



# 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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#### **Jose Shepard:**

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