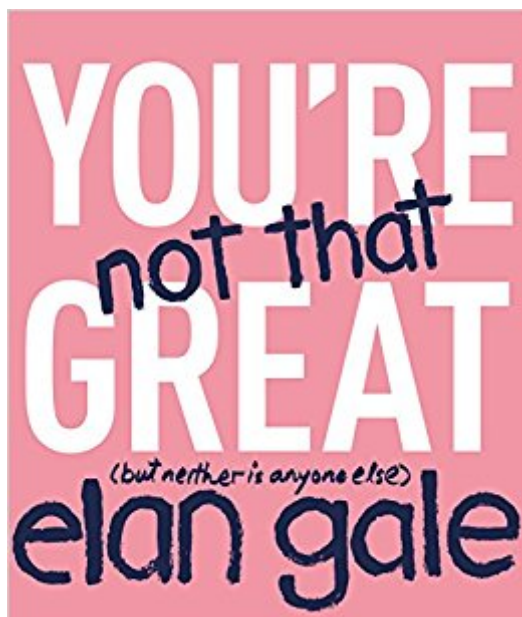


The book was found

You're Not That Great: (but Neither Is Anyone Else)



Synopsis

I am addicted to positivity. I am addicted to positivity. I am addicted to positivity. I care more about feeling great than being great. I am NOT THAT GREAT. The self-help industry tells you that if you're positive, if you put your best foot forward and if you just believe in yourself that you will find happiness. Let's be real, you can read all the inspirational quotes you want. You can spend your days giving yourself affirmations in your heart-shaped mirror and trying to learn to love yourself. You can say your mantra over and over again while sitting cross-legged on a yoga mat in a Whole Foods parking lot. But the truth is, you're not a badass and you still don't have the life you want. That's where *You're Not That Great* (but neither is anyone else) comes in. This book teaches you how to harness all the negativity in the world and use it to improve your life, taking everyday feelings like self-loathing, regret and shame and making them work for you. Positive thinking is for assholes. Negative thinking is for winners.

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Customer Reviews

Elan Gale is a strange person and executive producer of *The Bachelor*, *The Bachelorette*, *Bachelor in Paradise*, and several live shows. In his spare time, he is a social media provocateur who has amassed over 6 million social media followers between his various humorous accounts. He is small in stature, physically weak, and an alcoholic, but he has still managed to make himself a presence in the world. His antics have led him to be featured in the *NYTimes*, *UsWeekly*, *Huffington Post*, *People Magazine*, and *The Daily Show* with Jon Stewart, and countless other publications and blogs. He has already published two books under his nom de plume, *Unspirational Texts from Your Ex*, *Tinder Nightmares* and the upcoming *Your Shitty Family*. He currently lives in Los Angeles and

hates traffic.

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