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

by Mark Manson

Free Kindle instant preview: <http://amzn.asia/4V6lrDe>

18 Highlights

Highlight (Yellow) | Location 300

The desire for more positive experience is itself a negative experience. And, paradoxically, the acceptance of one's negative experience is itself a positive experience.

Highlight (Yellow) | Location 311

As the existential philosopher Albert Camus said (and I'm pretty sure he wasn't on LSD at the time): "You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life." Or put more simply: Don't try.

Highlight (Yellow) | Location 324

Being open with your insecurities paradoxically makes you more confident and charismatic around others. The pain of honest confrontation is what generates the greatest trust and respect in your relationships. Suffering through your fears and anxieties is what allows you to build courage and perseverance.

Highlight (Yellow) | Location 327

Everything worthwhile in life is won through surmounting the associated negative experience.

Highlight (Yellow) | Location 368

Subtlety #1: Not giving a fuck does not mean being indifferent; it means being comfortable with being different.

Highlight (Yellow) | Location 402

Subtlety #2: To not give a fuck about adversity, you must first give a fuck about something more important than adversity.

Highlight (Yellow) | Location 578

Happiness is a constant work-in-progress, because solving problems is a constant work-in-progress—the solutions to today's problems will lay the foundation for tomorrow's problems, and so on. True happiness occurs only when you find the problems you enjoy having and enjoy solving.

Highlight (Yellow) | Location 583

Whatever your problems are, the concept is the same: solve problems; be happy. Unfortunately, for many people, life doesn't feel that simple. That's because they fuck things up in at least one of two ways: 1. Denial. Some people deny that their problems exist in the first place. And because they deny reality, they must constantly delude or distract themselves from reality. This may make them feel good in the short term, but it leads to a life of insecurity, neuroticism, and emotional repression. 2. Victim Mentality. Some choose to believe that there is nothing they can do to solve their problems, even when they in fact could. Victims seek to blame others for their problems or blame outside circumstances. This may make them feel better in the short term, but it leads to a life of anger, helplessness, and despair.

Highlight (Yellow) | Location 605

Emotions are simply biological signals designed to nudge you in the direction of beneficial change.

Highlight (Yellow) | Location 1182

If you want to change how you see your problems, you have to change what you value and/or how you measure failure/success.

Highlight (Yellow) | Location 1373

There is a simple realization from which all personal improvement and growth emerges. This is the realization that we, individually, are responsible for everything in our lives, no matter the external circumstances.

Highlight (Yellow) | Location 1375

We don't always control what happens to us. But we always control how we interpret what happens to us, as well as how we respond.

Highlight (Yellow) | Location 1823

Well, next time you're at a swanky cocktail party and you want to impress somebody, try dropping Manson's law of avoidance on them: The more something threatens your identity, the more you will avoid it.

Highlight (Yellow) | Location 1833

You avoid writing that screenplay you've always dreamed of because doing so would call into question your identity as a practical insurance adjuster. You avoid talking to your husband about being more adventurous in the bedroom because that conversation would challenge your identity as a good, moral woman. You avoid telling your friend that you don't want to see him anymore because ending the friendship would conflict with your identity as a nice, forgiving person.

Highlight (Yellow) | Location 2124

Action isn't just the effect of motivation; it's also the cause of it.

Highlight (Yellow) | Location 2131

The thing about motivation is that it's not only a three-part chain, but an endless loop: Inspiration → Motivation → Action → Inspiration → Motivation → Action → Etc.

Highlight (Yellow) | Location 2134

Taking advantage of this knowledge, we can actually reorient our mindset in the following way: Action → Inspiration → Motivation

Highlight (Yellow) | Location 2156

Do something. That "something" can be the smallest viable action toward something else. It can be anything.
