

Everything is Fucked Summary - Book Summary Club



Mark Manson Everything is Fucked Summary

The lowdown: This Everything is Fucked summary will show you that Mark Manson's new book is surprisingly a book about hope.

[Everything is Fucked](#) is Mark Manson's follow-up to the hit book, [The Subtle Art Of Not Giving A Fuck](#). Manson's new read really makes you ask yourself whether you're living the life you deserve or you're just sitting there like a fool watching years go by.

As we grow up we build this picture in our heads of the things we want to achieve by the time we're 30, how big our house is going to be or how many kids we're going to have or, in my case, how can I put a gigantic ice skating rink in the basement of my mansion. And I don't even skate.

According to Manson, this is all based on hope. We "hope" we'll be millionaires, we "hope" we'd chosen the right career and that we can make something out of that degree that kept us till 4 am studying some bullshit we'll probably forget anyway.

Now, hope doesn't always drive us in the right direction. After reading Everything is Fucked I came to the conclusion about three things:

1. Let your feelings do the talking and not your brain.
2. If you get your hopes way too high you're going to live a life of misery and unhappiness
3. A mix between hope and artificial intelligence might cause both, good and bad social impacts

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Lesson One: Let your feelings do the talking and not your brain.

This one hit me hard because it says we are built with a 'thinking brain', where rules and logic are the mainframes, and a 'feeling' or 'emotional' brain, which is where we have our emotions.

The biggest problem with the hope it's that if we want to do things right we have to use both sides. And we live in a world that promotes the idea of "don't let your feelings get in the way or you'll get hurt" and nobody wants that.

As the author sees it, there must be a balance between our Thinking Brain and our Emotional Brain if we want to make some differences in what's bad and what's good. This might help us understand the problem with hope and why if we don't achieve this balance we might have a very unpleasure life.

Lesson Two: if you get your hopes way too high you're going to live a life of misery and unhappiness.

We, as human beings, have so many reactions towards what's surrounding us.

For example, when we find a person that really likes us, we tend to be kind and gentle in hopes to get something else, whereas is love, sex or just attention.

And this is what author Mark Manson refers to when he approaches philosopher Immanuel Kant's theory of humanity, which is basically telling us to grow the fuck up and to stop doing things just in the hopes of getting something in return.

The point is to overcome difficult situations that keep us away from happiness and also putting our feet on the ground and not believing in fairy tales.

Lesson Three: A mix between hope and artificial intelligence might cause both, good and bad social impact.

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Let's be honest, after seeing Back to the Future, all of us hoped to go to Walmart in our flying Nissan, by 2018.

Turns out we were filling our head with hope of something that right now is millions of years away. And that's a bit of a downer.

Artificial intelligence can make us believe in a world where anything is possible, where we put the best version of ourselves to make the world a better place. Manson tells us to just move along with AI improvements and let them do what they were made to do. Because if we fill our heads with AI diversions we may end up living an unhappy life since this doesn't fill our life's expectations.

My personal takeaway

I had mixed feelings while reading this book. Regardless, it slapped me across the face more than once.

Sometimes I felt I was being insulted and sometimes I actually could hear Manson's voice in my head as if it was my own. In other words, it's amazing.

After reading it I started to see life a little bit different when it comes to what my goals are and my way to actually making them come true, and realize I had based some goals on real stupid hope, thanks, Mark... You party ruining ass.

Now, I think I may set a path where I can achieve my goals (after this there are not many left if you ask me) without stumbling my head and what's rest of my dignity into the floor.

Put into action

Try not to base your future in the hope of getting a life like that guy of your favorite movie. You know, that one that has an entire empire before he even has a wrinkle in his face.

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Try to base your future on what you can do to improve your present and how this affects your life in the future, on trying to find happiness and balance with your emotions and your actions.

[You should consider this book if...](#)

If you have achieved nothing you set yourself when you were a kid, and you asked yourself why then you should definitely read this book.

At least I think you would get a new push into getting the next “check” on your list.

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Cheers,
Vince