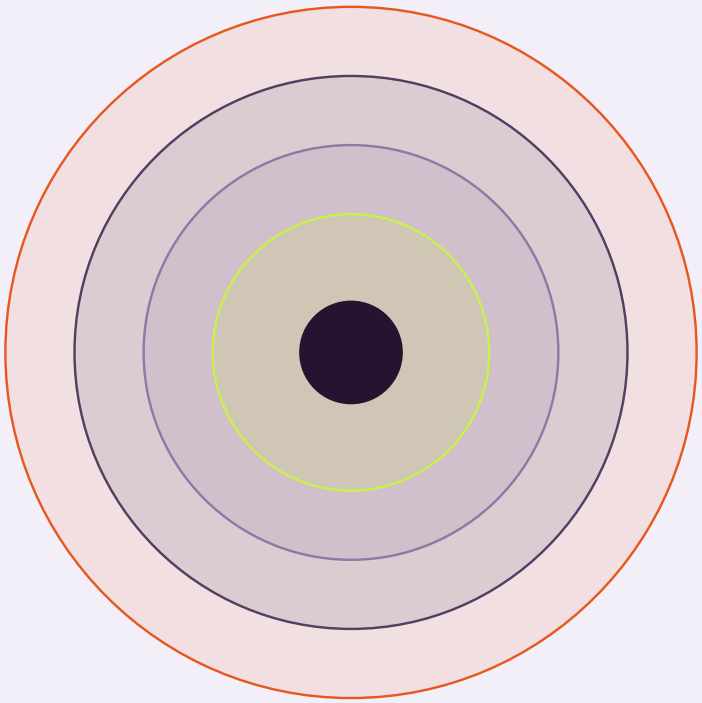


Stripped Down

A reading of the book by Bunnie Xo (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Stripped Down, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

The Dumb Blonde host's memoir — a runaway in a Las Vegas trailer park, sex work, addiction, and the long unglamorous work of rebuilding, told without the redemption-story polish.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Everyone wants the after photo. Almost nobody wants to hear how long the middle took.

The memoir's structural argument — the rags-to-riches shape is real, but it is mostly the boring, unphotographable middle.

2 HOURLIFE TAKEAWAY

Survival choices are not moral failures. They are the options that were actually on the table.

Bunnie writes about sex work and addiction without either apology or glamour, which is what makes the book land.

3 HOURLIFE TAKEAWAY

The people who knew you at your worst are not automatically the people who should know you now.

One of the book's harder threads: leaving is often the price of the rebuild.

4 HOURLIFE TAKEAWAY

Being unapologetic is not the same as being unbothered. She is bothered. She just stopped editing it.

The subtitle is 'unfiltered and unapologetic', and the book is careful about the difference.

5 HOURLIFE TAKEAWAY

Rock bottom is not a lesson. It is a location. The lesson is whatever you do on the way out.

Pushes back on the tidy trauma-to-wisdom pipeline that memoirs are usually sold as.

6 HOURLIFE TAKEAWAY

Money changed the address. It did not change the flinch.

Written from the far side of success, which is what gives the observation its weight.

7 HOURLIFE TAKEAWAY

The story you tell about your worst decade decides how much of it you have to keep reliving.

Her podcast is built on this — saying it out loud, in her own words, before someone else frames it.

8 HOURLIFE TAKEAWAY

You are allowed to be proud of getting out and honest about what it cost.

The book refuses to pick one, and that refusal is most of its appeal.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write the unfiltered version once
- [ ] Separate what happened from what it means
- [ ] List the survival choices you still apologise for
- [ ] Name who gets the current version of you
- [ ] Write down what the rebuild is actually costing

KEEP UP DAILY

- ◯ Say one true thing out loud each day
- ◯ Catch the flinch and name it
- ◯ Do one thing today that the old version could not afford

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

Write the unfiltered version once

The story of your hardest stretch, told the way it actually happened — no lesson at the end, no redemption arc.

Nobody has to read it. Most people have never written it down without editing for an audience.

MY VERSION DONE ON

☐ SETUP 2

Separate what happened from what it means

Two columns.

Facts on the left, the story you attached on the right. The right column is the one that has been running your decisions, and it is the only one that can be changed.

MY VERSION DONE ON

☐ SETUP 3

List the survival choices you still apologise for

Then write what the alternatives actually were at the time.

Not the alternatives you can see now with money, distance, and a stable address.

MY VERSION DONE ON

☐ SETUP 4

Name who gets the current version of you

Three names.

People who knew you at your worst do not automatically qualify, and the book is unusually direct about that being allowed.

MY VERSION DONE ON

☐ SETUP 5

Write down what the rebuild is actually costing

Time, relationships, the friends who did not come along.

Being honest about the price is what stops the resentment that ends rebuilds around year two.

MY VERSION DONE ON

DAILY HABIT 1 OF 3

Say one true thing out loud each day

Not a performance of honesty — one sentence you would normally soften.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Catch the flinch and name it

When a reaction is bigger than the moment, note what year it came from.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Do one thing today that the old version could not afford

Small and real: a doctor's appointment, a full tank, food you chose.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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December 2026

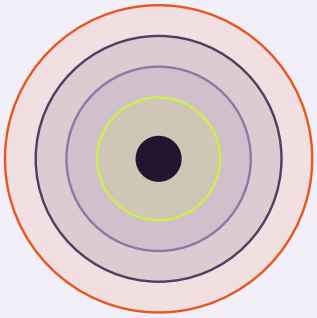
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



The version of you that survived it does not owe anyone an apology, and does not have to be the version you keep.

HOURLIFE DISTILLATION