



Summary and Analysis of the Subtle Art of Not Giving A F*ck: A Counterintuitive Approach to Living a Good Life: Based on the Book by Mark Manson (Paperback)

By Worth Books

Open Road Media, United States, 2017. Paperback. Condition: New. Language: English. Brand new Book. So much to read, so little time? This brief overview of The Subtle Art of Not Giving a F*ck tells you what you need to know--before or after you read Mark Manson's book. Crafted and edited with care, Worth Books set the standard for quality and give you the tools you need to be a well-informed reader. This short summary and analysis of The Subtle Art of Not Giving a F*ck by Mark Manson includes: Historical contextChapter-by-chapter summariesImportant quotesFascinating triviaSupporting material to enhance your understanding of the original work About The Subtle Art of Not Giving a F*ck by Mark Manson: In his tender but tough take on the self-help genre, popular blogger and accidental life coach Mark Manson makes a convincing case for caring less to achieve more. The Subtle Art of Not Giving a F*ck offers deeply insightful--and occasionally profane--advice by cutting through the crap and offering the honest, raw truth. Manson's program for self-improvement insists that by not being positive all the time, we can accept our limitations, embrace our fears, and live a grounded, truthful, and happy life. The summary and analysis...



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