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giving the reader to NOT try, say no often and embrace negative thinking. Not giving a f\*ck is about being comfortable with being different and caring about something more important than adversity. You must give a f\*ck about something. The Five Big

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Summary. The Subtle Art of not Giving a Fuck is a book about finding meaning in important

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things in life and only having those values that an individual can control. Whatever value (such as popularity) that is not under a person's control, is a bad value to have and a person should strive to replace it with something more controllable such as punctuality,

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Here are three subtleties from the subtle art of not giving a f\*ck: 1: Not giving a f\*ck does not mean being indifferent, it means being

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comfortable with being different.  
2: To not give a f\*ck about adversity. You must first give a f\*ck about something more important than the adversity. 3: Whether you realize it or not you are always choosing what to give a f\*ck about.



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enjoy more material wealth and comforts, yet we tend to feel more impoverished emotionally and psychologically. In “The Subtle Art of Not Giving a F\*ck”, Mark Manson offers insights and tips to help us cope with our pain, failures and regrets, so we can

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live life fully and find genuine happiness.

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“The Subtle Art of Not Giving a Fuck” is a truly brilliant philosophical self-help treaty

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seemingly against self-help, but ultimately helping readers to develop themselves into better versions of themselves. The ideas I'll take away from Mark Manson are: Pick what to give a fuck about.

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The key to living a good life is not giving a fuck about more things but rather focus only on the things that align with your personal values. The Subtle Art of Not Giving a Fuck by Mark Manson is a no-bullshit approach

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Giving a meaningful life  
centered only around what's  
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Giving a F\*ck  
out which ones really matter,  
Manson makes clear.

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from 2016. In this two part video,

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I go over a book summary, my thoughts on Mark Manson's mos...

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