

# **The Subtle Art of Not Giving a F**

**A Counterintuitive Approach to Living a Good Life**

**Notes Summary by Lina Liu**

# Description

## Why this book?

- Why this book?
  - It's a self-help guide
  - Stop trying to be positive all the time
    - To make us truly become better, happier people
  - FXXX positivity, s\*\*t is Fxxxed and we have to live with it.
  - Get to know our limitations and accept them
  - Embrace fears, faults, and uncertainties
  - Stop running and confronting painful truths
    - We can find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek.

# Don't try

## Self-improvement and success not the same thing

- Main Culture today
  - Be happier
  - Be healthier
  - Be the best, better than the rest
  - Be smarter, faster, richer, sexier
  - More popular, more productive, more envied, more admired
  - Be perfect and amazing
  - Doing incredibly meaningful work that's likely to save the planet one day. Hhhhhhhhhhhh

# Don't try

## You are not that

- If you are dreaming of something all the time, then you're reinforcing the same unconscious reality over and over.
- A really FXXXing path to a better life is? Fake fake fake
  - Buy more
  - Own more
  - Make more
  - Fxxx more
  - Be more
- Why giving too many fxxxs is bad for your mental health
  - It causes you overly attached to the superficial and fake.
- What is the key to the good life?
  - Not giving a f about more
  - It giving a f about less,
  - It giving a f about only what is true and immediate and important.

# Don't try

## The feedback loop from hell

- Quack, Quack, loop circles
  - You feel so guilty for every mistake you make that you begin to feel guilty about how guilty you're feeling.
  - You get sad and alone, it makes you feel even more sad and alone.
- You feel like shit for even five minutes, Why?
  - You're bombarded with 350 images of people totally happy and having amazing fxxxing lives, and it's impossible to not feel like there's something wrong with you.
- The key to stop loop circles?
  - NOT GIVING A f!!! The world is totally fXXXed and that's all right.
  - I feel like shit, but who gives a fXXX?

# Don't try

**All of the “how to be happy” sxxx**

- Do you realize the following crap?
  - The desire for more positive experience is itself a negative experience.
  - The acceptance one's negative experience is itself a positive experience
  - Wanting positive experience is a negative experience; accepting negative experience is a positive experience.

# Don't try

## The backwards law

- What is the backwards law?
  - The more you pursue feeling better all the time, the less satisfied you become, as pursuing something only reinforces the fact that you lack it in the first place.
  - The more you desperately want to be rich, the more poor and unworthy you feel
  - The more you desperately want to be sexy and desired, the uglier you come to see yourself.
  - The more you desperately want to be happy and loved, the lonelier and more afraid you become
  - The more you want to be spiritually enlightened, the more self-centered and shallow you become in trying to get there.
  - You will never be happy if you continue to search for what happiness consist of.
  - You will never live if you are looking for the meaning of life.
  - Put more simply: **DON'T TRY**

# Don't try

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

- Sometimes when you stop giving a f, everything seems to fall into place.
  - when you care less about something, you do better at it
- Why it called “backwards” law?
  - Not giving a f works in reverse.
  - If pursuing the positive is a negative, then pursuing the negative generates the positive
  - The pain you pursue in the gym results in better all-around health and energy
  - The failures in business are what lead to a better understanding of what's necessary to be successful.
  - Being open with your insecurities paradoxically makes you more confident and charismatic around others.
  - The pain of honest confrontation generates the greatest trust and respect.
  - Suffering through your fears and anxieties allows you to build courage and perseverance.



# Don't Try

**It was the f not given that made all the difference**

- Somebody in your life who did not give a f and then went on to accomplish amazing feats.
- You simply did not give a f and excelled to some extraordinary height.
- What's it mean not give a F?
  - Is to stare down life's most terrifying and difficult challenges and still take action.
  - Too many fs don't deserve to be given

# Don't try

## What does not giving a F mean?

1. Doesn't mean being indifferent, it means being comfortable with being different.
  1. Don't give a F\* doesn't mean don't care about anything, it means he doesn't care about adversity in the face of his goals, he doesn't care about pissing some people off to do what he feels is right or important or noble.
    1. The overcoming adversity stuff
    2. The willingness to be different
    3. An outcast
    4. A pariah
    5. The willingness to stare failure in the face and shove your middle finger back at it.
  2. F it, not to everything in life, but rather to everything unimportant in life.
2. Don't give a F about adversity, you must first give a f about something more important than adversity.
  1. Finding something important and meaningful in your life is most productive use of your time and energy
3. You are always choosing what to give a F about.
  1. We become more selective about the Fs we are willing to give, this is call maturity
  2. Maturity is what happens when one learns to only give a F about what is truly worthy.

# What the point of this book?

1. This book will help you think a little bit more clearly about what you're choosing to find important in life and what you're choosing to find unimportant
2. It's okay for things to sxxx sometimes
3. Some suffering is always inevitable
  1. The only way to overcome pain is to first learn how to bear it.

# Happiness is a problem

What's prince Buddha told us?

1. As with being rich, there is no value in suffering when it's done without purpose.
2. Happiness is not a solvable equation

# Happiness comes from solving problems

1. Life is essentially an endless series of problems.
2. Don't hope for a life without problems
3. Happiness comes from solving problems, keyword is "solving"
4. Happiness is a constant work-in-progress
5. True happiness occurs only when you find the problems you enjoy having and enjoy solving.
  1. Finding a career you can feel good about
  2. Developing better friendships

# Happiness comes from solving problems

## Why many people doesn't feel solving problems that simple?

### 3. Why many people doesn't feel solving problems that simple?

#### 1. Denial

1. Some people deny their problems exist in the first place.

1. They deny reality

1. Why they deny reality?

1. 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

1. Victims seek to blame others for their problems

2. Victims blame outside circumstances

1. Why?

1. This may make them feel better in the short term, but it leads to a life of anger, helplessness, and despair.

2. Solving problems is hard and often feels bad.

# **Happiness comes from solving problems**

## **Why people deny and blame others for their problems?**

4. Why people deny and blame others for their problems?
  1. It's easy and feels good.
  2. Solving problems is hard and often feels bad.
  3. Forms of blames and denial give us a quick high.
  4. Escape can provide us a quick rush that makes us feel better.

# Happiness comes from solving problems

**What kind of “Highs” people do to make them feel better?**

5. What kind of “Highs” people do to make them feel better?
  1. Alcohol
  2. The moral righteousness
  3. The thrill of some new risky adventure
  4. Self-help world is predicated on peddling highs to people rather than solving legitimate problems, that feel good in the short term, while ignoring the underlying issue.
  5. Highs also generate addiction. The more you rely on them to feel better about your underlying problems, the more you will seek them out.



# Emotions are overrated

## How to control our emotions?

### 6. How to control our emotions?

1. Negative emotions are a call to action, when you feel them, it's because you're supposed to do something.
2. 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.
3. Just because something feels good doesn't mean it is good.
4. Just because something feels bad doesn't mean it is bad.
5. Emotions are merely signposts, suggestions that our neurobiology gives us, not commandments.
6. We shouldn't always trust our own emotions
7. Deny one's negative emotions is to deny many of the feedback mechanisms that help a person solve problems
8. An obsession and over investment in emotion fails us for the simple reason that emotions never last.
9. Whatever makes us happy today will no longer make us happy tomorrow.
10. A fixation on happiness inevitably amounts to a never-ending pursuit of "something else"
11. We end up feeling eerily similar to how we started: inadequate

# **Happiness comes from solving problems**

**What do you want out of life?**

7. What do you want out life?

1. Feels good
2. Live a carefree, happy, and easy life
3. To fall in love and have amazing sex and relationships
4. To look perfect and make money
5. be popular and well-respected and admired

# Happiness comes from solving problems

## What are you willing to struggle for?

8. What are you willing to struggle for?
  1. Most people want to have great sex and an awesome relationship, but not everyone is willing to go through:
    1. the tough conversations,
    2. the awkward silences
    3. The hurt feelings
    4. The emotional psychodrama to get there.
  2. Happiness requires struggle. It grows from problems.
  3. Joy doesn't just sprout out of the ground like daisies and rainbows.
  4. Real, serious, lifelong fulfillment and meaning have to be earned through the choosing and managing of our struggles.

# **Happiness comes from solving problems**

## **What's the solutions of the struggles?**

9. What's the solutions of the struggles?

1. Acceptance and active engagement of that negative experience — not the avoidance of it, not the salvation from it.

# **Happiness comes from solving problems**

**What to do if you want an amazing physique?**

10. What do do if you want an amazing physique?

1. Legitimately appreciate the pain
2. Legitimately appreciate the physical stress
3. Living inside a gym for hour upon hour
4. Planning your life out in tiny plate-sized portions

# **Happiness comes from solving problems**

**What to do if you want a partner, a spouse?**

11. What to do if you want a partner, a spouse?

1. Appreciating the emotional turbulence that comes with weathering rejections
2. Building the sexual tension that never get released
3. Staring blankly at a phone that never rings

# **Happiness comes from solving problems**

**What to suffer if you want to start you own business?**

12. What to suffer if you want to start your own business?

1. Appreciate the risk
2. the uncertainty
3. The insane hours devoted to something that may earn absolutely nothing.

# Happiness comes from solving problems

**What's the path to happiness?**

13. What's the path to happiness?

1. The path to happiness is a path full of shitheaps and shame.
2. You can't have a pain free life
3. It can't all be roses and unicorns all the time.



# Happiness comes from solving problems

**What is the pain that you want to sustain?**

14. What is the pain that you want to sustain?

1. Hard question, right?
2. Hard questions that really matters
3. The question that will actually get you somewhere.
4. It's the question that can change a perspective, a life
5. It's what makes me, me, and you, you.
6. It's what defines us
7. It's what separates us
8. It's ultimately brings us together.

# Happiness comes from solving problems

## Why we fail?

### 15. Why we fail?

1. Love with the result instead of the process
2. It's a mountain of a dream and a mile high climb to the top.
  1. But we just don't like to climb much
  2. We just like to imagine the summit
3. The truth is, we thought we wanted something, but it turns out we didn't.
  1. We want the reward and not the struggle
  2. We want the result and not the process
  3. We want in love with not the fight but only the victory

# Happiness comes from solving problems

## Who you are is defined by?

16. Who you are is defined by?

1. Who you are is defined by what you're willing to struggle for.
2. People who enjoy the struggles of a gym are the ones who run triathlons
3. People who enjoy long workweeks are the ones who fly to the top of it.
4. People who enjoy the stresses and uncertainties of the starving artist lifestyle are the ones who live it and make it.
5. It is not about willpower or grit
6. This is not no pain no gain
7. This is : our struggles determines our successes.
8. Our problem birth our happiness, along with slightly better, slightly upgraded problems
9. It's a never-ending upward spiral
10. The joy is in the climb itself.

# You Are Not Special

## Why always self-confidence Jimmy Failed?

### 1. Why always self-confidence Jimmy Failed?

1. Jimmy was all positivity all the time.
2. Jimmy always pushing himself
3. Jimmy always working an angle
4. jimmy was a total deadbeat - all talk and no walk
5. Jimmy was a professional leech
6. Still Jimmy felt good about it.
7. The reason:

1. merely feeling good about yourself doesn't really mean anything unless you have a good reason to feel good about yourself.
2. adversity and failure are actually useful and even necessary for developing strong-minded and successful adults.
3. Jimmy smoked pot everyday without real marketable skills
4. a true and accurate measurement of one's self-worth is how people fee about negative aspects of themselves.
5. Jimmy is entitled by himself to be rich without actually sacrificing anything.
6. It takes a lot of energy and work to convince yourself that your shit doesn't stink, especially when you've actually been living in a toilet.
7. Jimmy hides from his problems by making up imagined successes for himself at every turn
8. Jimmy can't face his problems, no matter how good he feels about himeself, he is weak.

# You are Not SPECIAL

## Why being entitled or entitle others is not a good thing?

1. Why being entitled or entitle others is not a good thing?
  1. entitlement closes in upon itself in a kind of narcissistic bubble, distorting anything and everything in such a way to reinforce itself.
  2. people who feel entitled view every occurrence in their life as either an affirmation of, or a threat to, their own greatness
  3. entitlement is impervious.
  4. people who are entitled delude themselves into whatever feeds their sense of superiority.
  5. They keep their mental facade standing at all costs, even sometimes requires being physically or emotionally abusive to those around them.
  6. entitlement is a failed strategy
  7. entitlement is just another high, it's not happiness.
  8. entitled people are incapable of acknowledging their own problems openly and honestly, are incapable of improving their lives in any lasting or meaningful way.
  9. entitled people chasing high after high and accumulate greater and greater levels of denial.

# You are not SPECIAL

## What is True measurement of self-worth?

1. What is True measurement of self-worth?
  1. is not how a person feels about her positive experiences, but rather how she feels about her negative experience.
  2. Jimmy hides from his problems by making up imagined successes for himself at every turn
  3. Jimmy can't face his problems, no matter how good he feels about himself, he is weak.
  4. is able to look at the negative parts of his character frankly and then acts to improve upon them
  5. entitled people are incapable of acknowledging their own problems openly and honestly, are incapable of improving their lives in any lasting or meaningful way.
  6. entitled people chasing high after high and accumulate greater and greater levels of denial.
  7. eventually reality must hit, and the underlying problems will make themselves clear. it's just a question of when, and how painful it will be.