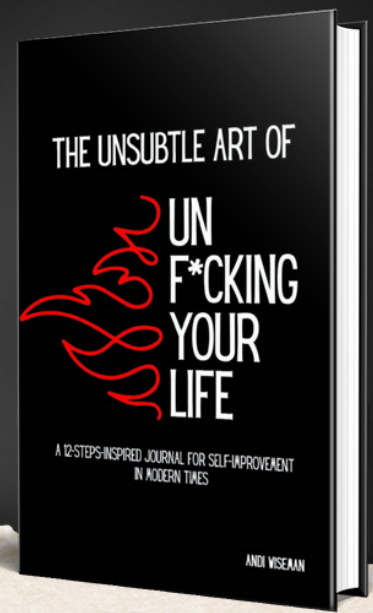


# THE UNSUBTLE ART OF

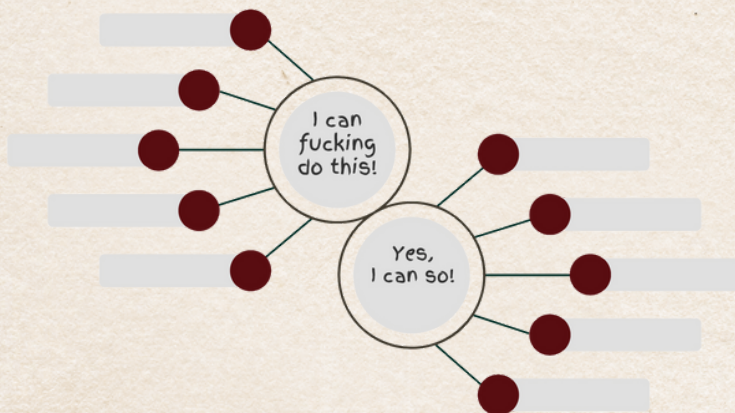
# UN F\*CKING YOUR LIFE

A 12-STEP JOURNAL FOR  
SELF-IMPROVEMENT  
IN MODERN TIMES



Inspired by the 12-step program founded in 1935 in Akron, Ohio by two white, evangelical-leaning Christian guys from Vermont, this unique journal offers an even more inclusive and widely accessible brand of guidance and support for anyone looking to recover from anything specifically, or just improve their lives generally. With its no-nonsense attitude, straightforward language and playful encouragement, readers can expect to be challenged, motivated and honoured, regardless of their individual path.

Tired of typical self-help tropes? Has your own recovery or wellness journey ever been dismissed or ignored because your path doesn't fit the dominant narrative? With practical tools and exercises, affirmations that weren't available in the 1930s, and some fun activities too, The Unsubtle Art of Unf\*cking Your Life is the perfect journal for anyone looking to take charge of their own life.



I created this journal for several reasons.

One reason is my own experiences with adversity, stigma and recovery.

Another reason is my years of frontline nonprofit work, serving marginalized, criminalized and stigmatized people. Working in (often racist and fundamentally colonial) systems that govern our lives repeatedly taught me that cultural exclusion is usually intentional.

The harmful "all or nothing" tenets of traditional 12-step ideologies became increasingly infuriating. I supported hundreds of women who were shamed and excluded by their peers in recovery. The consequences of this cultural exile were always serious and for many, even fatal.

I've been a proponent of unpopular truths and the inconvenient inclusions they invite for a long time. This journal was created with unconditional compassion for everyone, no matter who or where they are, and regardless of how their individual journeys unfold.

Here's to survival, healing and recovery, in all the ways and for everyone. (And mildly offensive levity. Because laughter is the best fucking medicine of all.) ~ Andi

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GENRE: Self-Help, Humor

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## Instructions for Use

**DO** use this journal to:

- ✓ write
- ✓ draw
- ✓ rant
- ✓ reflect
- ✓ give as a gag gift
- ✓ re-gift as a gag gift
- ✓ line a litter box
- ✓ level a wobbly table or chair
- ✓ shred and/or make paper crafts
- ✓ do any harmless joy-sparking things that nurture healing and/or recovery

**DO NOT** use this journal to:

- ✗ replace, skip or avoid therapy
- ✗ replace, skip or avoid medication
- ✗ depoliticize social issues/inequities
- ✗ hit anyone (literally or figuratively)
- ✗ form a cult / promote mob mentality
- ✗ start uncontained or illegal fires
- ✗ do any harmful, hateful or otherwise asshole things

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