

go the fuck to sleep

Go the Fuck to Sleep: The Real Talk on Getting Rest When You Need It Most

go the fuck to sleep – sometimes, it feels like the most straightforward piece of advice, yet the hardest one to follow. Whether you're a parent wrestling with a toddler who won't settle down, a student burning the midnight oil, or just someone trapped in a cycle of restless nights, this blunt phrase captures the frustration and urgency we all feel when sleep evades us. But beyond the humor and exasperation, there's a serious conversation to be had about why sleep is essential, what disrupts it, and how to reclaim those precious hours of rest.

Understanding the Importance of Sleep

Sleep is more than just shutting your eyes and hoping for the best. It's a critical biological process that affects every aspect of your health – from cognitive function and emotional regulation to immune defense and physical recovery. When you hear “go the fuck to sleep,” it's a reminder that no matter what else is going on, sleep deserves priority.

The Science Behind Sleep

Our bodies operate on a circadian rhythm, a natural 24-hour cycle that regulates sleep and wakefulness. Melatonin, the hormone responsible for making us feel sleepy, rises in the evening and falls in the morning. Disruptions to this rhythm – whether due to stress, screen time, or irregular schedules – can make it difficult to fall asleep or stay asleep. Chronic sleep deprivation can lead to serious health issues such as heart disease, diabetes, obesity, and mental health disorders.

Why We Struggle to Sleep

There are countless reasons why someone might find themselves repeatedly saying, “go the fuck to sleep” to themselves or others. Stress and anxiety, caffeine consumption, exposure to artificial light, inconsistent bedtime routines, and even certain medications can all interfere with quality sleep. For parents, the challenge is often compounded by children's unpredictable sleep patterns, which can feel like an endless battle.

Strategies to Actually Go the Fuck to Sleep

If you're tired of tossing and turning or pacing the nursery, there are practical steps you can take to improve your chances of falling asleep and staying asleep. The goal is to create an environment and mindset conducive to rest.

Create a Sleep-Friendly Environment

Your bedroom should be a sanctuary for sleep. Here's how to optimize it:

- **Keep it cool and dark:** A temperature between 60-67°F (15-19°C) is ideal, and blackout curtains can eliminate disruptive light.
- **Limit noise:** Use white noise machines or earplugs if environmental sounds keep you awake.
- **Invest in comfort:** A supportive mattress and pillows tailored to your sleeping style make a big difference.

Establish a Consistent Bedtime Routine

Going to bed and waking up at the same time every day sets the body's internal clock, making it easier to fall asleep naturally. Incorporate calming activities before bed, such as reading, gentle stretching, or meditation, to signal your brain that it's time to wind down.

Limit Exposure to Screens and Stimulants

Blue light from phones, tablets, and computers suppresses melatonin production, tricking your brain into thinking it's daytime. Aim to power down digital devices at least an hour before bed. Likewise, avoid caffeine and heavy meals close to bedtime, as they can keep your body alert when you want it to relax.

When Saying "Go the Fuck to Sleep" Isn't Enough

Sometimes, sleep difficulties go beyond everyday struggles. Persistent insomnia or other sleep disorders require professional attention.

Recognizing Sleep Disorders

If you consistently have trouble falling asleep, staying asleep, or feel excessively tired during the day despite spending enough time in bed, you might have a sleep disorder such as sleep apnea, restless leg syndrome, or chronic insomnia. These conditions can seriously impact quality of life and health, so it's important to seek evaluation from a healthcare provider.

Managing Stress and Anxiety

Mental health plays a huge role in sleep quality. Techniques like cognitive-behavioral therapy for insomnia (CBT-I), mindfulness meditation, and relaxation exercises can help calm a racing mind. In some cases, medication or therapy might be necessary to address underlying issues.

For Parents: Go the Fuck to Sleep, Kid!

One of the most famous uses of this phrase comes from the children's book **Go the Fuck to Sleep** by Adam Mansbach, which humorously captures the parental struggle to get little ones to settle down at night.

Tips for Helping Kids Sleep

- **Consistent bedtime rituals:** Bath time, storytime, and cuddles can create predictable signals that it's bedtime.
- **Limit sugar and screen time before bed:** These stimulate children and make it harder for them to wind down.
- **Be patient but firm:** Children thrive on boundaries, so calmly reinforcing bedtime rules helps them learn healthy sleep habits.

When Sleep Battles Become Exhausting

Parents often feel at their wit's end, repeating "go the fuck to sleep" under their breath. It's important to remember that sleep training and establishing routines take time. Seeking support from pediatricians or sleep consultants can provide tailored strategies and relief.

Sleep Hygiene: Your Best Friend in the Battle to Go the Fuck to Sleep

Sleep hygiene refers to the habits and practices that promote consistent, restorative sleep. Good sleep hygiene is often the missing piece in the puzzle for those struggling to sleep.

Key Sleep Hygiene Practices

1. **Stick to a schedule:** Wake up and go to bed at the same time, even on weekends.
2. **Exercise regularly:** Physical activity can help you fall asleep faster but avoid vigorous exercise close to bedtime.
3. **Avoid naps late in the day:** Napping too late can interfere with nighttime sleep.
4. **Use your bed only for sleep and intimacy:** This strengthens the mental association between bed and rest.
5. **Manage worries:** Write down concerns before bed to clear your mind.

Embracing the Humor in “Go the Fuck to Sleep”

Sometimes, the best way to cope with sleeplessness is to find humor in it. The phrase “go the fuck to sleep” has become a cultural touchstone for expressing the universal frustration with insomnia and bedtime battles. Laughing at the absurdity can reduce stress and remind us that we’re not alone in this struggle.

Whether you’re the parent desperately trying to get a toddler down or the adult staring at the ceiling at 3 a.m., remember that sleep is a vital need. A little patience, a lot of consistency, and some practical strategies can help turn those sleepless nights into restful slumbers – even if you have to tell yourself, or someone else, to “go the fuck to sleep” one more time.

Frequently Asked Questions

What is 'Go the Fk to Sleep' about?**

'Go the F**k to Sleep' is a humorous and candid children's book written by Adam Mansbach that expresses the frustrations of parents trying to get their children to fall asleep.

Who is the author of 'Go the Fk to Sleep'?**

The author of 'Go the F**k to Sleep' is Adam Mansbach.

Is 'Go the Fk to Sleep' appropriate for children?**

'Go the F**k to Sleep' is intended for adults and is not appropriate for children due to its explicit language and humor about parenting struggles.

Why did 'Go the Fk to Sleep' become so popular?**

The book resonated with many parents due to its honest and funny portrayal of the challenges of bedtime, combined with an unexpected use of profanity in a children's book format.

Has 'Go the Fk to Sleep' been adapted into other formats?**

Yes, 'Go the F**k to Sleep' has been adapted into an audiobook narrated by Samuel L. Jackson and an animated short film.

Where can I buy 'Go the Fk to Sleep'?**

'Go the F**k to Sleep' is widely available for purchase on major online retailers like Amazon, as well as in bookstores.

What is the tone of 'Go the Fk to Sleep'?**

The tone is humorous, sarcastic, and relatable, capturing the exasperation many parents feel during bedtime routines.

Are there any sequels or similar books to 'Go the Fk to Sleep'?**

Yes, Adam Mansbach has written similar books like 'You Have to F**king Eat' and 'Seriously, Just Go to Sleep' that continue the comedic exploration of parenting.

Is the language in 'Go the Fk to Sleep' censored**

in the book?

No, the language in the original book is explicit and uncensored, which is a key part of its comedic effect.

Can 'Go the Fk to Sleep' be used as a gift?**

Yes, it is often given as a humorous gift for new parents or friends with young children who can relate to the bedtime struggles.

Additional Resources

Go The Fuck To Sleep: An Analytical Review of the Iconic Bedtime Book

go the fuck to sleep is much more than just a blunt phrase often found in frustrated parental vernacular; it is also the title of a bestselling children's book by Adam Mansbach, illustrated by Ricardo Cortés, that has garnered widespread attention since its release in 2011. This unconventional bedtime story combines humor, candidness, and a touch of exasperation, resonating deeply with parents navigating the demanding world of sleep training and bedtime routines. In this analytical review, we explore the cultural impact, literary style, and broader relevance of "Go The Fuck To Sleep," while weaving in relevant search terms and insights aimed at readers seeking an informed perspective on this phenomenon.

The Genesis and Cultural Resonance of "Go The Fuck To Sleep"

From its inception, "Go The Fuck To Sleep" challenged traditional children's literature norms by adopting an unapologetically adult tone to articulate the universal parental plea for a child to simply fall asleep. Unlike typical soothing bedtime stories, this book employs candid language and humor to mirror the inner thoughts of many exhausted caregivers. The title itself, a striking use of profanity juxtaposed against the gentle ritual of bedtime, immediately sets it apart in the marketplace of children's books and parenting resources.

The book's release coincided with a growing trend in parenting literature that embraces authenticity over idealized portrayals. It taps into the collective frustration experienced by millions of parents worldwide, particularly those grappling with sleep deprivation and bedtime battles. This raw honesty has earned it a cult following on social media platforms, where hashtags like #GoTheFuckToSleep and related parenting memes circulate widely, further cementing its status as a modern cultural touchstone.

Literary Style and Narrative Approach

Adam Mansbach's writing style in "Go The Fuck To Sleep" is both poetic and conversational, striking a balance between rhyme and free verse. This stylistic choice makes it deceptively simple to read while packing an emotional punch. The rhymes mimic traditional children's bedtime stories, yet the content diverges sharply by candidly expressing parental frustration through expletives and ironic humor.

The narrative voice is that of a weary parent struggling to maintain patience as the child resists sleep. This perspective invites empathy, as it validates the complex mix of love, exhaustion, and exasperation inherent in parenting. The book's brevity and repetitive structure contribute to its effectiveness; much like a child's endless requests for "one more story," the repetition mirrors real-life bedtime struggles.

Illustrations and Visual Impact

Ricardo Cortés's illustrations complement the text with a minimalist yet expressive style. The muted color palette and simple line work convey a sense of intimacy and domesticity. The child's wide-eyed innocence contrasts with the parent's weary expressions, visually reinforcing the emotional tension that defines the bedtime ritual.

The illustrations avoid overt humor, instead adopting a subtle, almost melancholic tone. This artistic choice amplifies the book's central theme: the simultaneous love and exhaustion felt by parents. The visual simplicity ensures that the text remains the focal point while providing a relatable backdrop for the narrative.

Broader Implications and Reception in the Parenting Community

"Go The Fuck To Sleep" has sparked diverse reactions among parents, educators, and critics. Some praise its honesty and relatability, describing it as a cathartic outlet for parental stress. Others question the appropriateness of explicit language in a book associated with children's bedtime, despite its clear designation as an adult-oriented product.

Pros and Cons of the Book's Approach

- Pros:

- Authentic representation of parental frustration
 - Humorous approach that fosters connection among caregivers
 - Highly shareable content that has influenced parenting discourse
- **Cons:**
- Explicit language may be off-putting to some audiences
 - Potential misunderstanding by children if not properly contextualized
 - Not a traditional children's book, limiting its use as a bedtime story for kids

Impact on Sleep Training and Parental Stress

Sleep deprivation is a well-documented challenge for parents, with studies indicating that interrupted sleep can lead to increased stress, impaired cognitive function, and even long-term health issues. In this context, "Go The Fuck To Sleep" serves as a cultural touchstone that acknowledges these struggles openly rather than sanitizing them.

The book's popularity has also inspired discussions on more effective sleep training methods and the importance of parental self-care. By normalizing the emotional ups and downs of bedtime routines, it encourages parents to seek support and employ practical strategies rather than feeling isolated in their frustrations.

Comparisons with Other Parenting and Bedtime Books

While "Go The Fuck To Sleep" stands out due to its explicit language and adult-oriented tone, it exists within a broader spectrum of bedtime literature aimed at easing the challenges of sleep for both children and parents.

Traditional Bedtime Stories vs. “Go The Fuck To Sleep”

Traditional children’s books like “Goodnight Moon” by Margaret Wise Brown or “The Very Hungry Caterpillar” by Eric Carle emphasize calm, repetitive language and soothing imagery designed to lull children into sleep. Their primary goal is to create a sense of security and predictability.

In contrast, “Go The Fuck To Sleep” does not aim to soothe children but rather to provide humor and validation for the parent’s experience. It functions as a form of parental self-expression rather than a sleep aid for the child.

Other Sleep-Related Parenting Resources

Beyond literature, parents often turn to sleep training guides, apps, and expert advice to navigate bedtime difficulties. Books like “Healthy Sleep Habits, Happy Child” by Marc Weissbluth offer evidence-based strategies focusing on routines, sleep cycles, and behavioral techniques.

“Go The Fuck To Sleep” complements these resources by addressing the emotional and psychological aspects of bedtime struggles. Its candid tone can alleviate feelings of guilt and isolation, which are common among sleep-deprived parents attempting to implement more structured sleep training methods.

SEO Considerations and Online Presence

From an SEO perspective, “go the fuck to sleep” is a phrase with significant search volume, driven by parents seeking both the book and related content about parenting frustrations and sleep challenges. Related LSI keywords that naturally integrate with this topic include “bedtime battles,” “parenting humor,” “sleep training tips,” “children’s bedtime books,” and “parental exhaustion.”

Content creators and marketers targeting this niche often use a mix of these keywords to capture traffic from diverse queries, ranging from humor-infused parenting advice to serious discussions about managing sleep deprivation. The phrase’s provocative nature ensures high engagement, but it also requires careful contextualization to avoid alienating audiences.

Strategies for Content Optimization

- Use the phrase “go the fuck to sleep” strategically and sparingly to maintain professionalism and readability.
- Incorporate synonyms and related terms such as “bedtime struggles,” “parenting frustration,” and “sleep training challenges” to broaden reach.
- Balance humorous and serious tones to appeal to a wide range of readers within the parenting community.
- Include data and references to credible sources on sleep and parenting to enhance authority.
- Utilize engaging headings and subheadings to improve readability and SEO performance.

The integration of these elements ensures that content about “Go The Fuck To Sleep” remains both discoverable and valuable to readers seeking nuanced insight into this cultural phenomenon.

Ultimately, “Go The Fuck To Sleep” occupies a unique space in the intersection of parenting literature and adult humor. It offers a rare glimpse into the unfiltered realities of bedtime routines, providing both levity and solidarity to exhausted parents worldwide. As conversations about parental mental health and child sleep continue to evolve, this book’s candid voice remains a touchstone for those navigating the complex emotions of raising young children.

[Go The Fuck To Sleep](#)

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laughing so hard you won't care.

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down for the night. Read by a host of celebrities, from Samuel L. Jackson to Jennifer Garner, this subversively funny bestselling storybook will not actually put your kids to sleep, but it will leave you laughing so hard you won't care.

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is about a psychic researcher and an anthropologist who find the quintessential haunted house. The Haunting of Berkely Manor, is about a psychic researcher and an anthropologist who have searched all over the world for the perfect haunted house. Dr. Hex Montague, a psychic researcher, and Dr. Jeff Turner, an anthropologist whose true passion lies in the supernatural, field have joined forces to validate the existence of an actual haunted house. Their search leads them to Berkely Manor, an old home in rural Georgia that was built in 1806. After interviewing several former students as well as researching the personal effects and papers that were left behind by the family that built the house, Dr. Jeff and Dr. Hex are elated to realize that they have found the real thing. Berkely Manor is the quintessential haunted house and is in the perfect location for the study that the doctors hope to conduct. But, as the supernatural begins to take over, they wonder if they will survive to present their conclusion.

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go the fuck to sleep: Lean the F*ck Out Talia Argondezzi, 2023-11-07 Say "hell no!" to saying yes to everything with the help of Lean the F*ck Out Just don't do it. From the mental load to the laundry load to the everyday load of BS—you carry it all and then some. You're killing it at work, cooking super healthy sh*t at home, parenting like it's an Olympic sport, saving the Earth one paper straw at a time, and still going to bed feeling like you should have done more. Time to join the revolution. Hop off the hamster wheel of endless guilt and responsibilities and start enjoying the kind of calm that would make a Buddhist master blush. Talia Argondezzi's Lean the F*ck Out is a joyful manifesto on the benefits of using shortcuts, delegating like a checked-out boss, failing at things that don't matter, and claiming your joy. All you have to do is: - Be a B student for once in

your perfection-driven life. - Let some things slide. (Really. It's okay.) - Untangle your self-worth from your achievements. - Make time for that good, good sh*t. - Say goodbye to burnout and feel like yourself again.

go the fuck to sleep: HOLY SH*T, THEY'RE GONE: Navigating the F*cking Aftermath of Loss Without the Bullsh*t Cassandra Crossno, 2025-03-10 THE BOOK GRIEF DOESN'T WANT YOU TO READ ----- So, they're gone. And now, everything is fucked. Your entire fucking world just got obliterated. One second, they were here—your person, your anchor, your goddamn reason for breathing—and now, they're just fucking gone. Reduced to memories, ashes, a gaping, screaming HOLE in the fabric of your goddamn existence. The world SHATTERS, doesn't it? One minute they're breathing, laughing, living, and the next... NOTHING. Just a void that swallows everything whole, leaving you choking on the dust of what used to be. Everything you knew is a smoldering crater, a wasteland of what-ifs and never-agains. And the infuriating, soul-crushing reality? The goddamn sun STILL rises. Traffic STILL crawls. People STILL bitch about their lattes. The fucking AUDACITY of the world to keep turning when yours has stopped DEAD. Meanwhile, you're drowning in this soul-crushing, brain-melting, rage-inducing hellscape called grief. People start talking, and 95% of what they say is the most tone-deaf, ignorant, rage-inducing, and straight-up offensive bullshit you'll ever hear in your life. "Oh, they're in a better place." Better place my ass. Their place was right the fuck here, with you. "Everything happens for a reason." Say that again, and you might catch hands. ----- Grief isn't just sadness. It's a goddamn onslaught. It's a neurochemical shitstorm that hijacks your brain, making you forget your own address and put the remote in the fridge. It's a physical assault that leaves you exhausted, nauseous, shaky—like you got hit by a truck and then dragged for miles. You expect the big days to hurt—birthdays, anniversaries, holidays. But it's the tiny, everyday gut-punches that fuck you up the most. Looking at their side of the bed and feeling like the air just got knocked out of your lungs. Seeing their favorite coffee mug. Hearing their laugh in a goddamn dream. Yeah, those. And then there's the pressure—to "move on," to "find meaning," to be some kind of goddamn poster child of grief instead of the broken, furious, drowning mess you actually are. Guess what? You don't have to play by their rules. This is not a soft, hand-holding guide to healing. This is not a collection of gentle affirmations. This is not a "breathe deeply and let go" pile of spiritual bypassing. THIS IS A GODDAMN WAR MANUAL FOR THE SOUL UNDER SIEGE. A brass-knuckled, battle-scarred, no-holds-barred roadmap through the hellscape of grief. This book is going to rip grief open, lay it the fuck out, and force it to look you in the eye. It will not tell you to "move on." It will not pat you on the head and tell you "it gets better." It will tell you the brutal, ugly, completely unfair truth about what it means to keep breathing when the one person who made life worth living isn't here anymore. ----- WHAT'S INSIDE THIS LITERARY GRENADE? □ THE TRUTH, THE WHOLE TRUTH, AND NOTHING BUT THE FUCKING TRUTH No sugarcoating. No silver linings. Just the unfiltered, gut-wrenching reality of loss—the moments when you actually get mad at your person for dying. The way grief makes you feel like a fucking burden. The guilt when you catch yourself laughing for the first time in weeks. The deep, bone-shaking loneliness that makes you feel like you're screaming into a void. □ A BATTLE PLAN FOR YOUR BRAIN Grief isn't just an emotion. It's a complete biological hijacking. Your brain is in full-scale fucking mutiny. It's chemically rewiring itself to handle trauma, which is why you can't concentrate, why you forget what day it is, why food tastes like cardboard, why you feel like you're losing your goddamn mind. Welcome to grief brain. It's real. It's brutal. And it's a fucking menace. □ A FIELD GUIDE TO IDIOTS & THEIR BULLSHIT People will say some of the stupidest shit you've ever heard in your life. From the toxic positivity crowd ("Just be grateful for the time you had!") to the spiritual bypassers ("It was their time" / "The universe has a plan"), we're calling out every category of grief-related dumbassery and giving you the arsenal you need to shut them the fuck up. □ A RAGE ROOM IN BOOK FORM If you're pissed off at the world, you're not crazy. You're grieving. And grief isn't just crying into a pillow—it's an all-out war against reality. You're mad at fate, at the universe, at people who still have what you lost. And yes, you're probably mad at your person, too. That's normal. That's grief. □ PERMISSION TO BE A

BADASS Forget “moving on gracefully.” Here, you get the green light to flip off the world, throw things, scream into the void, and grieve however the hell you need to, whenever you need to, for as long as you need to. There is no deadline on your grief, and anyone who tells you otherwise can go to hell. □ NAVIGATING THE GRIEF MINEFIELD From surviving the first everything without them (first holiday, first birthday, first Tuesday that just feels fucking impossible) to shutting down clueless assholes who think they’re helping, this book arms you with the tools you need to exist in a world that suddenly doesn’t make a goddamn lick of sense. □ A WHOLE LOT OF “I SEE YOU” Because in your darkest moments, you don’t need a grief expert. You need someone who knows what it’s like to watch their fucking world burn and remember all over again that they’re never coming back. Someone who’s still standing somehow. Someone who won’t tell you how to feel but will stand in the wreckage with you, middle fingers up, ready to take on grief like the soul-stealing motherfucker it is.

----- WHY THE FUCK DO YOU NEED THIS BOOK? If you've ever wanted to punch someone who said, They're in a better place, THIS IS YOUR BIBLE. If you're drowning in platitudes and useless advice from people who haven't experienced the soul-crushing pain of loss, THIS IS YOUR LIFE RAFT. If you've fantasized about telling the universe to go fuck itself, THIS IS YOUR ANTHEM. If you're teetering on the edge of sanity and desperately searching for something, anything, to help you feel less alone, THIS IS YOUR COMPANION. If you're ready to rage, fight, claw your way back to the land of the living, one brutal, messy step at a time, THIS IS YOUR GODDAMN WEAPON. THIS ISN'T JUST A BOOK; IT'S A GODDAMN CALL TO ARMS. Here's what they don't tell you: you're never going to be the same. Grief doesn't go away. You don't get over it. You learn to live with the absence. You learn to breathe again, step by step. You learn how to carry them forward with you—not in some cheesy “they’re watching over you” kind of way, but in the real, raw, everyday moments where their absence is a weight you learn to bear. ----- SO, WHAT THE FUCK NOW? Now, we get to fucking work. Grief is a feral beast, and it will hunt you down. You can't run from this pain. You can't bury it, drink it away, fuck it away, work it away. The longer you fight it, the harder it fucking hits. The only way out is through. And this book? It's coming with you. This isn't some soft, hand-holding, “it gets better” bullshit. This is about dragging yourself through the fire, one brutal, ugly, soul-crushing step at a time, until you realize grief didn't kill you, even though it sure as fuck tried. It's about facing the cruelest reminders of their absence, from the mundane to the catastrophic, and learning how to survive these heart-punch moments without letting them pull you into an abyss. It's about giving yourself credit for just existing—because sometimes, that's the hardest fucking thing you'll ever do. One day, you'll wake up, and the first thing you feel won't be pain. One day, you'll laugh without feeling guilty about it. One day, you'll realize that you are still fucking here. And that means you are not fucking done yet. There is a shitload of work ahead of you. We're gonna torch some lies. Make a fucking mess. Get way too loud, then turn that mess into something raw, beautiful, and all yours. So, grab your weapon, steel your nerves, and prepare to fight for your goddamn life. Let's begin.

go the fuck to sleep: Touched By Evil E. L. Jefferson, 2019-07-23 We are all surrounded by evil. Evil exists-and if you think it does not, you are deluding yourself. It is real, it is tangible, and it is faceless. It is an insatiable hunger living in all of us, lying dormant, endlessly waiting for the moment it can be unleashed. No one is immune to its influence or shielded from its wraith. The moment you are possessed by its power, it is all consuming and it forces you to do the unthinkable. For proof of this, you need only watch the daily news. It's filled with stories of unimaginable suffering brought about by the hand of man against his fellows. What you are about to read in these pages are true stories about those things we fear the most. Acts so heinous we refuse to believe human beings could commit them. Depravities so vile they shock us to the very core of our being. Brutality so vicious it will make you ashamed to claim membership in the human race. What is even more appalling is that people don't care about evil until it touches them.

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Lori is much more than a first-time author, she is also an entrepreneur, dance teacher and RV adventurer.

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