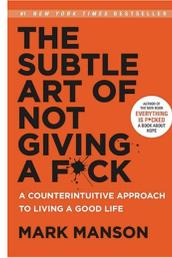


Your Kindle Notes For:



The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life (Mark Manson Collection Book 1)

Mark Manson

70 Highlight(s) | 0 Note(s)

Location: 329

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

Location: 346

Most of us struggle throughout our lives by giving too many fucks in situations where fucks do not deserve to be given.

Location: 370

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

Location: 404

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

Location: 425

Subtlety #3: Whether you realize it or not, you are always choosing what to give a fuck about.

Location: 513

This premise, though, is the problem. Happiness is not a solvable equation.

Location: 530

We have evolved to always live with a certain degree of dissatisfaction and insecurity, because it's the mildly dissatisfied and insecure creature that's going to do the most work to innovate and survive.

Blue highlight | Location: 563

"Don't hope for a life without problems," the panda said. "There's no such thing. Instead, hope for a life full of good problems."

Location: 598

Remember, nobody who is actually happy has to stand in front of a mirror and tell himself that he's happy.

Location: 609

if you feel crappy it's because your brain is telling you that there's a problem that's unaddressed or unresolved. In other words, negative emotions are a call to action. When you feel them, it's because you're supposed to do something. Positive emotions, on the other hand, are rewards for taking the proper action. When you feel them, life seems simple and there is nothing else to do but enjoy it. Then, like everything else, the positive emotions go away, because more problems inevitably emerge.

Location: 622

Decision-making based on emotional intuition, without the aid of reason to keep it in line, pretty much always sucks.

Location: 692

This is the most simple and basic component of life: our struggles determine our successes. Our problems birth our happiness, along with slightly better, slightly upgraded problems.

Location: 890

Often, it's this realization—that you and your problems are actually not privileged in their severity or pain—that is the first and most important step toward solving them.

Location: 921

Yet the vast majority of life resides in the humdrum middle. The vast majority of life is unextraordinary, indeed quite average.

Location: 940

Technology has solved old economic problems by giving us new psychological problems. The Internet has not just open-sourced information; it has also open-sourced insecurity, self-doubt, and shame.

Location: 1,047

If suffering is inevitable, if our problems in life are unavoidable, then the question we should be asking is not “How do I stop suffering?” but “Why am I suffering—for what purpose?”

Location: 1,086

The third level is our personal values: Why do I consider this to be success/failure? How am I choosing to measure myself? By what standard am I judging myself and everyone around me? This level, which takes constant questioning and effort, is incredibly difficult to reach. But it's the most important, because our values determine the nature of our problems, and the nature of our problems determines the quality of our lives.

Location: 1,108

Honest self-questioning is difficult. It requires asking yourself simple questions that are uncomfortable to answer.

Location: 1,165

We're apes. We think we're all sophisticated with our toaster ovens and designer footwear, but we're just a bunch of finely ornamented apes. And because we are apes, we instinctually measure ourselves against others and vie for status. The question is not whether we evaluate ourselves against others; rather, the question is by what standard do we measure ourselves?

Location: 1,180

Our values determine the metrics by which we measure ourselves and everyone else. Onoda's value of loyalty to the Japanese empire is what sustained him on Lubang for almost thirty years. But this same value is also what made him miserable upon his return to Japan. Mustaine's metric of being better than Metallica likely helped him launch an incredibly successful music career. But that same metric later tortured him in spite of his success.

Blue highlight | Location: 1,183

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

Location: 1,254

The trick with negative emotions is to 1) express them in a socially acceptable and healthy manner and 2) express them in a way that aligns with your values.

Location: 1,271

The point is to nail down some good values and metrics, and pleasure and success will naturally emerge as a result. These things are side effects of good values. By themselves, they are empty highs.

Location: 1,309

This, in a nutshell, is what “self-improvement” is really about: prioritizing better values, choosing better things to give a fuck about. Because when you give better fucks, you get better problems. And when you get better problems, you get a better life.

Location: 1,331

Often the only difference between a problem being painful or being powerful is a sense that we chose it, and that we are responsible for it.

Location: 1,375

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. 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.

Location: 1,385

The point is, we are always choosing, whether we recognize it or not. Always. It comes back to how, in reality, there is no such thing as not giving a single fuck. It's impossible. We must all give a fuck about something. To not give a fuck about anything is still to give a fuck about something.

Location: 1,403

The more we choose to accept responsibility in our lives, the more power we will exercise over our lives. Accepting responsibility for our problems is thus the first step to solving them.

Location: 1,433

Here's one way to think about the distinction between the two concepts. Fault is past tense. Responsibility is present tense. Fault results from choices that have already been made. Responsibility results from the choices you're currently making, every second of every day.

Location: 1,438

There's a difference between blaming someone else for your situation and that person's actually being responsible for your situation. Nobody else is ever responsible for your situation but you. Many people may be to blame for your unhappiness, but nobody is ever responsible for your unhappiness but you. This is because you always get to choose how you see things, how you

react to things, how you value things. You always get to choose the metric by which to measure your experiences.

Location: 1,478

But taking responsibility for our problems is far more important, because that's where the real learning comes from. That's where the real-life improvement comes from. To simply blame others is only to hurt yourself.

Location: 1,581

Unfortunately, one side effect of the Internet and social media is that it's become easier than ever to push responsibility—for even the tiniest of infractions—onto some other group or person.

Location: 1,585

In fact, this may be the first time in human history that every single demographic group has felt unfairly victimized simultaneously. And they're all riding the highs of the moral indignation that comes along with it.

Location: 1,614

You are already choosing, in every moment of every day, what to give a fuck about, so change is as simple as choosing to give a fuck about something else. It really is that simple. It's just not easy.

Location: 1,656

Growth is an endlessly iterative process. When we learn something new, we don't go from "wrong" to "right." Rather, we go from wrong to slightly less wrong. And when we learn something additional, we go from slightly less wrong to slightly less wrong than that, and then to even less wrong than that, and so on. We are always in the process of approaching truth and perfection without actually ever reaching truth or perfection.

Blue highlight | Location: 1,660

We shouldn't seek to find the ultimate "right" answer for ourselves, but rather, we should seek to chip away at the ways that we're wrong today so that we can be a little less wrong tomorrow.

Location: 1,687

Being wrong opens us up to the possibility of change. Being wrong brings the opportunity for growth.

Location: 1,812

Uncertainty is the root of all progress and all growth. As the old adage goes, the man who believes he knows everything learns nothing. We cannot learn anything without first not knowing something. The more we admit we do not know, the more opportunities we gain to learn.

Location: 1,856

The belief always takes precedence. Until we change how we view ourselves, what we believe we are and are not, we cannot overcome our avoidance and anxiety. We cannot change.

Location: 1,873

I have both some good news and some bad news for you: there is little that is unique or special about your problems. That's why letting go is so liberating.

Location: 1,902

As a general rule, we're all the world's worst observers of ourselves. When we're angry, or jealous, or upset, we're oftentimes the last ones to figure it out.

Location: 1,913

Question #2: What would it mean if I were wrong? Many people are able to ask themselves if they're wrong, but few are able to go the extra step and admit what it would mean if they were wrong.

Blue highlight | Location: 1,917

Aristotle wrote, "It is the mark of an educated mind to be able to entertain a thought without accepting it."

Location: 1,918

Being able to look at and evaluate different values without necessarily adopting them is perhaps the central skill required in changing one's own life in a meaningful way.

Location: 1,953

That's simply reality: if it feels like it's you versus the world, chances are it's really just you versus yourself.

Location: 2,020

There are no other opportunities to keep growing and improving, and yet it's growth that generates happiness, not a long list of arbitrary achievements.

Location: 2,076

These are VCR questions. From the outside, the answer is simple: just shut up and do it.

Location: 2,079

VCR questions are funny because the answer appears difficult to anyone who has them and appears easy to anyone who does not.

Location: 2,101

Life is about not knowing and then doing something anyway.

Location: 2,124

was perhaps the most important thing I've ever learned in my life: Action isn't just the effect of motivation; it's also the cause of it. Most of us commit to action only if we feel a certain level of motivation. And we feel motivation only when we feel enough emotional inspiration. We assume that these steps occur in a sort of chain reaction, like this: Emotional inspiration → Motivation → Desirable action

Location: 2,134

Inspiration → Motivation → Action → Inspiration → Motivation → Action → Etc.

Location: 2,148

Someone asked the novelist how he was able to write so consistently and remain inspired and motivated. He replied, "Two hundred crappy words per day, that's it." The idea was that if he forced himself to write two hundred crappy words, more often than not the act of writing would inspire him; and before he knew it, he'd have thousands of words down on the page.

Location: 2,249

The act of choosing a value for yourself requires rejecting alternative values. If I choose to make my marriage the most important part of my life, that means I'm (probably) choosing not to make cocaine-fueled hooker orgies an important part of my life.

Location: 2,253

The point is this: we all must give a fuck about something, in order to value something. And to value something, we must reject what is not that something. To value X, we must reject non-X.

Location: 2,262

Rejection is an important and crucial life skill.

Location: 2,277

Romeo and Juliet is synonymous with “romance” in our culture today. It is seen as the love story in English-speaking culture, an emotional ideal to live up to. Yet when you really get down to what happens in the story, these kids are absolutely out of their fucking minds. And they just killed themselves to prove it!

Location: 2,300

Unhealthy love is based on two people trying to escape their problems through their emotions for each other—in other words, they’re using each other as an escape. Healthy love is based on two people acknowledging and addressing their own problems with each other’s support.

Location: 2,338

The mark of an unhealthy relationship is two people who try to solve each other’s problems in order to feel good about themselves. Rather, a healthy relationship is when two people solve their own problems in order to feel good about each other.

Location: 2,403

If Disappointment Panda were here, he’d tell you that the pain in our relationship is necessary to cement our trust in each other and produce greater intimacy.

Location: 2,473

And what I’ve discovered is something entirely counterintuitive: that there is a freedom and liberation in commitment. I’ve found increased opportunity and upside in rejecting alternatives and distractions in favor of what I’ve chosen to let truly matter to me.

Location: 2,547

Oddly, it was someone else’s death that gave me permission to finally live. And perhaps the worst moment of my life was also the most transformational.

Location: 2,550

Yet, in a bizarre, backwards way, death is the light by which the shadow of all of life’s meaning is measured. Without death, everything would feel inconsequential, all experience arbitrary, all metrics and values suddenly zero.

Location: 2,606

And to truly not give a single fuck is to achieve a quasi-spiritual state of embracing the impermanence of one’s own existence. In that state, one is far less likely to get caught up in various forms of entitlement.

Location: 2,682

How will the world be different and better when you're gone? What mark will you have made? What influence will you have caused?

Location: 2,687

Without acknowledging the ever-present gaze of death, the superficial will appear important, and the important will appear superficial.

Location: 2,699

As alluring as it is, entitlement isolates us. Our curiosity and excitement for the world turns in upon itself and reflects our own biases and projections onto every person we meet and every event we experience. This feels sexy and enticing and may feel good for a while and sells a lot of tickets, but it's spiritual poison.

Location: 2,706

The pampering of the modern mind has resulted in a population that feels deserving of something without earning that something, a population that feels they have a right to something without sacrificing for it. People declare themselves experts, entrepreneurs, inventors, innovators, mavericks, and coaches without any real-life experience. And they do this not because they actually think they are greater than everybody else; they do it because they feel that they need to be great to be accepted in a world that broadcasts only the extraordinary.

Blue highlight | Location: 2,710

Our culture today confuses great attention and great success, assuming them to be the same thing. But they are not.

Location: 2,717

You too are going to die, and that's because you too were fortunate enough to have lived. You may not feel this. But go stand on a cliff sometime, and maybe you will.

Location: 2,833

When people prattle on about needing to find their "life's purpose," what they really mean is that it's no longer clear to them what matters, what is a worthy use of their limited time here on earth⁶—in short, what to hope for.