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The subtle art of not giving a fuck

Resilience through adversity is crucial for achieving success in life. Avoiding challenges only leads to more problems, as it's impossible to escape pain entirely. In fact, trying to avoid pain can be destructive. On the other hand, embracing one's emotions and not giving a fuck about negative experiences can make you unstoppable. The key to personal growth lies in recognizing that we are always responsible for our own lives, regardless of external circumstances. We control how we interpret events and respond to them. By taking ownership of our experiences, we can choose to see the positive side of life's challenges. Traveling to different cultures is an excellent way to broaden your perspective and reevaluate your values. Exposure to new ways of living can help you find what truly matters in life. Instead of striving for uniqueness or specialness, focus on measuring yourself by ordinary standards. This means letting go of grandiose expectations and embracing a more humble identity. By doing so, you'll become less vulnerable to the threats that come with having an overly defined sense of self. Ultimately, true happiness comes from accepting one's negative experiences rather than trying to avoid them. Embracing this paradox can lead to a positive experience that was previously thought impossible. Wanting a positive experience can actually lead to negative experiences; accepting negative experiences can result in positive ones. This concept is known as "the backwards law" by philosopher Alan Watts, suggesting that the more you pursue happiness, the less satisfied you become. Instead of focusing on being positive all the time, this book advocates for embracing your flaws and limitations. The author, Mark Manson, argues that our pursuit of positivity has led to a culture where people are overly focused on feeling good, rather than truly growing as individuals. He suggests that instead of seeking happiness through external means, we should focus on developing inner strength and resilience. Manson's approach is unapologetic and straightforward, urging readers to stop trying to be positive all the time and start accepting their imperfections. By doing so, they can begin to find true fulfillment and contentment in life. The book also touches on the idea that there are only so many things we can care about, so it's essential to figure out what truly matters. Through a mix of humor, storytelling, and blunt honesty, The Subtle Art of Not Giving a F**k offers readers a refreshing perspective on how to live a more authentic, grounded life. I'm utterly opposed to participation trophies - it's absurd. Don't worry if this offends middle-class helicopter parents and their precious snowflakes; kids need to learn how to lose, as that's where character is built. This book actually touches on that, along with prioritizing your emotional energy aka what you give a damn about. I read it out of curiosity, expecting nothing groundbreaking. But it surprised me - the author made some solid points, including being realistic about relationships and not putting too much emotional energy into them. For instance, I realized I need to accept my sister and I will never be BFFs like in Sweet Valley High novels; it's okay if we don't have that kind of bond. The book also reminded me to stop hoping for something that's unlikely to happen. It's written in an engaging, witty way with examples from the author's life. While some parts were a bit ridiculous or contradictory, I found it appealing due to my sense of humor. However, feminists and women in general may not appreciate this book, as it walks a fine line on certain issues related to women. April 2, 2017, Masterpiece, incredibly funny - self-help books can be boring, but this one was an exception. It encourages the reader to think more clearly about what's important in life and what's not. Some quotes from the book that stood out are: "The desire for more positive experience is itself a negative experience." And, "Self-improvement and success often occur together. But that doesn't necessarily mean they're the same thing." It critiques our culture's unrealistic expectations of being perfect and amazing all the time, which can lead to burnout and dissatisfaction. Fixating on what's better only highlights our shortcomings, making us feel like we're missing something. Nobody needs to remind themselves they're happy; they just are. The world peddles false solutions – a better job, car, or relationship – convincing us that more is always better. We're constantly bombarded with messages to care about everything all the time. There's an insidious feedback loop in our brains that can drive us crazy: anxiety about confronting someone leads to more anxiety about being anxious, and so on. It's like quicksand – the more we struggle, the deeper we sink. Mark Manson's book "The Subtle Art of Not Giving a Fuck" suggests that giving too many fucks is bad for you. But let's be real; he's just repackaging old self-help philosophies with a dash of profanity. His emphasis on being honest and cutting through the crap rings hollow when his own writing lacks authenticity. Manson claims to cut through the noise, but really, he's just rebranding Buddhist ideas as his own. He says there are only so many things we can care about, and we need to figure out which ones truly matter. It sounds profound, but it's just common sense – like Emerson's "It's not the destination, it's the journey." Mark Manson is more of a loudmouth than a guru. I find myself rolling my eyes at his observations or laughing at his attempts to be profound. How did we survive without him? I recently had a frustrating experience at a pub where someone completely disrupted my peaceful evening. Now, after reading Mark Manson's book "The Subtle Art of Not Giving a F*ck", I felt like I was back in that situation, but this time it was the author who wouldn't stop talking and giving unsolicited life advice. The book started strong, with an interesting introduction, but quickly took a turn for the worse as Manson began using excessive profanity and it became tiresome to read. While there were some insightful points hidden within the text, most of what I read seemed like opinions rather than facts. The author jumped between various topics such as Romeo and Juliet, Buddhism, and even telling stories about his personal life in a way that didn't resonate with me. For me, this book was just a preachy retelling of things we already know, written by someone who seems to think they're above the rest. I couldn't help but wonder why I spent my money on something that left such a bad taste in my mouth. I'm still writing the book, but it's getting worse with each page. One major issue is that it portrays survivors of sexual assault in an incredibly negative light. The author claims that false memories are common, and then uses an example of a woman who falsely accused her father of abuse to "prove" this point. This could lead readers to believe that people who experience sexual violence often make up their assaults, which is completely untrue - we know that rape and incest are among the most underreported and underprosecuted crimes. After finishing the book, I was left with a bad taste in my mouth. It's not worth reading unless you enjoy self-indulgent writing about someone's privileged past. The author constantly reminds us of his former "fuckboi" persona, making it seem like a point of pride rather than something to be remorseful about. I started out liking the book, but as I read on, I became increasingly frustrated with the author's smug attitude and lack of depth. He regurgitates Eastern philosophy and existentialism without adding much value, and his language is often cringeworthy and misogynistic. To sum it up, this book is a surface-level look at Stoicism and Western Buddhism aimed at a specific audience. While it has some good ideas, it's ultimately a disappointment. If you're looking for a more in-depth exploration of these topics without the negativity, I recommend Why Buddhism is True and The Practicing Stoic instead. I dove into this book expecting some profound insights but quickly realized it wasn't for me despite receiving warning signs from the get-go. I persisted till the end, hoping something would change my opinion, but even then, I didn't find much value in the content. If anything, the author's advice was to "not give a f*ck" about the book and move on - a notion that I'd be generous enough to call helpful, albeit with a heavy dose of skepticism. The interesting example stories were perhaps the only redeeming quality, but even those were overshadowed by the author's personal opinions. The book's concept seemed familiar from the start, like a Gladwell-esque self-help tome, presenting obvious truths in an amusing manner but also sprinkling in inexperienced conjecture that didn't quite resonate. There were some good parts, but they felt out of context and tailored to suit the author's views rather than providing genuine help. I initially thought the book might be about letting go, like "The Art of Letting Go," but that idea too fizzled out quickly. The author's central theme is about knowing what's worth paying attention to versus what isn't, with principles dependent on where one stands in relation to these arbitrary lines. Even the recurring use of profanity became less frequent and eventually felt like a drawn-out rant. Maturity, according to Manson, involves only caring about what truly matters, but this idea didn't quite align with my Buddhist understanding, which emphasizes letting go as a path to enlightenment. Manson's application of Buddhist principles was superficial at best, taking concepts out of their original context without providing any real depth or practical advice. I couldn't help but feel that the book's intention - making readers immune to societal difficulties - fell flat for me, especially after the first few chapters where it seemed like the author contradicted himself. The book offered no solace and was riddled with contradictions, stating that happiness is an unsolvable equation and dissatisfaction a natural part of human nature. If you're new to self-help or philosophy, approach this book cautiously, as its popularity could lead inexperienced readers down a dangerous path of accepting flawed advice without proper scrutiny. Even those familiar with good philosophy books will likely take most of the content with a grain of salt, extracting only what might be remotely helpful. If you believe something negative is a positive thing, it can be easy to get lost in philosophical ideas. I decided to share wisdom quotes despite this, mainly to warn readers, especially those new to self-help or non-fiction books, who might be misled by their popularity. Some people think that being correct about everything prevents them from making mistakes. However, according to Mark Manson's book, it's not about avoiding mistakes, but rather learning from them and accepting that life will always have its ups and downs. I don't usually read self-help books, as I believe they can be superficial. If you need help living your life, you have more significant issues than the book itself. For my Popsugar 2017 Reading Challenge, I chose a self-help book to broaden my reading horizons. Unfortunately, Mark Manson's book was disappointing, with his shallow and uninformed approach. While he does present some common sense, it's not revolutionary. Many people find this message inspiring, but perhaps it's unnecessary given the prevalence of social media comparisons. The book suggests that hardships are what make us better people and that chasing happiness is unrealistic. Life will always have its difficulties, and we need to accept that instead of trying to achieve a happy ending. We should focus on enjoying the small things now because tomorrow may not be as promising. Despite my reservations about the book's message, it does highlight an important point: life is uncertain, and we can't control everything. It's essential to choose happiness in the present moment, even if it means dealing with potential disappointments. Highly prioritize what matters most to you, and approach the future with a fearless attitude. This mindset will lead to greater contentment and happiness compared to constantly striving for unattainable goals. Manson's book is brief, and his tone isn't overly annoying. The title grabbed my attention, and the introductory essay resonated with me, making sense of the concept that we only have so much time and energy to devote to things that matter. However, the rest of the book falls into the typical self-help category, presented in a tone reminiscent of an Andrew Dice Clay routine. While I don't agree with everything Manson says, I still respect his point of view and acknowledge that some of his ideas can be beneficial. If you're open-minded and willing to consider alternative perspectives, this book might be worth reading. However, if you're looking for a universal truth or a profound philosophical insight, you might be disappointed. Manson's insights are largely self-serving and focused on his own experiences. The author begins by stating that humans are unique experiences, each one distinct from another. The idea of accepting failure is existential, as the feeling of failure crushes people and turns them into weaklings or followers in the face of life. Most of what's written in the book is something an individual will grasp through personal experience. There's no success without a collection of failed attempts. Our world is consumed by materialism, with many priorities being financial liabilities. Even media plays its role accordingly. The world is self-contradictory, hence it's drowning in failure and despair. Short stories in the book are especially beautiful, particularly that of Bukovskiy's and his character (Don't try to understand). It seems like the conclusions aren't groundbreaking findings but rather natural outcomes. Perhaps the entire second part can be summarized with one poem: "Tired of everything life - no Bragging Right "- The author initially entered this book with skepticism and entitlement, expecting it to teach them something they already knew, but The Subtle Art of Not Giving a F*ck has profoundly changed their perspective and life. It's an ideal gift for loved ones on holidays or birthdays as it can alter one's perception and way of living. The author admits to having given too much attention to trivial things in the past and realized that sometimes it's necessary to reevaluate daily expectations. Mark Manson's writing had a significant impact on them, addressing many of their fears with honest and refreshing truth.The Subtle Art of Not Giving a F*ck is both relevant and entertaining for the author, who found several pieces helpful. They highlight:"Giving a fuck about less means giving a fuck about what is true and immediate and important.""When you give too many fucks—when you give a fuck about everyone and everything—you will feel like you're perpetually entitled to be comfortable and happy at all times, that everything is supposed to be just exactly the fucking way you want it to be. This is a sickness. And it will eat you alive."The author resonates with Manson's words, which describe their own feelings when they give too much attention to insignificant matters. The talking panda shares insightful thoughts:"Life is essentially an endless series of problems, Mark," - "There's no such thing. Instead, hope for a life full of good problems." The people who dominate the corporate hierarchy are those who dare to take the leap and climb to the top. Those who thrive in the chaotic environment of the starving artist lifestyle are more likely to live it and make it a reality. This isn't about having willpower or perseverance; it's about recognizing that our struggles shape our successes, and our problems give birth to happiness, often accompanied by slightly better, but equally challenging issues. It's a never-ending upward spiral where you're constantly climbing towards the next level of success. And if you think there's ever a moment when you can stop ascending, I'm afraid you're missing the point because the joy lies in the climb itself. This book has had a profound impact on my life and perspective. As Mark Manson says, "If you want to change how you see your problems, you have to change what you value and/or how you measure failure/success." He emphasizes that honesty is a valuable trait because it's something you can control, reflects reality, and benefits others, whereas popularity is not a reliable metric. The truth hurts! Mark Manson notes that people who are terrified of what others think about them are actually afraid of their own self-reflections. Recognizing our mistakes helps us realize we've played a role in enabling toxic relationships to continue for so long. Taking responsibility for your actions without beating yourself up over it is a valuable lesson. Many might say, "Okay, but how do I change?" And Mark Manson's response is, "Do, or do not; there is no 'how.'" You're already choosing what to give a damn about in every moment, so change is as simple as deciding to care about something else. It may sound easy, but it's incredibly hard. You'll feel like a loser, a fake, and a fool at first, get nervous, freak out, or even lash out at loved ones. These are the inevitable consequences of changing your values and priorities. 1. We gradually move closer to truth and perfection, but never quite reach it. 2. He's profoundly impacting my life right now. 3. Everyone has personal values that they protect and strive to live up to. 4. Our brains are wired to prioritize our existing beliefs and avoid contradictory information. 5. This avoidance can lead to anxiety and prevent us from changing or growing. 6. I urge you not to find yourself, as it may limit your growth and potential. 7. Embracing uncertainty allows us to remain humble and open to new experiences. 8. There's a type of self-absorption that stems from fear-based irrationality. 9. When we assume our problems are unique, we're actually exhibiting narcissism. 10. Instead, redefine yourself by measuring your success in more ordinary terms. 11. The desire to avoid rejection is a subtle form of entitlement. 12. Entitled individuals prioritize their emotional well-being over others' feelings and live valueless lives. 13. Sacrifices should be made because you want to, not out of obligation or fear. The book "The Subtle Art of Not Giving a F*ck" has received mixed reviews from readers. One reviewer found it life-changing, stating that acts of love are only valid when performed without conditions or expectations. They appreciated the book's message and plan to cherish it for a long time, giving it 4.5 out of 5 stars. In contrast, another reviewer was frustrated with the book, feeling that it was "psychological snake oil for the pseudo-intellectual." They believed that the author, Mark Manson, was rehashing basic concepts from psychology and philosophy classes, using urban legends and common sense as his foundation. The reviewer criticized Manson's use of profanity and his tendency to contradict himself, such as when he discussed not giving a fuck but then proceeded to write about his own experiences and emotions. They also took issue with Manson's views on relationships, particularly his advice on how to interact with women, which they saw as reminiscent of pick-up artist tactics. Despite finding some good points in the book, the reviewer felt that they were buried beneath a lot of unnecessary content. As someone who values hard science and data-driven research, they were disappointed by Manson's lack of solid evidence and examples to support his claims. Overall, opinions on the book vary widely, with some finding it insightful and others seeing it as shallow and unhelpful. The author has mixed feelings about the book "The Subtle Art of Not Giving a F*ck" by Mark Manson. While they appreciate Manson's brutal honesty and tell-it-like-it-is attitude, they're not impressed with the book's lack of facts and abundance of opinions masquerading as facts. The author prefers to listen to CFOs' vodka-fueled revelations at a bar in downtown San Francisco rather than read self-help books like this one. However, the author does appreciate some of the book's takeaways, such as the importance of embracing one's true self and creating a genuine connection with oneself. They also appreciate Manson's emphasis on taking responsibility for one's actions and developing resilience and values that direct one's life. The author quotes several key points from the book, including: * Focus on what truly matters and stop trying to be "happy" all the time * Embrace your true self in a world obsessed with perfection * Don't get hung up on what others think of you * Choose a meaningful goal in life, but recognize that the journey is what brings happiness, not just achieving the goal * Don't try to control everything; some things are outside of your control * Accept and learn from negative experiences rather than trying to avoid them The author concludes by saying that while the book has some valuable insights, it's ultimately a collection of banalities. They prefer to read the works of ancient Stoic philosophers like Epictetus and Seneca instead. This book offers a refreshing take on self-help, providing useful hints and insights on how to approach life's challenges with a lighter touch. The author invites readers to focus on what truly matters and let go of non-essential worries. The book's chapters 1 and 2 are particularly effective in conveying the message, using humor and anecdotes to drive home the points. While some sections may feel formulaic or clichéd, the overall tone remains engaging and relatable. Listening to the audiobook proved to be a game-changer, as the narrator's voice brought a level of warmth and humor that made the material more enjoyable and accessible. The book's themes of embracing simplicity and letting go of negativity are timely and well-explored. To get the most out of this book, readers should approach it with a lighthearted mindset, be willing to laugh at themselves, and not take everything too seriously. By doing so, they can tap into the author's message and apply its principles to their own lives. The author of this book is known for steering clear of mainstream self-help tropes, instead focusing on philosophical concepts and real-life anecdotes to drive home his points. He also delibrately tries to challenge some common beliefs in self-help by discussing the concept of "toxic positivity" and the negative effects it can have on people. Manson's writing style is not for everyone, as he often uses strong language which may put off some readers, especially at first. One of the key ideas explored in the book is the importance of setting boundaries and prioritizing what matters most to us. This idea is also reflected in the author's thoughts on victimhood, which some people may find upsetting or even triggering due to its candid nature. Despite some criticisms about its tone and language use, this book has resonated with many readers who appreciate its unique approach to self-help. Its unorthodox style and willingness to tackle tough subjects have helped it stand out in a crowded market of self-improvement literature. Overall, this book is likely to be most appealing to those looking for a fresh perspective on personal growth and development. While reading this self-help book, I realized that many people struggle with finding meaning in the concept of "self." The author's message is not entirely new, as Buddhism already questions the importance of selfhood. However, our societal emphasis on individuality makes it difficult for some to openly express their views. The book suggests that we have limited opportunities for emotional investment, but life often leads us to experience a perpetual state of outrage. Instead of giving in to this outrage, the author advises focusing on what truly matters and taking action. This message is similar to something I recently read by Byung-Chul Han, which emphasizes the importance of choosing what you're enraged about. Despite some reasonable advice, I believe that our social nature and increasing isolation are major contributors to our problems as humans. To overcome these issues, we need to rebuild communities and meaningful human interactions. The book's focus on psychology may be part of the problem, but it's still a quick and easy read with some amusing parts. Breakout: The Self-Help Book for Those Who Hate Self-Help This unconventional self-help guide is the antithesis of traditional motivational books. It's a no-nonsense, counterintuitive approach to living a fulfilling life. Mark Manson's book, which has sold almost 2 million copies in its first year alone, encourages readers to identify what not to care about just as much as what to care about. The book challenges the usual positivity and offers a dose of brutal honesty. It's a slap in the face that forces you to confront your personal problems, fears, and expectations head-on. The author's ability to offer profound yet counterintuitive insights has earned him praise from notable figures such as Ryan Holiday, Matt Kepnes, Derek Sivers, Steve Kamb, Simone Biles, Chris Hemsworth, and Grant Hackett. This book is not for the faint of heart. It requires a willingness to set aside excuses and take an active role in living a better life. It's a must-read for anyone looking for a fresh perspective on personal development and happiness. It's not about eliminating problems, but rather identifying more productive ones. Success isn't about avoiding setbacks, it's about improving at overcoming them. The key is embracing the uncertainty of not having all the answers.The Subtle Art is centered around acknowledging and accepting life's minor flaws and imperfections, then deliberately choosing to disregard their significance. It's about cultivating a sense of discernment, focusing on what truly matters in life.