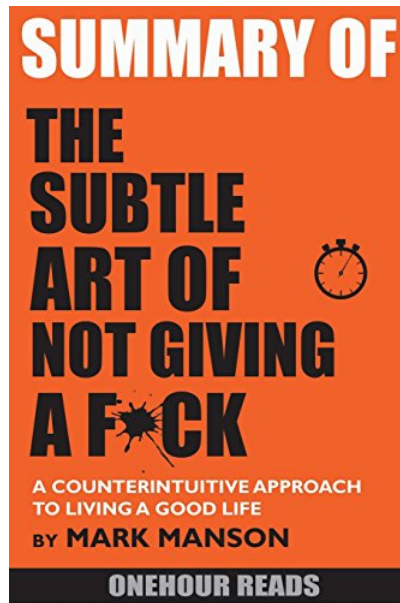


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The Subtle Art of Not Giving a F*ck: A Counterintuitive Approach to Living a Good Life by Mark Manson In the book The Subtle Art of Not Giving A F*ck, Mark Manson follows the road not taken by presenting a set of seemingly weird tactics to living a good life. His ultimate proposition is that people need to start caring less about everything. Instead, the key to living a good life is in individuals knowing what matters to them and not wasting energy stressing over every little thing. He then proceeds to educate us on how to move forward by going backwards. Manson strongly believes that the endless pursuit of a flawless life, fueled by today's picture-perfect social media standards, is responsible for many of the psychological illnesses that have become rampant. The book culminates in a conclusion that we need to look beyond ourselves, drop the entitled airs, and embrace the ugliness and uncertainties before we can live better lives. This book contains a comprehensive, well detailed summary and key takeaways of the original book by Mark Manson. It summarizes the book in detail, to help people effectively understand, articulate and imbibe the original work by Mark. This book is not meant to replace

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