outlines the 14 habits women can fall into that sabotage our happiness, such as: isolating, numbing out, never-ending comparisons, people pleasing, perfectionism, and overachieving to name a few.

Andrea explains how we develop most of these behaviors as a way to protect ourselves, and we all do some of them occasionally. It only becomes a problem when we use one or more of these behaviors on a regular basis as coping mechanisms to hide from dealing with our problems.

What I love about this book is Andrea’s transparency regarding her own issues and her personal experience with these habits. She’s like that coveted best girlfriend who compassionately listens to us without judgment, then gives us a loving kick in the rear to move us in the right direction. Each chapter ends with concrete action steps to unearth your sh*t, deal with your sh*t, and then leave that sh*t behind.

Some of the chapters hit home for me (Feeling Like a Fraud: The Imposter Complex, Just Let Me Do It: Start Letting Go of Control, and Nobody Likes a Slacker: The Downside of Overachieving.) I’ll definitely be rereading those chapters and going back through the exercises for my own personal development until I’m perfect. ...Wait, there’s that pesky perfectionism rearing its ugly head! Better reread that chapter, too!

You’ve heard me say it a hundred times, “Money is emotional!” Most of my clients didn’t get into their financial messes because of ignorance regarding money management. There’s usually emotional, relational, and mindset issues at the root of the problem. How to Stop Feeling Like Sh*t has given me new tools to use with my clients to empower them to stop these self-destructive habits and replace them with healthy ones.

Andrea Owens, I hope you offer bulk discounts because I see myself buying a whole case of this book to give to my financial coaching clients, and not just the women!

Carrie Klassen says

I didn't think this book was even for me. I mean, I don't feel like sh*t, for starters. I'm pretty together. I've done lots of "self-work." And yet... to my surprise, I found myself on nearly every page. And always with a straightforward and so helpful here's-what-to-do-about-it.

The author is direct but never lacks kindness. She's as compassionate as she's frank. And she's funny.

I loved the writing. I'm already using the advice. And I'm better for having read this book.

Alexandra says

I don't know if my life is forever changed by this book but it brought me comfort this week and I found myself taking notes so that's something good, yes?

Jo-Ann Duff (Duffy The Writer) says

Another sweary self-help book, but this time one aimed at women who have moments of feeling like shit.

I don't mind a sweary self-help book. If you check out my blog, I've reviewed a few and appreciate a kick up the bum now and again when I get in a funk. I'm not offended by swearing, in fact, my mum thinks I swear like a sailor, so some straight shooting tips, anecdotes and tools to add some pep in my step is just what I need to keep self-improving.

So, is How To Stop Feeling Like Shit just the same as the other books out there?

Nope. Well, a bit. There is much the same sentiment as my favourite of the sweary self-helpers Gary John Bishop, but this book is specifically aimed at common situations women find themselves in and habits we tend to form which lead to a negative inner critic, imposter syndrome, and isolating yourself, to name a few.

A couple of chapters I did skip on, such as People Pleasing (i'm pretty good at saying no), and Perfectionism Prison, but there were plenty of chapters I lapped up. Just last week I went back to my group personal training class, the first time since before Christmas. I already had a cloud of guilt hovering over my head for leaving it so long as I trotted into the class and there, right before me, were 3 ladies that looked like Instagram models. Matching outfits, make-up still intact, dewy skin and guns like Madonna. I, on the other hand, was sporting a brand new muffin top, lost my fringe, thought Hawaiin print pants would be appropriate, and had sweated buckets just trying to get warmed up. I felt insecure, inferior and got a bit crabby and snappy in defence. It was bloody stupid of me. Everyone was welcoming and encouraging and I felt good about surviving the class by the end of it. Why I put myself through it I can't answer, the shift in mood happened so quickly I didn't even realise it was happening.

How To Stop Feeling Like Shit by Andrea Owen identifies bad habits such as my minor gym meltdown and gives you practical ways to stop talking yourself down. Will reading this book suddenly make me funny, happy, and generally adorable every single day? Hell No! But, it has given me some tools and tips to help me recognise these negative behaviours before they ruin my day. It's time to be kind and not critical of myself.

3.5 out of 5 from me. A great book to get yourself out of a funk, or to buy the woman in your life who would appreciate a boost.

The Book Blurb For How To Stop Feeling Like Shit

How to Stop Feeling Like Sh*t is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviours women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen--a nationally sought-after life coach--crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favour of punch-points of awareness.

Thanks to Hachette Book Group USA for a copy of this book in exchange for an honest review.

Mary says

I would rank this book right up there at the top with Brene Brown and Martha Beck's books. Many of the topics resonated with me (such as catastrophizing or being afraid of failure) and I found some of the exercises extremely helpful (such as listing my values and making a list of behaviors that honor my top values). I especially liked the last chapter, which helped to put it all together.

Roland says

I did not know that this book was intended for women when I started it, but it had some good advice that applies to anyone.

Veta says

I quite liked this book. It avoided the traps of a lot of self-help books that instruct readers to simply avoid negative habits. She acknowledges that overcoming years of ingrained thought patterns requires constant work and a lot of patience. She is honest and brutal without teaching to do the impossible. She advocates for healthily experiencing every emotion, especially the bad ones, and creating space to be patient with yourself while you learn to understand what makes you tick. In the beginning, I thought the book was a little kitschy but it overcame that by being honest and genuine. Whilst I don't think I learnt anything particularly new, the genuineness of this book really spoke to me in a way that helped solidify some practices I already do and reminded me to not be so hard on myself. I definitely think this book is accessible for people either with or without a mental illness. Some of the habits she goes through and the solutions to them are things I've learnt through therapy. They are mental tools that I believe would help anyone start to improve their life. However, if you are suffering from a mental illness, I do recommend seeking professional help alongside any external resources like this book.

Polly says

I bought this book when I was in a place where I was asking myself, "how can I stop feeling like this?" I was in a bookstore, saw this on a feature table and couldn't not buy it. The language is informal and directed to the reader, which makes it easier to stay engaged, than with a more clinically written book. The review exercises at the end of each chapter are also helpful. I feel that the quality of how I listen to other people has already improved and I have a better understanding of the trappings of my inner critic. A quick and immensely helpful read.

Danielle Armstrong says

I'm not going to finish this one; it just didn't click with me. Maybe I'm too far gone...?

Mary Clare says

Full review!

In this book, Owen explores 14 commonly held habits, how to identify them, how they are holding you back, and how you can start to get rid of them.

How to Stop Feeling Like Shit is a great starter kit for someone who is looking for some guidance on how to get out of an emotional rut. It's great for people who might be starting to think about what parts of their lives, minds, and behaviors might not be serving them well.

To me, the most valuable parts of this book are the parts that teach you how to identify the habits that you may not even know you have. For example, her chapter about Imposter Syndrome actually explained it to me in a way that made me aware that I definitely have those thought patterns. In the past, I've read about it and thought that what I go through doesn't really qualify as true Imposter Syndrome, which I am now noticing is probably a sure sign that I have it! I have Imposter Syndrome about Imposter Syndrome, and I never would have thought about that or taken it seriously if it weren't for how Owen broke down the issue and explained it so clearly.

Other chapters are similarly clear in explaining the habits in a way that will help readers identify the problems in their own minds, which I believe is a big and important first step. You can't deal with a problem that you don't know is there. Almost every chapter left me thinking about my own mind and how the habits Owen described manifest in my own life.

That being said, I was already aware that I had many of these problems (such as a harsh inner-critic and approval seeking). Having already been aware of those problems. I found this book to be reassuring but ultimately not very helpful. It is reassuring to know that other people go through what I go through and that my problems are common. It feels reassuring to know that my brain is not unique in the ways it holds me back. However, I found the strategies that Owen provides to kind of basic. A lot of the advice amounts to "stop doing that and journal about why you did it in the first place" which is not wrong advice but is not the most helpful.

These behaviors are habits and are therefore very difficult to alter. Even if you journal about it. Even if you make lists and ask yourself hard questions and observe your own behavior, these habits are still hard to get rid of. Ultimately, I think the strength in this book and the part of this book that helped me the most was knowing that my experience is not singular or unique, knowing that others are going through it as well, not so much the parts of the book that attempt to give practical advice.

I would say that if you are just awakening to your issues and beginning to try to change your habits, this book might be incredibly useful and a fantastic first step. However, if you have read books like this before or seen a therapist or spent an embarrassing amount of time in the self-love section of Pinterest, then this book might not have a lot of new information for you.

Amanda says

I received a digital ARC of Andrea Owen's How to Stop Feeling Like Sh*t from Net Galley in exchange for

an honest review. This book falls into the category of self-help, as Owen lists a number of habits that overtake our lives and, well, make us feel like shit.

When it comes to the self-help genre, it can be difficult to find books that offer more than empty promises toward a "better you." These types of books can be addictive, since reading them alone can feel like you're taking a step in a positive direction - despite the fact that you aren't necessarily doing anything. Many authors feed off of that, publishing books that present a problem and then tell readers to just "stop doing what they're doing." Life's that simple, isn't it?

What I enjoyed about How to Stop Feeling Like Sh*t, it that Owen acknowledges this flaw in the self-help community and tells us that she won't offer us empty advice. Then she follows through. This book doesn't simply make readers aware of the nasty habits they've developed, but it offers plausible solutions to shaking these habits. That's something I can appreciate.

On top of the suggestions, Owen also outlines exercises that readers can complete. These are meant to increase awareness of bad habits and expose the reasoning behind them. These activities strengthen How to Stop Feeling Like Sh*t, and I think the emphasis on reflecting and locating the causes behind our behaviors is important.

The only thing I found strange about this book is that most of the advice is directed solely toward women. While I do agree that women should empower women, as I'm sure Owen intends to, I just didn't find this necessary. Most of the habits in this book are things that men and women participate in, and I just didn't understand the reason to gender the advice given. Despite the fact that women may engage in certain behaviors more, due to societal conditioning, I genuinely think that everyone can benefit from this book. Let them!

I gave How to Stop Feeling Like Sh*t a 3.5 out of 5 stars on Goodreads. I enjoyed this, and I found some of the exercises and practices in here useful within the confines of my own life. I recommend this to anyone looking to better themselves, especially if you enjoy picking up a self-help book every now and again.

Blaire Jackson says

I must say that I am not that pleased with this book. It is motivational, but it is even more clique. I felt like I already knew all of the tips that she gave and, even though I tried, I didn't get much from the book. I do recommend if you want a clean start of your life or you are in a complete rut.

Laura says

I loved this book, yet it's hard for me to say that I "enjoyed it". Andrea writes warmly but to the point, and yes, that point is where it hurts and what is probably keeping many of us from living a better life. To be honest, with most of the chapters, I'd go: "maybe I should skip it, this surely does not apply to me". Boy, was I wrong. I ended up grabbing the tissues more than once (specially at the end). Andrea has the eye and the pen (keyboard?) of a great coach, but the approach and candor of a friend you cannot but listen and trust. She goes really deep, not only in showing us all the ways we fail to care, comfort and heal ourselves, but also shows a very honest and healthy way to change. I think this book is perfect for starters in self-help and personal growth like me.

