



# Live Like You Give A F\*\*K!

By Nicola Findlay

## PRESS RELEASE

*Straight talking life accessories to help you stop making excuses for your own dramas, and disappointments, and start living the life you want, from one badass b\*\*\*h to another.*

**WARNING:** If you're afraid of a few swear words on a page put this book down and go cry to your Mama. I'm not here to offend anyone, I'm here to tell you how to rock your world, and because I'm so passionate about it I'll be shouting and swearing from the rooftops.

Boss a bitch? Diet a hot mess? Broke after payday? Ghosted on Tinder? If life feels like a constant hangover why not take five f\*\*king minutes for yourself to decide what you really want. Slam on the brakes, kick off your heels and unplug from the social media circus. Stop Surviving - Start Thriving. **Live Like You Give A F\*\*K** will show you how to create the future you want, not the one that's been shoved down your throat. It will shake and wake you from the hypnosis of modern living and

your #firstworldproblems. The triple shot of empowerment, confidence and motivation will unleash the badass in you. Nicola Findlay is the straight-talking, bold, coaching diva who isn't afraid to tell it like it is. If you ask her advice about your lame partner she'll give you a bitch slap, tell you to raise your standards and get rid of that loser. She's your best friend, your enemy, your punchbag and your cheerleader. Some people call her a diva, some people call her a badass bitch but whichever you decide you will get results.

Divided into life accessories —from self-love to goals and JFDI (Just F\*\*king Do it!)— Nicola shares her life philosophies and forces readers to actively engage throughout the book with entertaining, interactive and thought provoking exercises. Whether you're eighteen or eighty-three **Live Like You Give A F\*\*K** is the perfect kick up the backside life companion that will leave you with a fresh, and fierce, sense of motivation and excitement for your next adventures and realise that you too are a goddess who deserves whatever she wants in life.

**About the author:** Nicola Findlay, a former British Airways air stewardess, is a qualified neurolinguistic practitioner and accredited international coach with over a decade of experience. She runs personal group workshops, 1-2-1 coaching and corporate training working with companies such as Specsavers and Stella & Dot. Previously she managed the Brighton branch of Life Clubs where she ran weekly personal development workshops with different themes each week before starting her own company The Coaching Diva in 2015. In 2018 she is planning a series of live events in London and New York including; Attracting Mr Right and Live Like You Give A F\*\*K! Nicola lives with her 7 year old daughter and husband in Surrey, England. **Live Like You Give A F\*\*K** by Nicola Findlay (published by Clink Street Publishing 7th November 2017 in paperback and ebook) is available to purchase from online retailers including [amazon.co.uk](http://amazon.co.uk) and to order from all good bookstores. For more information please visit [www.nicolafindlay.co.uk](http://www.nicolafindlay.co.uk) and follow Nicola on Instagram : nicolafindlaytcd

*For a review copy or interview request please contact:*

*Kate Appleton, Senior Publicist at Authoright / 0207 993 4438 / [kate@authoright.com](mailto:kate@authoright.com)*