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By John C. Parkin

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John C. Parkin said F**k It to his life in London as an advertising executive to set up the holistic centre 'The Hill That Breathes' in Italy with his wife Gaia. John

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This book contains swearing. And it contains an unexpected way to happiness and healing, too. Just saying 'F**k It' is therapeutic. Most of us are trapped in prisons

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