

Why you might care about far too much

Upcoming episode

A book that sells on its title and is really about values. A walk through the ideas in Mark Manson's *The Subtle Art of Not Giving a F*ck* – choosing what to care about, responsibility versus fault, and how much of this is stoicism in new language.

THE BOOK THIS EPISODE IS ABOUT

The Subtle Art of Not Giving a F*ck – Mark Manson

2016

MAIN TOPICS

- Choosing what to care about, since you cannot care about everything
- Why chasing the positive makes us unhappy
- You are not special, and that is a relief
- Problems do not disappear – they get swapped for better problems
- Good and bad values
- Responsibility is not the same as fault
- Death as a measure
- What the book borrows, and what it simplifies

QUESTIONS THIS EPISODE ANSWERS

- What does it mean not to care?
- Why does positive thinking make us unhappy according to Manson?
- What is the difference between responsibility and fault?
- What are good values?
- Is the book just stoicism with swearing?

KEY POINTS

- The point is not to stop caring. It is to care about fewer things, deliberately.
- A life without problems does not exist. The question is which problems you want.
- It may not be your fault that something happened. It is still your responsibility what you do now.
- Good values are things you control yourself. Bad values depend on other people.
- The ideas are old. The packaging is what is new.

SOURCES AND REFERENCES

- Mark Manson – *The Subtle Art of Not Giving a F*ck* (2016)

This is general information, not individual health advice.

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