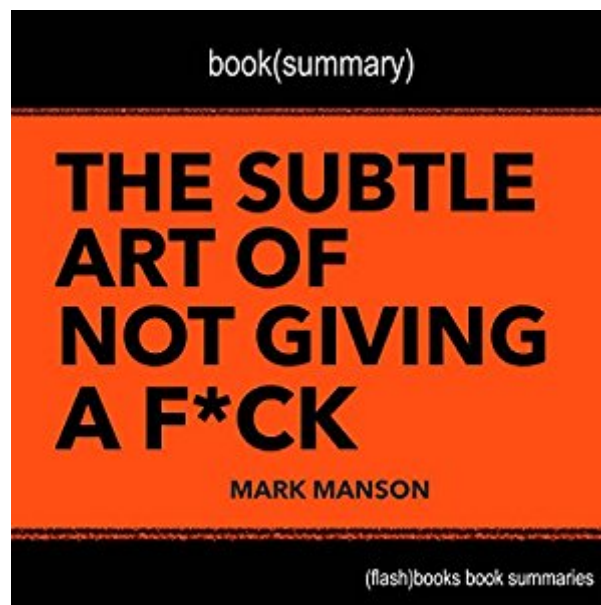




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Summary Of The Subtle Art Of Not Giving A F--k: A Counterintuitive Approach To Living A Good Life By Mark Manson



Synopsis

This is a book summary of The Subtle Art of Not Giving a F - k by Mark Manson.

Book Information

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Superb summary of an excellent book. Everyone will be more content with their difficulties in life after listening to it. It has convinced me well enough to purchase the full book

A disappointing watered down version of Mindfulness. May appeal to those who want help, but shy away from near-religious movements. Macho types who think that meditating is lame. It's like scraping the topsoil off a development site and reselling it.

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