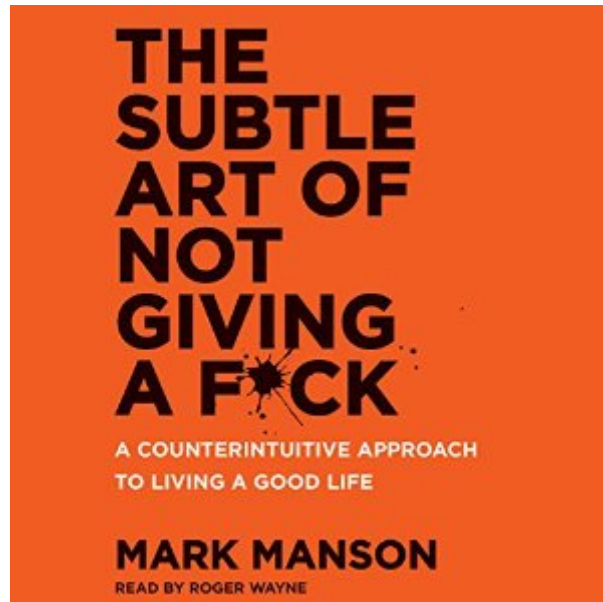


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# The Subtle Art Of Not Giving A F\*ck: A Counterintuitive Approach To Living A Good Life



## Synopsis

In this generation-defining self-help guide, a superstar blogger cuts through the crap to show us how to stop trying to be positive all the time so that we can truly become better, happier people. For decades we've been told that positive thinking is the key to a happy, rich life. "F\*ck positivity," Mark Manson says. "Let's be honest, shit is f\*cked, and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is - a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F\*ck is his antidote to the coddling, let's-all-feel-good mind-set that has infected modern society and spoiled a generation, rewarding them with gold medals just for showing up. Manson makes the argument, backed by both academic research and well-timed poop jokes, that improving our lives hinges not on our ability to turn lemons into lemonade but on learning to stomach lemons better. Human beings are flawed and limited - "not everybody can be extraordinary; there are winners and losers in society, and some of it is not fair or your fault". Manson advises us to get to know our limitations and accept them. Once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek. There are only so many things we can give a f\*ck about, so we need to figure out which ones really matter, Manson makes clear. While money is nice, caring about what you do with your life is better, because true wealth is about experience. A much-needed grab-you-by-the-shoulders-and-look-you-in-the-eye moment of real talk, filled with entertaining stories and profane, ruthless humor, The Subtle Art of Not Giving a F\*ck is a refreshing slap for a generation to help them lead contented, grounded lives.

## Book Information

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## Customer Reviews

Much of the writing in THE SUBTLE ART OF NOT GIVING is tongue-in-cheek. Surprisingly, however, there is a lot in this book that is SERIOUS. I know, I know, with a title like that, it's hard to believe, but it's true. Mark Manson actually makes quite a few substantive, helpful points. Mark makes it clear that he's NOT saying you should not care about anything. Not at all. What he is saying is that you should pick carefully WHICH things you care about: "This book will help you think a little bit more clearly about what you're choosing to find important in life and what you're choosing to find unimportant." He's not suggesting we should be indifferent; rather, carefully deciding where to place our concern. How you pick your top concerns has practical consequences. Mark gives a real-world example about a cranky person in the check-out line at the market. The elderly customer is making a big fuss about some minor thing. Why? Because they don't have anything else to occupy their time. If you don't have anything substantive to occupy your time, then it's trivial stuff that bothers you: "Your ex-boyfriend's new Facebook picture, how quickly the batteries die in the TV remote, missing out on yet another two-for-one sale on hand sanitizer" chances are you don't have much going on in your life..." Mark suggests just picking a few big things--values and people that reflect your values: "What I'm talking about here is essentially learning how to focus and prioritize your thoughts effectively" how to pick and choose what matters to you and what does not matter to you based on finely honed personal values. "Much of life is about solving problems. They are inevitable, and we shouldn't pretend that we can make them go away."

This is one of the best books I have ever read. The information that is in the book is so scary and at the same way helpful. In the middle of reading this book I felt like, then what is the point on living? Why just don't die if we are going to do it anyways. I started to feel strange inside of me. I was scared because everything he writes about is true. We all try to hard on impressing people. Try hard to make big goals and try to achieve them. But in the end we do it not for ourselves we do it for the attention we will get in the result for that. We are not special, but in the same time we are. We are all unique but not more special than the others. We live our life trying to be "successful" and convince ourselves that it is because we want it for us. But in some cases we are not. We (and when I mean "we" I mean myself) try so much to achieve goals working hard everyday trying to come closer to that goal. But when I read this book my eyes opened. I was wrong. I was not doing it for myself. I

was doing it to prove others I am worth of their attention. Because I wanted to feel special because yeah. I always said to myself "nobody work hard enough for success so I am special I work harder than the others and that is why i deserve it more". I was every day working hard, I did not want to accept it but when I readed this book it really hurted me. I felt like he was 100% seeing through me. I felt like my life was pointless. All I did, the goals I was pursuing was only to make other think in the future. "Wow he is special. He worked hard to obtaining he's goals. He is inspiring". I wanted to show the people that made me feel bad about myself see me in the future and look up on me and say to themselves. "Well I think I am the real loser". But in this book I began to think.

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