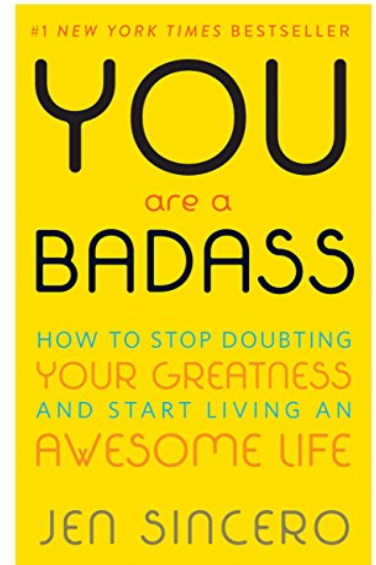


# You Are A Badass Book Summary (PDF) by Jen Sincero

Ready to learn the most important takeaways from You Are A Badass in less than two minutes? Keep reading!



## Why This Book Matters:

You Are a Badass gives readers the tools they need to understand the power of their thoughts, their actions, and the universe as a whole to unlock their inner badass.

## The Big Takeaways:

- 1. You are putting the “bad” thoughts in “badass.”**
  1. If You are already a badass person, but the way you think about yourself genuinely holds you back from realizing your full badass potential.
- 2. You must accept yourself for who you are and ignore what everyone else has to say about you.**
  1. The opinion of others is irrelevant to you, especially when it comes to how you live your life.
- 3. Power surrounds you.**
  1. Whether it’s God, a higher power, good energy,

whatever the case may be, that power surrounds you and is yours to utilize.

**4. Appreciate the fact that you're learning every day.**

1. Be thankful that you were given another day on earth to learn something new, regardless of how challenging the task or situation may be.

**5. There is a great force within your thoughts.**

1. The way you think about life creates the life you live in. Think about life the way you wish life were.

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