

THRIVE

SURVIVE

*Book Club*

# THE SUBTLE ART OF NOT GIVING A FUCK BY MARK MANSON

## BOOK GUIDE BY NIKKI HARRIS

### Part 1:

Pg. 5: Mark talks about give fucks about less instead of more. How does he explain this helps? Do you find yourself sweating the small stuff more than you should? Name 3 things you will mentally cross off your give a fuck about list.

Pg. 9: What is 'the backwards law'? What does it mean and how can you apply it to your thought pattern?

a. Refer to pg. 11 for more insight on how this applies to daily life.

Pg. 29: Why is it so dangerous and detrimental to have a society that coddles itself from discomfort?

a. Pg. 31: Where does happiness come from? Name an experience where you realize this to be true for you.

Pg. 44: How should a person define their self-worth? Did reading through Jimmy's story help you see a different perspective to how you look at certain parts of your life? How?

Pg. 84: What are the 2 tricks to handling negative emotions?

a. Come up with an example of how you can apply this to yourself.

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Pg. 91: What is the difference between choosing our problems and feeling our problems choose us?

### Part 2:

Pg. 119: "Being wrong opens up the possibility of change." How much further along would you be right now if you started taking ownership of being wrong sooner?

Pg. 130: What is Mason's Law of Avoidance? What does it mean?

Pg. 145: Where does the fear of failure come from? How does your self-worth measure up to your standards?

Pg. 155: What does Mark refer to as the "do something" principle? What is the looped reaction to this principle?

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Pg. 164: Mark talks in this chapter about his time in Russia and being surprised by the bluntness of Russian culture. Many of us know in our country that people will often change up their entire personality based on the company surrounding them. Have you done this? How could you imagine life would be if we were all more honest with each other?

Pg. 182: What does commitment to something allow for? What can you commit to right now to help you focus on completing a specific goal over another? If you struggle here, start with something you can eliminate or push to the back burner that isn't as high of a priority.

Pg. 187: Mark talks about losing his friend, Josh. He had a dream about him where he said, "Why do you care that I'm dead when you're still so afraid to live?" How can this change your perspective on what's most important in your life right now?