



I'm not robot



I am not robot!

Because the sooner we can learn this stuff the better (even science agrees) In this witty & vulnerable book, mindset expert & podcaster, Livi Redden, provides practical life advice, humanity-exposing stories, and the occasional dad joke, all from the perspective of a young adult writing to fellow young people in a letter-to-a-best-friend type of format By the end of The Sooner You Know, The Better you will have unlearned a lot of unhelpful crap society has spoon fed you, walk away with knowledge on how to have a healthier relationship with yourself and others, and practical tips to designing the life you deserve. Because the sooner we can learn this stuff the better (even science agrees) In this witty & vulnerable book, mindset expert & podcaster, Livi Redden, provides practical life advice, humanity-exposing stories, and the occasional dad joke, all from the perspective of a young adult writing to fellow young people in a letter-to-a-best-friend type of format

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