

**STOP EFFING YOURSELF: A SURVIVORS GUIDE TO
LIFES BIGGEST SCREW-UPS**

Deann Gelber

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It really is that simple. Hospital stays are scary, suck ass and effing expensive.

ViewQuoteWemayenjoymakingya'llmiserableatSE,butweloveya'llandther And sometimes you have to push through high winds when I was heading up from Camp three to high camp, it was 70 mile an hour winds... I still suck.

Thechallengeofasking'Isthisallthereis?None of these first perceptions had to do with hating or being closed minded. Actress Kirstie Alley lost seventy-five pounds by using the diet program Jenny Craig, but she regained all those pounds after three years.