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### **Summary of The**

### **Subtle Art of Not Giving a F\*ck by Mark Manson**

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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.

#### The Subtle Art of Not Giving a F\*ck: A Counterintuitive ...

At its core, The Subtle Art of Not Giving a F\*ck is a book about finding what's truly important to you and letting go of everything else. In the same way that he encourages limiting exposure to mindless distractions such as social media, television

and technology, he encourages limiting concern over things that have little to no meaning or value in your life.

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The Subtle Art of Not Giving a F\*\*k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up.

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Drawing from the principles of ancient Stoic philosophy, The Subtle Art of Not Giving a F\*ck reminds us that to live a fulfilling life we should limit our focus to things that are truly important - the things that we have control over. If you haven't read the Subtle Art of Not Giving a F\*ck yet, I highly suggest it.

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