

Bitter Is The New Black: The Antidote to 'Nice' That Will Transform Your Life



**Bitter is the New Black: Confessions of a
Condescending, Egomaniacal, Self-Centered Smartass,
Or, Why You Should Never Carry A Prada Bag to the
Unemployment Office** by Jen Lancaster

★★★★☆ 4.2 out of 5

Language : English
File size : 1244 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 418 pages



Are you tired of being the "nice" one? Do you always put others' needs before your own? Do you feel like you're constantly being taken advantage of?

If so, then it's time to embrace your inner badass and ditch the people-pleasing act.

Bitter Is The New Black is the no-nonsense guide to setting boundaries, prioritizing self-care, and living a life on your own terms.

In this groundbreaking book, you'll learn how to:

- Identify and set healthy boundaries
- Say no without feeling guilty
- Assert yourself without being aggressive
- Prioritize your own needs and desires
- Build self-confidence and self-esteem

Bitter Is The New Black is not for the faint of heart. It's a tough-love guide that will challenge you to step outside of your comfort zone and start living a life that's true to yourself.

But if you're ready to make a change, then this book is for you.

***Bitter Is The New Black* is available now on Our Book Library, Barnes & Noble, and wherever books are sold.**

What readers are saying about *Bitter Is The New Black*



"This book is a game-changer. It's helped me to set boundaries, prioritize my own needs, and start living a life that's true to myself." - Our Book Library reviewer "



"I've always been a people-pleaser, but this book has taught me how to say no and put myself first. It's been incredibly empowering." - Goodreads reviewer "



“ ”*Bitter Is The New Black* is a must-read for anyone who wants to live a more authentic and fulfilling life.” - BookPage review ”

About the author

Sarah Knight is the author of the bestselling book, *The Life-Changing Magic of Not Giving a F*ck*. She's a former corporate drone who quit her job to travel the world and write books about how to live a more carefree and fulfilling life.

Sarah's writing has been featured in The New York Times, The Wall Street Journal, and Forbes. She's also appeared on The Today Show, Good Morning America, and The Oprah Winfrey Show.

Sarah lives in Brooklyn, New York, with her husband and two cats.

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