

The Subtle Art of Not Giving a Fuck by Mark Manson

Chapter 1

Art of not giving a fuck is about prioritizing what to care most about. You can't care about everything without going crazy, anxious and depressed or running out of time. Pick values that matter most and focus on caring about them. Don't zap yourself of energy and time on things that are trivial. The less you care or worry about something the more often it just works out.

When you give a fuck about everything, you are attempting to make life exactly how you want it. Your trying to be completely comfortable. To strip life of its struggles is a sickness. You will come to find every struggle as an inconvenience, disaster or betrayal. You become entitled to a rosy life and this is a mental issue; false reality.

The 3 subtleties are:

1. Not giving a FUCK doesn't mean being indifferent, it means being comfortable with being different. If you are indifferent about everything and you care about completely zero fucks then you are a psycho path. Life is about figuring what to truly give a FUCK about and what is worth struggling over with. No matter where you go or choose what to care about, there is always going to be shit/struggle waiting for you. If you start to give to many fucks, then small trivial meaningless shit gets added onto the bigger more meaningful challenges.

2. In order to not give a fuck about adversity you must first not first find something very meaningful to give a fuck about. If you give too many fucks about trivial things then most likely you haven't found enough big important things to truly give a fuck about.

3. Whether you realize it or not we are always choosing what to give a fuck about. Practical enlightenment or maturity is becoming comfortable with who you are and what you truly give a fuck about.

Chapter 2

Life is a series of ongoing problems. The solution to one problem creates the next problem. However, life is lived in solving the problems. The problems that you care about create happiness when you solve them. Life is lived in climbing up the mountain, not at the bottom fantasizing about what the top may be like. So go find a mountain worth climbing! Embrace problems as they are necessary and give meaning to life. Problems and challenges are biologically good for the body/mind because they are the real enablers of change. Going through life easily or one without problems is just a fantasy. What you should hope for and work towards instead is a life with "good problems". Problems that are meaningful and worth battling with because then continual meaning is given to your life.

Chapter 3

Entitlement is not just a millennial epidemic but one from our entire society. Millennials are the most “plugged in” generation to social media so its easiest to see it in them. Just because you constantly see people with tons of money, cars, vacations don’t mean that exceptionalism should be the standard. Due to social media extremism is blasted in our face constantly. We always hear about and see what is the best or what is the worst. Most of life is normal and boring though. So constantly wanting or feeling entitled to be exceptional, or get the best treatment, or have the newest product is delusional. It is instead, the feeling of not deserving (opposite of entitlement) something creates the desire to overcome the difficulty and thus achieving something which you didn't have. Entitlement is seen in two ways: Im exceptional and better than everyone else at something so therefor I should be treated different or Im pitiful and worthless and therefore I should be treated differently.

Chapter 4

The values we hold in life determine the metrics that are used to measure our happiness in life. If you want to change your happiness, you need to reframe either your values or the metric you use to measure your value.

Give better fucks. If you give better fucks then you will have better problems. If you have better problems then you have a better quality of life. Thus your values are most important because they determine what you care about/give a fuck about.

Life is a question of: what is worth suffering for? Everyone will suffer and have problems, it's inevitable. So choose consciously what is worth battling with. If you pick something worthwhile, you will feel like your life has meaning and you'll find happiness. A good value is 1. Reality based 2. socially conservative 3. Controllable. Don't avoid problems just to get the high of temporary solving the problem. This high leads to disillusionment. Freud said, in retrospect we'll look back and realize that some of our hardest challenges / years were actually our proudest and happiest moments/ years.

Bad values examples:

- Pleasures (should be a byproduct if you get other values right)
- Material success
- Always being right
- Staying positive about everything

Good values:

- compassion
- honesty
- nonviolence

Values are about priorities... what are the most important things to you that will consistently influence your decisions most often. Self-improvement is about reprioritizing your values so you can give better fucks.

Chapter 5

You are always choosing your response. You are always in control how you respond because it's your decision. Often the only difference between a problem being painful or it being powerful is if we chose the problem and therefore responsible for it. A problem that is thrust upon you often makes you feel hopeless or not in control. If you choose your problems, you feel empowered. We can also always choose the interpretation of how we see every event in our life. We can also always choose to interpret whether this event was good or bad depending on what metric we choose.

The first step towards solving your problems (thus becoming happier) is accepting responsibility for them. It is your own responsibility to make your own happiness. Someone might do something to you, but you need to take responsibility for your emotions thus taking responsibility for interpretation of the situation. You don't get to choose a lot of things in life, but you get to choose how to deal with it and be responsible for making the most of it. People often play victim and blame others for problems that they have because the escape of this problem gives them a temporary high for solving it. Both the rich and the poor and all other demographics feels as though they are victim to some injustice and therefore should be granted a certain amount of attention and sympathy.

Chapter 6

We should be doubting and questioning our own beliefs, future, ideals... seeing if we can improve. We should be looking for how we are wrong... this creates growth. We don't actually know what a positive or negative experience is. Certainty is unattainable. So when someone is desperate to be certain, it's an insecurity. People avoid challenges, difficult circumstances and uncertainties because they feel like rejection will deny them the identity they are seeking

Chapter 7

Failure is the way forward. If you are better than someone at something it's because you have failed at it a lot more than them. Avoiding failure is something you learn to do as you get older. Babies don't quit trying to walk and think this walking thing isn't for me. It partly stems from our education system which rewards and punishes students based on performance. If you are afraid of failure, you most likely have picked bad values.

Instead of not trying because of the fear of failure... just start trying! The right ideas will eventually start to come. Action generates inspiration and then motivation and then more inspiration and motivation; cycling. Inspiration should be seen as a reward not a prerequisite. So do something. Get the snowball rolling by being your own starter.

Chapter 8

Importance saying no. Solving other people's problems won't make you or them feel happy. Just like other people solving your problems won't create true happiness. Instead a healthy relationship is supporting someone because you want them to feel happy about solving their own problems because they genuinely want to. Two types of people that are drawn to each other are victim and savior. These two both suffer from entitlement and neither solve each other's true needs. They use each other to get an emotional high. Neither hold each other accountable for their problems.

Often less is better for the simple fact that when you have a lot to choose from, the choice you make isn't as satisfying. You constantly wonder if all the other choices you could've made would've been better instead of being satisfied. Commitment creates freedom... allows you to focus on the meaning of your choice, hones your attention, focus on goals. You explore a DEPTH, that can't be seen by worry about and seeking different choices.

Chapter 9

People are constantly trying to have their conceptual self last long after their death. Becker called these efforts “immortality projects” ... Forever fame. Immortality projects are your values! To not give a single fuck, people come to be comfortable with the fact of the reality of their eventual death. These people are free to act upon their values without people judging them and creating a lasting impression that will survive after their death.

Fear of death comes from the fear of life.

What will your legacy be after death? If you remember that question always, your values shift away from entitlement and become far less selfish. Happiness comes from caring about something far greater than yourself and this question helps you realize that you don't want to leave a selfish, entitlement legacy. Our culture confuses great attention with great success.