

# The Subtle Art Of Not Giving A Fuck

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The Subtle Art of not Giving a F\*ck by Mark Manson is a guide on how to let go a little bit and enjoy life more To realise that we will suffer in life, not everything is always great, and this book will show you how to suffer better, more meaningfully and with more compassion Mark Manson is ...

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The Subtle Art of Not Giving a F\*ck is his antidote to the coddling, let's-all-feel-good mind-set that has infected modern society and spoiled a generation, rewarding them with gold medals just for showing up Manson makes the argument, backed by both academic research and well-timed poop jokes, that improving our lives hinges not

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should you be remembered for?

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The Subtle Art of Not Giving a F\*ck is a book that challenges the conventions of self-help by inviting 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

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Success is not final Failure is not fatal It is the courage to continue that counts” The title of this commentary is from the 2016 book, e Subtle Art of Not Giving a Th \*\*\*\* by Mark Manson If you get past the crude and , meant-to-shock title, it is a really interestingread

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