

## The Subtle Art of Not Giving a F\*ck

Upon a superficial reading, a reader may believe that Mark Manson is a revolutionary writer with his counterintuitive approach to solving problems and living a good life. The first example that we are presented with is that of Charles Bukowski. He was an alcoholic and a chronic gambler who dabbled in poetry. He worked at a post office in which he was unhappy every single day of his life until one day, an insignificant journalist supposedly saw something in him and decided to give him a chance. His first book was published within three weeks and was a major hit, selling millions of copies worldwide. *The Subtle Art of Not Giving a F\*ck* has us believe that his success was not based on luck or hard work, but on Bukowski admitting that he was a loser and living a pessimistic life. Allegedly, this was also the secret of his happiness. Obviously, there are holes in this story that readers seem to ignore.

First of all, Bukowski's story required almost supernatural luck. The chances that a journalist would even consider hiring a loser such as Bukowski are slim to none. Moreover, the chances that society would even tolerate his depressing work are even slimmer. It hardly seems as if Bukowski's self recognition had anything to do with his success. In the case of Bukowski, *The Subtle Art of Not Giving a F\*ck* makes it clear that his only skill was apathy. As inspiring as that sounds, it's quite an ignorant argument. There's absolutely no way that someone can be as successful as Bukowski with only apathy and no skills, or hard work.

Another pertinent point is that Bukowski's work sucks. Take "Alone With Everybody" for example: "the city dump fills / the junkyards fill / the madhouses fill / the hospitals fill the graveyards fill / nothing else fills". Each and every line is in the same structure as the last, almost as if it was a chorus. Furthermore, the information contained is completely false. Don't houses fill with laughter? Don't families fill with love? Don't parties fill with noise? Bukowski's view on life is so pessimistic that it has blinded him to the joys of life. Under these circumstances, it's impossible to believe *The Subtle Art of Not Giving a F\*ck's* claim that Bukowski found happiness.

Another interesting point to consider is that all the chapter titles are completely false and ridden with negativity. Try to savour the the following titles: "Don't Try", "Happiness is a Problem", "You Are Not Special", "You're Wrong About Everything", "And Then You Die". Not trying is the exact reason why Bukowski was unhappy. "You Are Not Special" and "You're Wrong About Everything" add to the negativity of *The Subtle Art of Not Giving a F\*ck*. Why is it that a book about happiness is trying to lead us down a path of depression? Well, chapter 2 explains it thoroughly: "Happiness is a Problem". That's the complete opposite point that a book about happiness is supposed to be conveying. At least one piece of information in this book is correct, "And Then You Die". Even then, it's still being immensely negative. Instead of thinking about your inevitable doom, you should be living everyday to the fullest. This way, when you do die, you would be happy, unlike Bukowski.

To conclude, *The Subtle Art of Not Giving a F\*ck* is a complete scam. It deceives people by making them think that it's a revolutionary and counterintuitive solution. In reality, it's just an instruction manual on how to be unhappy. It's almost as if Bukowski himself came back from the dead to write this book.