# The Courage to be disliked by Fumitake Koga and Ichiro Kishimi

## Why should you read this book?

How do we live a happy life and achieve real happiness? The Courage to Be Disliked paperback has sold over 3.5 million copies, and is a Japanese phenomenon that shows how to live a life and achieve real, lasting happiness.

This book can give you the courage to be yourself and not worry about others think. This can be highly liberating and reduce stress and anxiety in your life.

## So, what does the book cover?

The book covers core concepts from Adlerian psychology on how to live a happier, more courageous life.

It states that your past does not determine your future - you can choose to change at any time but often opt for what's comfortable instead of fulfilling your potential. Believing in new possibilities is key to growth.

Feelings of inferiority are usually subjective rather than objective – we often create our own feelings of not being good enough to avoid showing weakness. Examine these feelings closely; if they aren’t true, don’t let them hold you back.

Competing and trying to be better than others can hurt our well-being. Trying to outdo others can cause stress. Embrace abundance over scarcity thinking.

We sometimes use emotions to get what we want, rather than just reacting. For example, shouting when upset might be a way to get someone to give in. If emotions were uncontrollable, extreme reactions would be justified.

People sometimes blame past trauma for their actions when they're actually driven by current desires. For instance, someone who isolates due to "trauma" might just want attention. People who feel inferior often quit before even starting, while those who feel superior can have a biased view of their own importance.

True happiness comes from bettering yourself, not changing others. Don't seek external recognition or you'll live for others, not yourself. Be open to be disliked; it’s the cost of marching to your own drum.

Let others judge you as they may - your task is to live by your beliefs. Discard other's tasks - don't intrude in areas not yours. For example, parents should support children's schooling but not live it for them.

You hold the cards in relationships - don't hand power over yourself to others. Build equal bonds: praise creates hierarchy, gratitude respects partners.

Switch from self-interest to concern for others. Accept yourself unconditionally first. Then have confidence in and contribute to others.

Labour is an act of community service that boosts self-worth. Don't cling to one group - you're part of a wider world.

Trying desperately to be special signifies discontentment with a normal self. Life is not climbing a mountain but enjoying present moments. Dance for the joy of it, not to reach some final destination.

In summary, you are free to grow beyond your past, present feelings, and what society dictates. Build your own confidence and support others instead of looking for approval. True happiness is in living in the present, not in seeking praise. You are enough just as you are.

## Key Takeaways

1. You can change anytime, if you choose to.
2. We fabricate emotions to reach our goals. Emotions can be controlled.
3. Life is not a competition. Evolve beyond the desire for recognition.
4. You hold the cards of your inter-personal relationships. Contribute to others willingly.