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It was a bestseller.The Subtle Art of Not Giving a F*ck - WikipediaAt its core, The Subtle Art of Not Giving a F*ck is a book about finding what's truly important to you and letting go of everything else. In the same way that he encourages limiting exposure to mindless distractions such as social media, television and technology, he encourages limiting concern over things that have little to no meaning or value in your life.The Subtle Art of Not Giving a F*ck - A Book Review ...The Subtle Art of Not Giving a F**k is his antidote to the coddling, let's-all-feel-good mindset that has infected American society and spoiled a generation, rewarding them with gold medals just for showing up.Amazon.com: The Subtle Art of Not Giving a F*ck: A ...The Subtle Art of Not Giving a F*ck Quotes. 1. "If you live your life solely in search of pleasure, you'll actually end up living a life full of mistakes. 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