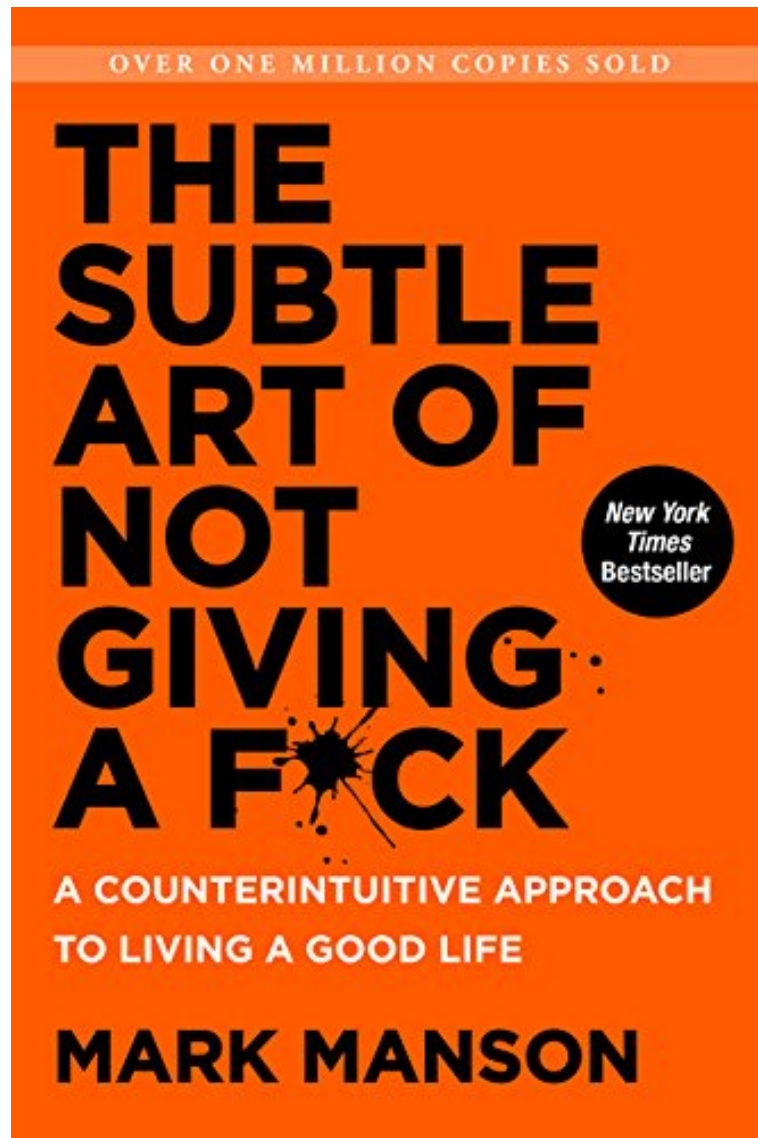


The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life



Author: Mark Manson

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#1 New York Times Bestseller

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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**k positivity," Mark Manson says. "Let's be honest, shit is f**ked 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**k is his antidote to the coddling, let's-all-feel-good mindset that has infected modern society and spoiled a generation, rewarding them with gold medals just for showing up.

Manson makes the argument, backed both by 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**k 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**k is a refreshing slap for a generation to help them lead contented, grounded lives.

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We believe entertainment is good for the soul, both alone and with friends. It makes us feel joy, sadness, excitement and laughter. It helps us relax and recharge. It is important that we feel free to spend our free time however we want, and feel no shame in kicking back and watching a movie or levelling up on our favorite game.

5 discovery

New experiences and ideas should not only be accessible, but encouraged. Discovery is rewarding, allowing us to hit new highs and fall in love with things we never thought we would. We believe in all experiences and all perspectives. We want to cultivate curiosity, open-mindedness and a passion to explore.

6 the future

We believe in the future. We should not be restrained by conventions in the present. We should have faith in the future and let innovation help us, inspire us, and make our lives easier. We believe in new technology and new devices which create a more intimate and seamless connection between people and their entertainment.

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