

## Move on Motherf\*cker: Live, Laugh, and Let Sh\*t Go

**Jodie Eckleberry-Hunt**

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Enough with kindness and gentleness: this book calls people on their bullsh\*t. Jodie Eckleberry-Hunt's self-help book issues a wake-up call to those who are fed up.

As a therapist and a person, Eckleberry-Hunt once faced an impossible work situation in which she'd reached the limits of her techniques and got a hearty "f\*ck you" from within herself. From that rock bottom place, the "move on, motherf\*cker" technique was born. It's based on the fact that, in addition to cognitive behavior therapy and mindfulness, sometimes people need to vent their emotional energy while taking responsibility for their mistakes—if you've been a "motherf\*cker," why not say so?

The book begins by recounting the documented benefits of swearing: it increases pain tolerance, lessens aggressive behavior, and helps people bond. Its chapters show how elements like family, parenting, love, and work become f\*cked up, then suggest ways forward. The common thread is taking control of one's self and releasing that which one cannot be control, along with a good amount of swearing.

Don't be fooled by the irreverence: this is an honest-to-goodness self-help book, packed with useful tools and psychological wisdom that will generate results, inside and out. Its swearing is just the gateway for deep transformation, designed to get the audience's attention and open them up to understanding the damaging stories they tell themselves—stories that keep them trapped in the same behaviors and situations. Once this awareness is achieved, people are able to take to heart the book's more mundane, but still transformative, practical steps, including journaling and practicing saying no.

*Move On, Motherf\*cker* is a self-help text that delivers a necessary slap in the face to jolt its audience awake.

MELISSA WUSKE (November / December 2020)

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