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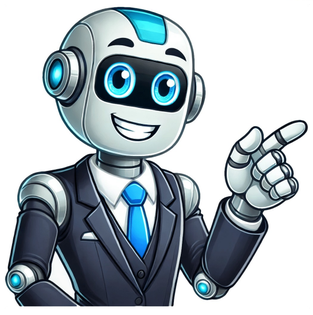

The subtle art of not giving af reddit

How did we survive as a society without Mark Manson?Manson has a new book coming out in May. Welcome it with open arms. Even if we don't need to read it, that's how our brain is wired. 535. And if I dated someone with shitty values for that long, what did that say about me and my values? Yay! Mission accomplished and stuff! P.S. I'm so joyfully, blissfully happy I DNFed the fuck fish out of this one before getting to the sexist bullshit. " "This is the most simple and basic component of life: our struggles determine our successes." "Don't just sit there. Some people think it got popular because of the title, and while the title does make you want to read it, the book itself is great (as is Mark's blog if you want more).I first read this book last year, and since a lot of it stuck with me I decided to reread it and summarize the main points.The main lessons I took from the book are:Feedback loop from hell" has to do with human psychology and mental processes about being anxious about being anxious. Why? Chapter 2. Then, he goes and creates a line, which he thinks is from where the letting-go should be applied to. Chapter 7. " The solution to one problem is merely the creation of the next one." A moment passed, and then I considered where the fuck the talking panda came from. Our obsession with being individuals is literally killing us. Sino pot fos consejos, por las cosas. Questions that will help you breed a little more control and stability in your life. If I find a book is not working out the way I had hoped, I stay away from it, and will not return any more time. This is not another dehumanizer of no pain, no gain." This is the most simple and basic component of life: our struggles determine our successes. " "The key to a good life is not giving a fuck about only what is true and important. The second half of the book is the weakest, as it starts to dwindle with advice on how to improve your relationships and some of the author's hokey philosophy on life and death - these parts were too tied to my tastes and felt like he was trying to halfheartedly wrap up the book in a meaningful way now that we were getting to the end. Most of Manson's observations make me roll my eyes, or at times, laugh out loud. Some people get saddled with worse problems than others. If fate hoists something upon you, it doesn't really make a difference whose fault it is. This is the ability to both say, and hear no more often. Furthermore, individuals should strive to replace these uncontrollable values with things they have the capability to change, such as punctuality, honesty, or kindness. And that's okay. Yeah, I fucking bet. You Are Always Choosing When we feel that we're choosing our problems, we feel empowered. 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. If you're already familiar with some good/quality philosophy books, chances are, you'll take everything in this with a grain of salt, and only extract what's helpful. "The Business of Books and What's Next with Bestselling Author Mark Manson". Not giving a fuck does not mean being indifferent; it means being comfortable with being different. Jump to ratings and reviews. Be a smart-definitely self-help book. Jump to ratings and reviews. Be a smart-definitely self-help book. Jump to ratings and reviews. Be a smart-definitely self-help book