

go the fuck to sleep

Go the Fuck to Sleep: A Candid Look at the Struggle for Rest

go the fuck to sleep. It's a phrase many parents, partners, and even insomniacs have muttered under their breath in moments of sheer exhaustion and frustration. While the bluntness might make it sound harsh, it perfectly captures the universal challenge of trying to fall asleep when your mind or body refuses to cooperate. Whether you're dealing with a toddler's bedtime tantrums or your own restless nights, this sentiment resonates deeply. But what lies behind this struggle, and how can we approach sleep—especially when it feels so elusive—in a healthier, more effective way?

The Reality Behind “Go the Fuck to Sleep”

The phrase has become a cultural touchstone, popularized by the bestselling children's book “Go the Fuck to Sleep” by Adam Mansbach. It's a humorous yet brutally honest take on the bedtime battles many parents face. But beyond its comedic appeal, this phrase highlights a much bigger conversation about sleep deprivation, the stresses of modern life, and the importance of rest.

Sleep is fundamental to our health, yet millions of people worldwide suffer from inadequate or poor-quality sleep. The frustration encapsulated in “go the fuck to sleep” isn't just about stubborn children; it's about how difficult it can be to quiet our minds, relax our bodies, and surrender to rest.

Understanding Why Sleep Feels So Elusive

Many factors contribute to the difficulty of falling asleep or staying asleep. Stress, anxiety, environmental disruptions, and lifestyle choices can all sabotage a good night's rest. When you're lying in bed thinking, “go the fuck to sleep” over and over, it's a sign your body and mind are out of sync.

The Role of Stress and Anxiety

Stress triggers the body's fight-or-flight response, releasing cortisol and adrenaline that keep us alert and awake. When your brain is racing with worries—about work, family, or even the act of falling asleep itself—it becomes harder to relax. This mental chatter can trap you in a cycle of frustration where the harder you try to sleep, the more elusive it becomes.

Environmental and Lifestyle Factors

Your sleeping environment plays a crucial role in your ability to fall asleep. Noise, light, temperature, and even your mattress quality can interfere with your rest. Additionally, habits like excessive caffeine consumption, irregular sleep schedules, and screen time before bed disrupt your natural circadian rhythm.

How to Effectively Tell Yourself “Go the Fuck to Sleep” – Without the Frustration

While shouting this phrase is unlikely to help, there are healthier and more productive ways to encourage your body to relax and fall asleep. Here are some strategies that can transform your bedtime routine from a battle to a peaceful transition.

Create a Consistent Sleep Schedule

Our bodies thrive on routine. Going to bed and waking up at the same time every day—even on weekends—helps regulate your internal clock. Over time, this consistency makes it easier to fall asleep and wake up naturally, reducing those moments of lying awake with frustration.

Establish a Calming Pre-Sleep Routine

Engage in relaxing activities before bed to signal to your brain that it's time to wind down. Reading a book (preferably something light and non-stimulating), listening to soothing music, or practicing gentle yoga can ease the transition to sleep. Avoid screens, as the blue light emitted inhibits melatonin production, the hormone responsible for inducing sleepiness.

Mindfulness and Meditation Techniques

Mindfulness meditation and breathing exercises are powerful tools to calm an overactive mind. Simple practices like focusing on your breath or doing a body scan can help reduce anxiety and racing thoughts. Apps and guided meditations specifically designed for sleep can be a great aid in this process.

Optimize Your Sleep Environment

Make your bedroom a sanctuary for sleep. Use blackout curtains to block light, white noise machines to drown out disruptive sounds, and adjust the room temperature to a cool, comfortable level. Investing in a quality mattress and pillows also contributes significantly to sleep quality.

When “Go the Fuck to Sleep” Becomes More Than a Joke

Sometimes, persistent sleep difficulties are not just about habits or environment but signal underlying health issues. Chronic insomnia, sleep apnea, restless leg syndrome, and other disorders require professional diagnosis and treatment.

Recognizing When to Seek Help

If you find yourself regularly struggling to fall asleep or stay asleep despite practicing good sleep hygiene, it may be time to consult a healthcare provider. Symptoms such as excessive daytime sleepiness, loud snoring, or frequent waking can indicate a sleep disorder.

Therapies and Treatments

Cognitive Behavioral Therapy for Insomnia (CBT-I) is a highly effective, non-pharmacological treatment that helps change the thoughts and behaviors interfering with sleep. In some cases, medication or medical devices may be necessary, but these should always be used under professional guidance.

The Cultural Impact of “Go the Fuck to Sleep” and Why It Resonates

The popularity of the phrase and the book reflects a broader societal recognition of how challenging sleep can be in today's fast-paced world. It's a humorous acknowledgment of a shared human experience that's often kept private due to social expectations.

By embracing this candid, no-nonsense attitude, people have found comfort in knowing they're not alone. It opens the door for more open conversations about sleep struggles and the need to prioritize rest as a vital component of health.

Sleep and Parenting: A Universal Challenge

For parents, bedtime can be a daily battleground. The juxtaposition of love and exhaustion often leads to moments where “go the fuck to sleep” perfectly captures their feelings. The book serves as a relatable outlet, blending humor with empathy, reminding parents that it’s okay to feel overwhelmed.

Sleep in the Age of Technology

With smartphones, social media, and endless digital stimulation, many people find it harder than ever to disconnect and get quality rest. The phrase also highlights the tension between our natural sleep needs and the modern lifestyle that often undermines them.

Practical Tips to Embrace When You Just Want to “Go the Fuck to Sleep”

If you’re lying awake tonight, frustrated and exhausted, here are some actionable tips to help you move past the “go the fuck to sleep” moment and into restful slumber:

- **Limit caffeine and alcohol:** Both can disrupt your sleep cycle, so avoid them in the hours before bedtime.
- **Exercise regularly:** Physical activity improves sleep quality but avoid intense workouts close to bedtime.
- **Write it down:** If your mind is racing, jot down your thoughts to clear your head.
- **Avoid clock-watching:** Constantly checking the time only increases stress and makes sleep harder.
- **Use relaxation apps:** Explore apps designed to guide you into sleep with sounds, stories, or meditation.

Ultimately, telling yourself to “go the fuck to sleep” is a relatable emotional release, but turning that frustration into mindful, gentle sleep-promoting habits will lead to better nights and brighter days. Sleep isn’t just a luxury—it’s a necessity, and learning to embrace it with patience and kindness toward yourself can change everything.

Frequently Asked Questions

What is 'Go the F**k to Sleep' about?

'Go the F**k to Sleep' is a humorous bedtime storybook written by Adam Mansbach that captures the frustrations of parents trying to get their children to sleep.

Who is the author of 'Go the F**k to Sleep'?

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

Is 'Go the F**k to Sleep' appropriate for children?

No, 'Go the F**k to Sleep' is intended for adults and parents, as it contains strong language and humor about the challenges of parenting.

Why did 'Go the F**k to Sleep' become popular?

The book became popular because it humorously expresses the common frustration parents feel at bedtime, resonating with many and offering a comedic outlet.

Has 'Go the F**k 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, which has also received widespread acclaim.

Additional Resources

Go the Fuck to Sleep: An Investigative Look at the Cultural Phenomenon and Its Impact on Sleep Awareness

go the fuck to sleep is more than just a blunt imperative; it has evolved into a cultural touchstone, a viral phrase, and the title of a bestselling book that resonates with exhausted parents worldwide. Originating as a candid expression of frustration in the battle to get children to sleep, “go the fuck to sleep” encapsulates a universal struggle, while also sparking conversations around sleep hygiene, parenting challenges, and even adult insomnia. This article delves into the origins, cultural significance, and broader implications of this phrase, analyzing its role in shaping perceptions of sleep and rest in contemporary society.

The Origins and Popularity of “Go the Fuck to Sleep”

The phrase “go the fuck to sleep” gained prominence primarily through the 2011 satirical children’s book of the same name, authored by Adam Mansbach and illustrated by Ricardo Cortés. Unlike traditional bedtime stories, this book is written from the perspective of a parent who is frankly exasperated by their child’s refusal to sleep. The candid, profanity-laced approach struck a chord with many adults who found humor and validation in its raw honesty.

Upon its release, the book quickly became a bestseller, often lauded for breaking the taboo on parental frustration. It tapped into a niche that was largely unaddressed in children’s literature: the emotional toll and exhaustion that parents experience during nightly bedtime routines. The phrase itself has since permeated pop culture, being referenced in television shows, social media, and even motivational memes that emphasize the importance of rest.

The Book’s Unique Approach to Sleep and Parenting

Unlike conventional children’s books designed to soothe and calm, “Go the Fuck to Sleep” employs sarcasm and humor to mirror the real-life stress parents undergo. This approach serves two functions:

- **Validation:** It acknowledges the parent’s frustration without judgment, offering a cathartic outlet.
- **Humor as Coping:** The comedic tone helps diffuse tension surrounding sleep difficulties, making it easier to confront these challenges.

This dual function distinguishes the book from typical bedtime stories, making it a cultural artifact that bridges humor and parental mental health.

Sleep Struggles: The Broader Context Behind the Phrase

The phrase “go the fuck to sleep” resonates because it reflects a widespread issue: difficulty achieving restful sleep. According to the Centers for Disease Control and Prevention (CDC), approximately 35% of American adults report less than 7 hours of sleep per night, which is below the recommended amount. Sleep deprivation has been linked to numerous health problems,

including impaired cognitive function, weakened immunity, and increased risk of chronic diseases.

Sleep Deprivation in Parents

Parents, especially those with infants and toddlers, often face acute sleep deprivation. Studies have shown that new parents can lose between 400 and 750 hours of sleep within the first year of their child's life. This deficit impacts mood, productivity, and overall well-being. The frustration underlying the phrase "go the fuck to sleep" is thus not merely comedic but deeply rooted in the physical and psychological toll of sleep disruption.

Adult Insomnia and Its Relation

Beyond parenting, the phrase has been appropriated by adults battling insomnia, highlighting the universal nature of sleep difficulties. Insomnia affects roughly 10-30% of the global population, characterized by persistent difficulty falling or staying asleep. In this context, "go the fuck to sleep" becomes an internal monologue of desperation, reflecting the cognitive and emotional barriers that exacerbate insomnia.

Analyzing the Impact of "Go the Fuck to Sleep" on Sleep Awareness

The viral success of "Go the Fuck to Sleep" has inadvertently contributed to broader sleep awareness. By openly discussing sleep struggles, the phrase encourages dialogue about the importance of healthy sleep habits and the mental health challenges linked to sleep deprivation.

Raising Awareness Through Humor

The blend of humor and frankness makes the conversation accessible. Sleep is often romanticized or trivialized, but this phrase cuts through the niceties, spotlighting the real emotional labor involved in achieving rest. It invites empathy and reduces stigma around parental exhaustion and sleep disorders.

The Role in Parenting Communities

Parenting forums, social media groups, and blogs frequently reference "go the fuck to sleep" as a shorthand for shared experiences. This communal use fosters support networks, where parents exchange tips on sleep training,

bedtime routines, and stress management. The phrase has thus become a cultural shorthand for solidarity in the face of sleep challenges.

Comparisons with Traditional Sleep Advice

Traditional sleep advice often emphasizes calm, routine, and patience. Books and experts recommend consistent bedtime rituals, minimizing screen time, and creating a soothing environment. “Go the fuck to sleep,” in contrast, embodies the emotional undercurrent that these recommendations sometimes overlook: the frustration and fatigue that can undermine good intentions.

- **Traditional Advice:** Calm, measured, and focused on sleep hygiene.
- **“Go the Fuck to Sleep” Approach:** Raw, emotional, and acknowledges the difficulties parents and individuals face.

These two approaches are complementary; while one offers practical solutions, the other validates the emotional experience.

Potential Criticisms and Controversies

Despite its popularity, “go the fuck to sleep” has not been without controversy. Some critics argue that the use of profanity in the context of a children’s book may be inappropriate or offensive. Others suggest that it could inadvertently normalize parental frustration in a way that might not be constructive.

Balancing Honesty and Sensitivity

The debate underscores a tension between honesty and decorum in parenting narratives. While many parents find relief in the candidness, others worry about reinforcing negative emotions or harsh language around children. This raises important questions about how society addresses the mental health and emotional needs of caregivers.

Commercialization and Memetic Spread

The phrase’s viral nature has led to commercialization, with merchandise and parodies proliferating online. While this spread increases visibility, it also risks diluting the original message, turning a serious conversation

about sleep struggles into mere internet meme fodder.

Final Reflections on the Phrase's Enduring Appeal

"Go the fuck to sleep" remains a powerful cultural phrase because it encapsulates a universal human experience: the struggle to achieve rest amid life's demands. Its bluntness cuts through societal expectations of perfection in parenting and adult life, offering a moment of shared vulnerability.

This phrase, while humorous, draws attention to critical issues such as sleep deprivation, mental health, and the need for empathy in caregiving roles. As conversations about wellness and self-care continue to evolve, "go the fuck to sleep" serves as a reminder that sometimes, the best way to address complex problems is through honesty—even if that honesty is punctuated with a bit of expletive-laden frustration.

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go the fuck to sleep: *Go the Fuck to Sleep* Adam Mansbach, 2011-06-16 *Go the Fuck to Sleep* is a bedtime book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don't always send a toddler sailing off to dreamland. Profane, affectionate and refreshingly honest, it captures the familiar and unspoken tribulations of putting your child to bed for the night. Colourfully illustrated and hilariously funny, this is a breath of fresh air for parents new, old and expectant.* (You probably shouldn't read this to your children.)

go the fuck to sleep: Go the Fk to Sleep** Adam Mansbach, 2011-06-14 The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." *Go the Fuck to Sleep* is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel 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.

go the fuck to sleep: The Go the Fuck to Sleep Box Set Adam Mansbach, 2021-10-05 Celebrating a decade of profane, loving, and deeply cathartic children's books for adults, the entire *Go the Fuck to Sleep* trilogy is finally available in a collectors'-edition boxed set. You've probably heard of the book *Go the F**k to Sleep* and its two sequels—*You Have to F**king Eat* and *F**k, Now*

There Are Two of You. But did you know it's been a full decade since the first book became a brilliant and hilarious phenomenon? —Fatherly Ten years ago, Adam Mansbach crystallized the secret agony of parents the world over with one simple phrase: Go the Fuck to Sleep. In verses that perfectly capture the familiar tribulations of putting your little angel down for the night, the book opened up a conversation about parenting, granting us permission to admit our frustrations, and laugh at their absurdity . . . and the message only resonated louder when Samuel L. Jackson, the bard of the F-word, read the audiobook. You Have to Fucking Eat expanded the conversation to include parenthood's other universal frustration: getting your little angel to eat something that even vaguely resembles a normal meal, with Bryan Cranston voicing the audiobook . . . and because life moves pretty fast, Fuck, Now There Are Two of You soon became necessary, to address the fact that two is, somehow, a million more kids than one—with Larry David doing the audiobook honors. And now, to celebrate a decade of profane, loving, and deeply cathartic children's books for adults, the entire trilogy is finally available in a collectors'-edition boxed set, perfect for gifting at a baby shower or using to knock yourself unconscious. As always . . . you probably should not read these books to a child.

go the fuck to sleep: The F-Word Jesse Sheidlower, 2009-09-04 We all know what *frak*, popularized by television's cult hit *Battlestar Galactica*, really means. But what about *feck*? Or *ferkin*? Or *foul*--as in *FUBAR*, or *Fouled Up Beyond All Recognition*? In a thoroughly updated edition of *The F-Word*, Jesse Sheidlower offers a rich, revealing look at the f-bomb and its illimitable uses. Since the fifteenth century, no other word has been adapted, interpreted, euphemized, censored, and shouted with as much ardor or force; imagine Dick Cheney telling Democratic Senator Patrick Leahy to go damn himself on the Senate floor--it doesn't have quite the same impact as what was really said. Sheidlower cites this and other notorious examples throughout history, from the satiric sixteenth-century poetry of James Cranstoun to the bawdy parodies of Lord Rochester in the seventeenth century, to more recent uses by Ernest Hemingway, Jack Kerouac, Ann Sexton, Norman Mailer, Liz Phair, Anthony Bourdain, Junot Diaz, Jenna Jameson, Amy Winehouse, Jon Stewart, and Bono (whose use of the word at the Grammys nearly got him fined by the FCC). Collectively, these references and the more than one hundred new entries they illustrate double the size of *The F-Word* since its previous edition. Thousands of added quotations come from newly available electronic databases and the resources of the OED, expanding the range of quotations to cover British, Canadian, Australian, New Zealand, Irish, and South African uses in addition to American ones. Thus we learn why a fugly must hone his or her sense of humor, why Canadian Prime Minister Pierre Trudeau muttered fuddle duddle in the Commons, and why Fanny Adams is so sweet. A fascinating introductory essay explores the word's history, reputation, and changing popularity over time. and a new Foreword by comedian, actor, and author Lewis Black offers readers a smart and entertaining take on the book and its subject matter. Oxford dictionaries have won renown for their expansive, historical approach to words and their etymologies. *The F-Word* offers all that and more in an entertaining and informative look at a word that, while now largely accepted as an integral part of the English language, still confounds, provokes, and scandalizes.

go the fuck to sleep: Who Killed Anne-Marie? CM Thompson, 2018-10-16 Daniel and Anne-Marie's marriage isn't just on the rocks, it's about to go six feet under. Anne Marie Mills is out of work, out of love and out of whisky. Everyone else is out of patience. When Anne-Marie is found dead who is to blame? The neighbours who despised her drunken rants? The husband who wondered how much more he could take? Or is there another killer in the neighbourhood?

go the fuck to sleep: The Girl Who Wouldn't Break , 2025-09-24 Charlotte's night out becomes a one-way ticket to nightmare. Dragged from a club and sold into a world she doesn't understand, Charlotte refuses to be a victim. Half a world from home and surrounded by men who learned everything from violence, she fights — with wit, grit, and a stubborn refusal to be broken. Every joke, every sarcastic retort, every tiny defiant act becomes a weapon. But pushing back against a man called Magic — a cold, humorless heir determined to live up to his father's brutal legacy — comes with a price. Magic runs the business by fear. Charlotte runs on survival. Their collision is

combustible: she's determined to make his life miserable; he's determined to crush anyone who threatens his empire. When resistance becomes personal, the stakes spiral from control to revenge to something far uglier. Charlotte will go down fighting. But will defiance be enough to save her — or will it get her killed? Dark, relentless, and heartbreaking — a story about survival, defiance, and the cost of freedom.

go the fuck to sleep: Dust In The Wind SaDonna Rogers, 2014-04-16 A horrific, killer tornado rips through Wichita Falls in 1979, launching 12 year-old DeLaine Reynolds into adolescence. Living in a tiny 'rattle-trap trailer' with her abusive step-mother and step-brother and struggling with feelings of abandonment, DeLaine starts 7th-grade at the local high school. There she faces social hierarchy, bullying and the hint of first love. Can DeLaine face the changes and challenges of normal adolescence as well as her dysfunctional family? This story is inspired by true events.

go the fuck to sleep: War Love Andra-Cristiana Stan, 2021-01-07 One Hot Curvy Girl + One Hot Alpha Billionaire = Perfect Recipe for War Love! Vivian I don't care about love. I don't believe in love. I don't do relationships or consider marriage. I get the hit of my life with my parents killed in a car accident leaving me behind with my 18-year-old baby bro. He's eleven years younger than me. I have a secret life which might be the reason for my parents' deaths. By day, I'm 29-year-old, good for nothing, lazy, Vivian Doreen. By night? Yeah, well.... That's another, crazy, story.... Upon my parents' deadly accident, my baby bro tells me that I'm a collateral in a 10 million dollars investment contract my folks signed with some billionaire. If not paid, I need to marry his billionaire son. Like, really?! No way.... I don't even consider that, though it does give me a shock to even hear SUCH A NONSENSE! David MY FATHER IS OUT OF HIS MIND! Me?! To marry someone?! What?! I don't love someone but marry! However, my lunatic dad has a last letter my mom left for me just before she died.... He's used that letter to become what I am today and exceed the level he was and is. I did that. Now? For him to give it to me? When I'm 27? Waiting for that letter since I was eleven? I HAVE TO MARRY THE ONE HE WANTS ME TO! He said that since then. Marrying someone he wants is the final condition to finally hand me the letter.... I'M GOING NUTS! NO WAY I'LL MARRY! Or will I? One thing is for sure. WAR IS COMING! SHE'LL BE MY WIFE ON PAPERS ONLY! The rest? No way.... Nope. I don't even know her! Not that it is important.... I WON'T MARRY! At the will reading for Vivian and her little brother upon their parents' deaths, next on the list, the lawyer has the investment contract. David and his dad come in and the War of Love BEGINS! None is wanting, and both are crazy. But what happens next? Let's just say that David has a switch on everything inside.... War is on though.... Who will win? Who will break? Who will love? How will the dice roll? Author promises a HEA for this series with twists and turns, comedy, romance, action, mystery and all that a reader will need to feel... War Love is the first book in the Shooting a Hot Billionaire series.

go the fuck to sleep: Go the Fuck to Sleep 15-Book Prepack Adam Mansbach, 2011-10

go the fuck to sleep: I Drink for a Reason David Cross, 2009-08-31 The star and creative force behind Mr. Show and Arrested Development pens his first and final book, chronicling his meteoric rise and abysmal fall in the literary world. After a decade spent in isolation in the Ugandan jungles thinking about stuff, David Cross has written his first book. Known for roles on the small screen such as never-nude Tobias Funke on Arrested Development and the role of David in Mr. Show With Bob And David, as well as a hugely successful stand-up routine full of sharp-tongued rants and rages, Cross has carved out his place in American comedy. Whether deflating the pomposity of religious figures, calling out the pathetic symbiosis of pseudo-celebrity and its leaching fandom, or merely pushing the buttons of the way-too-easily offended P.C. left or the caustic, double-standard of the callous (but funnier) right, Cross has something to say about everyone, including his own ridiculous self. Now, for the first time, Cross is weaving his media mockery, celebrity denunciation, religious commentary and sheer madness into book form, revealing the true story behind his almost existential distaste of Jim Belushi (The Belush), disclosing the up-to-now unpublished minutes to a meeting of Fox television network executives, and offering up a brutally grotesque run-in with Bill O'Reilly. And as if this wasn't enough for your laughing pleasure in these troubled times, some of the pieces splinter off with additional material being created online in exclusive video and animated web

content created solely for the book—a historical first (presumably)! With a mix of personal essays, satirical fiction posing as truth, advice for rich people, information from America's least favorite Rabbi and a top-ten list of top-ten lists, *I Drink for a Reason* is as unique as the comedian himself, and cannot be missed.

go the fuck to sleep: Fuck, Now There Are Two of You Adam Mansbach, 2019-10-01 It turns out that two is a million more kids than one. Adam Mansbach famously gave voice to two of parenting's primal struggles in *Go the Fuck to Sleep* and *You Have to Fucking Eat*. Now *Fuck, Now There Are Two of You* tackles a new addition to the family and all the fears and frustrations attendant to the simple, math-defying fact that two is a million more kids than one. As you probably know by now, you shouldn't read it to a child.

go the fuck to sleep: Go the Fk to Sleep** Adam Mansbach, 2011-12-06 The #1 New York Times Bestseller: "A hilarious take on that age-old problem: getting the beloved child to go to sleep" (NPR). "Hell no, you can't go to the bathroom. You know where you can go? The f**k to sleep." *Go the Fuck to Sleep* is a book for parents who live in the real world, where a few snoozing kitties and cutesy rhymes don't always send a toddler sailing blissfully off to dreamland. Profane, affectionate, and radically honest, it captures the familiar—and unspoken—tribulations of putting your little angel 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.

go the fuck to sleep: The Devil Wears Valentino, 2025-09-24 18-year-old Kehlani Paris thought running away from LA to New York would save her from the demons of her past. She was wrong. One wrong encounter throws her into the path of Kilo Valentino — a ruthless, heartless billionaire who doesn't just demand control... he owns it. Cold, dangerous, and feared by everyone around him, Kilo is the last man Lani ever wanted to cross. But she didn't just cross him. She fell straight into his trap. What begins as a job as his personal assistant spirals into a marriage she never wanted, a cage she can't escape, and a man she can't resist. Beneath the lies, secrets, and bloodstains, Kilo hides the real reason he chose her... and why he'll never let her go. In the Valentino world, love comes with bullets, betrayal, and scars that never heal. And for Kehlani, it might already be too late to run.

go the fuck to sleep: Hunting Love Andra-Cristiana Stan, When his name is Hunter.... LACEY My father is in an advanced state of leukemia and I've been taking care of him for the last four years. I dropped my entire CEO career, sold my company, and isolated myself with him to be there for him and his needs. I can't lose my dad.... However, all the money I had, which weren't pennies, are reaching red line, and my dad needs his treatment and surgery which cost a lot, and I have no other ways of paying but taking a job after four years of complete retirement from the working field on all sides. At 34, a curvy, former brilliant CEO in the public eyes and a rare and important person in the shadows under the name of Saint, I, Lacey Holtrey, need to get my ass back to work to save my dad. My best friend, Brenda, secures for me a job interview at one of the most reputable movie companies having as head a young billionaire and big mafia boss, 26-year-old Hunter Markle, with the looks of an Adonis and the built of a Greek God. Upon my interview there for the job position as the assistant/secretary of CEO Hunter Markle, things play another way, and from a normal job position, he requires a 24h assistant job from me right before I want to walk away from his office. The damn money I need for my dad take the best of my pride of not working under a younger than me and with not that innocent looks at me boss, so I accept it. But soon enough, my entire past from the shadows comes back like a hurricane.... I've changed my mind, Miss Holtrey. The more I get to know you, the more value I find. Hence, the new salary. Plus, you will take a lot of work as I'm a busy man and lead an empire. You'll see that the amount of work and time I will get from you, will equal the 100k. It's a Devil's pact I'm signing here. And his name is Hunter. Suitable for the real him. He does air a hunter. Lacey? Dad.... You can protect yourself from harm. HUNTER Hmm... Yes, my name is Hunter. And yes, whatever I want, I hunt it down and take it. However, it has never happened to me to do so with women.... Ha-ha! I'm usually the one hunted down by them and the one refusing as I'm

one picky bastard. Yet, the moment I hear Baby Snake's voice over a phone call with her best friend, Brenda, it's all it takes for my heart to be shot down and to do the unthinkable since that moment on, as I've NEVER done it before. Oh no, I've never been in love. I'm one cold motherfucker in general.... Till Baby Snake, that is. Ha-ha! Yeah, she's got her eyes and her everything like a baby snake who captures you in her hypnotic spell, and damn if you can get out of it.... But all I'm doing is because I'm in love for real and I know she's my one and only baby.... But damn if she's gonna break before me! She calls me KID! And she's a tiny Baby Snake before the one I am! Oh... Baby? Hunter is hunting down your love, and the HELL you're not gonna be mine! Watch the KID! HELL YEAH! Oh.... Saint is mine all the way, love.... No matter what I'll have to do for it! And Baby Snake is such a bad, bad, bad, bad one.... And I love it.... *This book contains language and mature themes. *Check out the author's website: lovestoriestarot.com (It's a membership one giving access to her published and work in progress books.)

go the fuck to sleep: Hollywood Movie Nights - No. 2 Shearling Coats, 2019-12-15 Evamarie aka E the supergirl biathlete escaped dystopian Sweden only to land in even more dystopian Hollywood where E hooked up with Vincent a refreshingly frank major hunk who also happened to be Head of Coldfork Studio with the power to thaw her frozen heart --- if only it weren't for Candice Coldfork the waif turned super spoiled hottie who inherited Coldfork Studio and plucked Vincent from the Writer's Room to be her Trustee because Candy knew Vincent would do anything for her and Vincent definitely would —if only it weren't for E.

go the fuck to sleep: The Price Tom Reilly, 2010-08-13 Four young people graduate from one of America's finest universities NYU. They have been more than friends during their freshman years but for the class 2008 graduation brings the shock of reality as they face the real world. The NYU graduates decide to go their different ways unaware of the tragedies that will befall them in their pursuit of wealth and fame in the real world of materialism and man's inhumanity to man. Their families are from different walks of life, from excessive wealth to working class. We live in an insanely competitive and individualistic world . . . one that worships, money, possessions, perfection and celebrity that never let us take a step off the treadmill. This is a drama of insurmountable proportions where, tragedy, murder, betrayal, fraud and industrial espionage are all part of their tremulous journey in the real world and the reality that with every decision we make there is always a price!

go the fuck to sleep: Owen North Nina Levine, A steamy forbidden office romance from USA Today & Wall Street Journal bestselling author Nina Levine. My one-night stand is my new boss. I met him at the society wedding of the year. The man every woman in New York wants. He's rich. Devastatingly good looking. Charming. Mr. I-Could-Blow-Your-Mind. Spoiler alert: he did blow my mind. It was just supposed to be one night. I told him I don't date. But now he wants to make me his. How will I resist all those suits and the muscles they hide? How will I survive the unexpected dinner parties and work trips? I can't give my heart away again. Spoiler alert: I'm failing epically. Owen North is a standalone billionaire boss romance featuring a swoonworthy, protective alpha hero; a quirky heroine who can't control a thing she says; forced proximity; forbidden office steamy moments; a hero who will stop at nothing to get his woman; so much fun banter; a heroine who loves being her hero's good girl; and a HEA you will swoon over.

go the fuck to sleep: Brothers of Darkness Joleene Naylor, 2016-10-11 "Not a love story...a dark spiral into blackness." "If you've read Shades of Gray, you know how this has to end." The prequel to Shades of Gray tells the story of Patrick and Michael, how they got tangled into Claudius' web, and their valiant fight to escape. When Patrick's missing brother Michael returns, he brings with him a world of darkness. Turned into a vampire against his will, Michael is the coven's whipping boy. When Patrick tries to help, he's claimed as a slave who spends his weekends preparing victims, scooping ashes, and falling prey to the vampire's twisted desires. There's only so much hell he can take, and when vampires from a warring coven offer sanctuary in exchange for cooperation, Patrick quickly agrees. What he expected to be a few months drags out into a long smear of nightmares, and though he fights for hope and freedom, the cost of victory may be more

than he bargained for.

go the fuck to sleep: The Fat Artist and Other Stories Benjamin Hale, 2016-09-08 Benjamin Hale's fiction abounds with a love of language and a wild joy for storytelling. In prose alternately stark, lush, and hallucinatory, occasionally nightmarish and often absurd, the seven stories in this collection are suffused with fear and desire, introducing us to a company of indelible characters reeling with love, jealousy, megalomania, and despair. As in his acclaimed debut novel, *The Evolution of Bruno Littlemore*, the voices in these stories speak from the margins: a dominatrix whose longtime client, a U.S. congressman, drops dead during a tryst in a hotel room; an addict in precarious recovery who lands a job driving a truck full of live squid; a heartbroken performance artist who attempts to eat himself to death as a work of art. From underground radicals hiding in Morocco to an aging hippie in Colorado in the summer before 9/11 to a young drag queen in New York at the cusp of the AIDS crisis, these stories rove freely across time and place, carried by haunting, peculiar narratives, threads in the vast tapestry of American life. Weaving a pleasure in the absurd with an exploration of the extraordinary variety of the human condition and the sway our most private selves and hidden pasts hold over us, the stories in *The Fat Artist* reside in the unnerving intersections between life and death, art and ridicule, consumption and creation.

go the fuck to sleep: Separate Hours Jonathan Baumbach, 1990 A love story about the betrayal of love A disturbingly honest, elegantly imagined unveiling of the way truth becomes elusive in a long-term relationship, *Separate Hours* is a love story about the betrayal of love. Yuri and Adrienne Tipton, both psychotherapists, conduct their separate practices in a shared basement office in an upper Westside New York brownstone. They also share a ten-year-old daughter, a too-comfortable life, an apparently happy marriage, and a connectedness that blurs the edges of their separate identities. Who is telling the real truth? Can either of the novel's narrators be taken at their word? Adrienne and Yuri tell the story of their life together (and apart), trying to make sense of the darkly irrational. When Adrienne claims that in a movie of their lives, she would be the more sympathetic character, the novel, to test her premise, gives us a possible scenario for the movie. In the further quixotic pursuit of clarity, the novel turns Yuri and Adrienne's marriage into a case study prepared for a psychoanalytic journal. *Separate Hours* zeroes in on their marriage and the few things outside that come close enough to get caught in its tentacles. For all the novel's comic elements, its underlying vision is dark. From the moment of Yuri and Adrienne's initial meeting, they embrace the conflict. Although they appear to understand what drives them, their behavior for the most part is blindly compulsive and deathbent. Self-knowledge has little impact of how they live their lives. Baumbach's seventh novel examines a postmodern marriage in crisis, as if it were a patient etherized upon a table.

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