



F*ck That: An Honest Meditation

By Jason Headley



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F*ck That: An Honest Meditation By Jason Headley

Let this book help you find peace with the challenges that surround you.

Because they are f*cking everywhere.

We all have an inner voice. Sometimes it's just not quite as serene as we'd like.

Based on the viral video that had everyone from yogis to workaholics raving, *F*ck That* is the completely truthful and oddly tranquil guide to achieving your inner peace.

From the Hardcover edition.



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Editorial Review

About the Author

JASON HEADLEY is a writer and director whose short films have been featured on the *Today Show*, *SundanceTV*, *Funny or Die*, Banksy's Dismaland, and film festivals far and wide. He is a participant in the IFP Emerging Storytellers program, a resident of the San Francisco Film Society's FilmHouse, and has also written, directed, and produced short films for Heineken, Sony, and Chrysler.

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