

Three Comma Club @three_commaclub

20 Powerful Lessons From the Book "The Subtle Art of Not Giving a F*ck"
A Counterintuitive Approach to Living a Good Life By Mark Manson

1. Life isn't supposed to go your way all the time. Get used to it.
2. The key to a good life is not giving a f*ck about more; it's giving a f*ck about less,
3. Stop searching for happiness and realize it's already there
4. Choose your battles wisely. Put your energy where required.
5. Denying negative emotions leads to experiencing deeper and more prolonged negative emotions and to emotional dysfunction.
6. Constant positivity is a form of avoidance, not a valid solution to life's problems.
7. Overdoing it is the same as doing nothing at all.
8. Not giving a fuck does not mean being indifferent; it means being comfortable with being different
9. Pain, as much as you hate it, is useful.
10. Failure is a part of life. Failure is how you learn and grow.
11. If you want to become amazing, become obsessed with improvement.
12. Not every "problem" has to be a negative thing.
13. Honest self-questioning is difficult, which is why you should do it.
14. Hard times are a necessary part of life.
15. For a relationship to be healthy, both people must be willing and able to both say no and hear no.
16. Caring less will only lead to better things.
17. Wanting better won't necessarily make you better

18. Once you're great at one thing, aim to be great at another.

19. The more you desperately want to be rich, the more poor and unworthy you feel, regardless of how much money you make.

20. Who you are will constantly change.