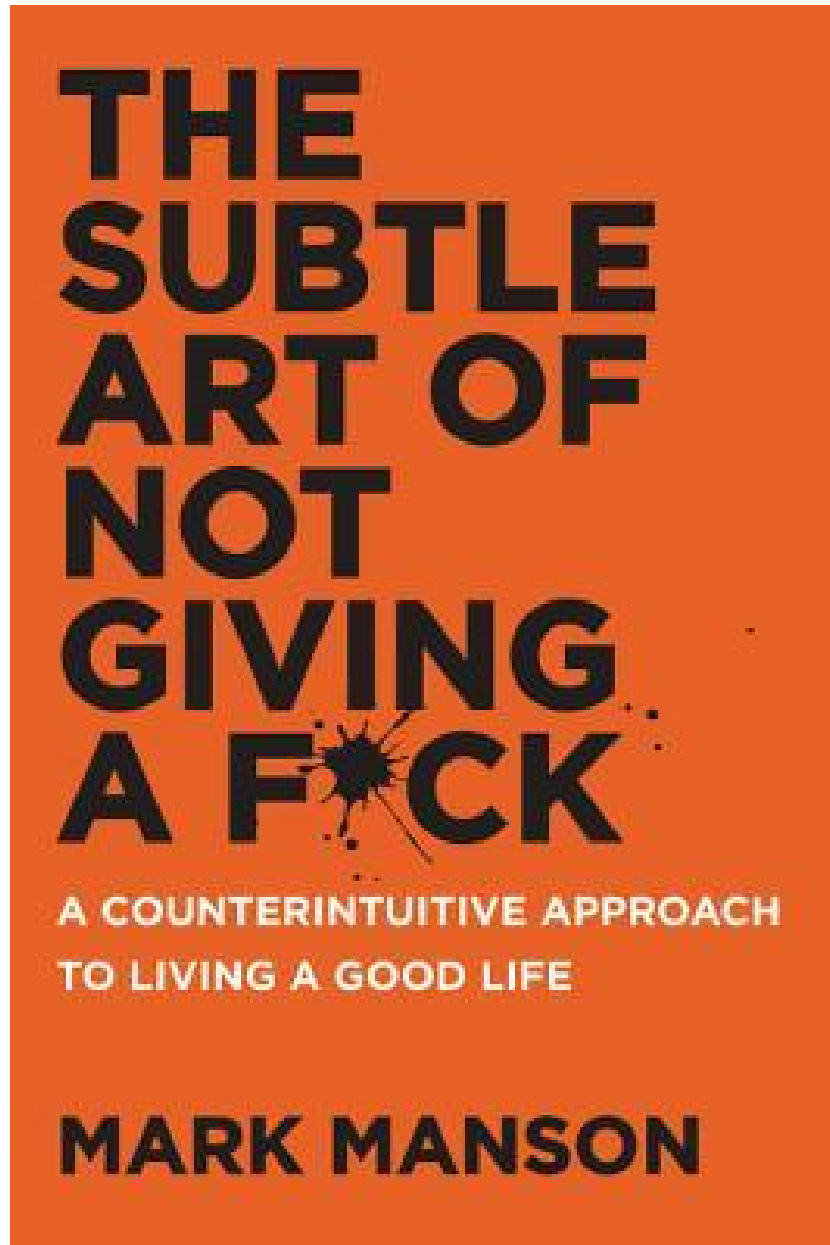


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The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life Book PDF Download



By:
Mark Manson

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Khadidja

Masterpiece, incredibly funny. i don't usually go for

but this one was the exception. Anything with curse words on the cover picks my interest :P The first half of it was my favorite, the aim of this book is to help the reader to think a little bit more clearly about what they're choosing to find important in life and what they're choosing

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These are few of my favorite quotes in this book:

The desire for more positive experience is itself a negative experience. And, paradoxically, the acceptance of one's negative experience is itself a positive experience.

Self-improvement and success often occur together. But that doesn't necessarily mean they're the same thing.

Our culture today is obsessively focused on unrealistically positive expectations: Be happier. Be healthier. Be the best, better than the rest. Be smarter, faster, richer, sexier, more popular, more productive, more envied, and more admired. Be perfect and amazing and crap out twelve-karat-gold nuggets before breakfast each morning while kissing your selfie-ready spouse and two and a half kids goodbye. Then fly your helicopter to your wonderfully fulfilling job, where you spend your days doing incredibly meaningful work that's likely to save the planet one day.

Ironically, this fixation on the positive "on what's better, what's superior" only serves to remind us over and over again of what we are not, of what we lack, of what we should have been but failed to be. After all, no truly happy person feels the need to stand in front of a mirror and recite that she's happy. She just is.

Everyone and their TV commercial wants you to believe that the key to a good life is a nicer job, or a more rugged car, or a prettier girlfriend, or a hot tub with an inflatable pool for the kids. The world is constantly telling you that the path to a better life is more, more, more "buy more, own more, make more, fuck more, be more. You are constantly bombarded with messages to give a fuck about everything, all the time. Give a fuck about a new TV. Give a fuck about having a better vacation than your coworkers. Give a fuck about buying that new lawn ornament. Give a fuck about having the

right kind of selfie stick.

Kevin Kelsey

Sort of an anti self-help book, meaning that it actually contains a useful philosophy, which is (mostly) just Buddhism dressed up a little for millennials. It's not as douchey as the title would have you think, and it's very entertaining. There's a lot of cross-over with Carl Sagan's The Demon-Haunted World, surprisingly. A lot of good advice for those, like me, who over-stress themselves about mostly nothing at all. I really loved it; I'll probably circle back to it a few more times in the futu

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Natalie

I went into this admittedly with quite some skepticism and entitlementâ€” â€œwhat is this going to teach me that I donâ€™t already know?â€” but

is truly one of the most ground-shaping nonfiction books I've read so far. It will and can change a perspective, a life. And as such, this is the perfect book to give to your loved ones on holidays, birthdays...

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It made me rethink all the times I ever gave a fuck over some of the most irrelevant things in hindsight. It made me realize that it's sometimes necessary to take a step back and re-evaluate why I think so-and-so on a daily basis.

I also wrote down a lot of Mark Manson's writing into my notes because I knew I would need it in the near future. And I would like to thank him for answering quite a lot of fears of mine with such a dose of raw, refreshing, honest truth.

was both personally relevant and entertaining.

Here's a few pieces that helped me and then some:

This is exactly how I feel when I give too many fucks about things that have little lasting impact on my life.

Jen

Based on the title, I was pretty stoked for this, and the introductory essay explaining the author's Not Giving a F*ck theory made a lot of sense to me and made me really happy. Essentially, he says that the internet and the media demand that we give a fuck about everything, but we only have so much time on Earth and so many fucks to give and we have to choose who and what we spend those fucks on.

Makes sense.

Unfortunately, the rest of the book turns into the same self-help drivel you see in any

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Makes sense.

Unfortunately, the rest of the book turns into the same self-help drivel you see in any other "how to be happy" kind of book, only Manson starts to present the information with a tone reminiscent of an Andrew Dice Clay routine. No bueno. I ended up having to bail.

Christy

This book wasn't only about giving no fucks, it was about giving fucks about only the important things. If you're going to read it, I would recommend the audio book. I thought the narration was great and it was highly entertaining and made me laugh out loud more than once!!