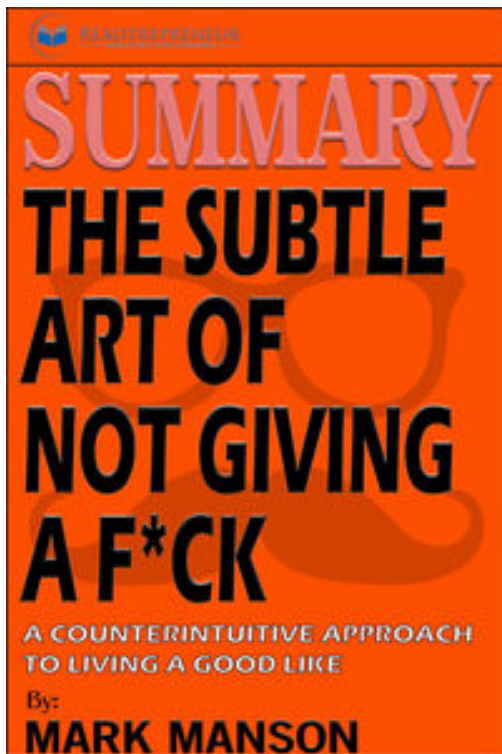


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(Disclaimer: This is NOT the original book, but an unofficial summary.)

Many of us are bombarded by society's standards, telling us who we should be, and how we should be like. This book The Subtle Art of Not Giving a F\*\*k teaches us how to let go of things that do not define nor matter to us, and only give a f\*\*k about the things that truly matter, which will make us happy individuals in the long run.  
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**"Maturity is what happens when one learns to only give a f\*\*k about what's truly f\*\*kworthy." - Mark Manson**

Many a times, we are hesitant to reject requests from others and often end up in a situation that we never wanted to be in the first place, helping other people at the expense of ourselves. The Subtle Art of Not Giving a F\*\*k reminds us that we all have choices, and we must choose what we want to care about.

Death is inevitable and our time on earth is limited. We choose how we want to spend it; on f\*\*kworthy or non-f\*\*kworthy things?

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