

I USED TO BE A MISERABLE F*CK

**AN EVERYMAN'S GUIDE
TO A MEANINGFUL LIFE**

JOHN KIM
THE ANGRY THERAPIST

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Everyman's Guide to a
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Kim**

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Synopsis book

The Angry Therapist who has helped thousands of men find more happiness in their relationships and more purpose in their lives now shares his insights with all men in this powerful guide (John's signature "self-help in a shot glass"), covering essential topics, from vulnerability and posturing to workouts and women. Deep in post-divorce soul searching, John Kim came to an astonishing realization: he was a miserable f*ck who might just be to blame for the problems in his life. Armed with this new insight, he began The Angry Therapist blogan admission that, while he was a licensed therapist and life coach, he was no better than the people who sought his advice. In his first post, My Fucking Feelings, he wrote about the struggles and shortcomings that had led him to this point. As his work caught on, catapulting him into the role of unlikely and unconventional guide for thousands of people all over the world, Kim evolved from behaving like a boy to living like a man and showed his

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Description

The Angry Therapist who has helped thousands of men find more happiness in their relationships and more purpose in their lives now shares his insights with all men in this powerful guide (John's signature "self-help in a shot glass"), covering essential topics, from vulnerability and posturing to workouts and women. Deep in post-divorce soul searching, John Kim came to an astonishing realization: he was a miserable f*ck who might just be to blame for the problems in his life. Armed with this new insight, he began The Angry Therapist blog—an admission that, while he was a licensed therapist and life coach, he was no better than the people who sought his advice. In his first post, "My Fucking Feelings," he wrote about the struggles and shortcomings that had led him to this point. As his work caught on, catapulting him into the role of unlikely and unconventional guide for thousands of people all over the world, Kim evolved from behaving like a boy to living like a man—and showed his

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