

## Chapter 1 : The Gentle Art?

*Not giving a fuck isn't about posturing, pandering, criticizing or thinking you are better, tougher, smarter than everyone you meet. Not giving a fuck is a gentle art and is quite effortless in its application.*

Related Media I have read that when people are asked to rank their greatest fears, the fear of death ranks second after the fear of speaking in public! Many pastors are afraid to deal with sinning church members. I heard of a pastor who was a gifted Bible expositor. But he refused to confront a woman who often sang solos in that church, even though she was divorcing her husband for unbiblical reasons. I know of Christian wives who never say anything to their professing Christian husbands who are in serious sin. The wives say that they are being submissive to their husbands, but I think that they are not acting in love towards their husbands. I know of Christian parents who refuse to correct rebellious children. They allow them to be unsociable, rude, and impudent in speech and attitude, with no correction. The parents sometimes may lose their tempers and yell at the rebellious child, but they do not correct them biblically. Whether we like it or not and we probably should not like it! Without correction, churches and families tend to run into the ditch. In our text, Paul shows Timothy how to carry out the gentle art of correction. It applies especially to church leaders, but it also applies to every Christian, because we all have relationships that require at times, if we truly love others, for us to offer biblical correction. So although it is never a pleasant task, it is a part of biblical love. There are several reasons that we shy away from correcting others. As such, He will hold you accountable for being faithful to Him. You need to fear God more than you fear people and recognize that obedience to His command to love others requires correcting them if you see them heading for the cliff. Another factor that keeps us from correcting others is a misunderstanding of Matthew 7: If you keep reading, in verse 6 Jesus talks about not giving what is holy to dogs and not casting your pearls before swine. Obviously, you must make some pretty harsh judgments to label someone a dog or a swine! You cannot minister to people if you do not make some judgments about their spiritual condition. Jesus meant that we should not condemn others for minor things in their lives while we ignore major sins in our own lives. First take the log out of your eye and then you can help your brother with the speck in his eye. That leads to another reason that we do not correct others: We are aware of sin in our own lives. But, Scripture commands us to deal with any known sin in our lives. We do not have to be perfect to practice this ministry or it would never get done, but we do have to judge our own sins. Another reason we do not correct others is laziness and procrastination. It is always more of a hassle to correct than to let it go. It takes effort to arrange a time to get together. It is stressful to talk about such matters. You risk a backlash from the other person. But, we are commanded to pursue love 2: Another reason we do not correct those in sin is that we have inadvertently bought into the tolerant, relative morality of our culture. We mistakenly think that love means accepting the person, sin and all, with no moral judgments about his behavior. If we see someone violating biblical standards, he is heading for the cliff. Love requires attempting to correct. Another reason we shy away from offering correction is that we do not know whether or not we should do it. Some problems get resolved as we pray without saying anything. And, not all matters warrant correction. God Himself is patient with us, not confronting us all at once for every area where we fall short. So, we wonder whether a particular matter calls for correction, or whether we should just bear with the person. But, even with all of these reasons why we draw back from this ministry, our text is clear: Someday you will answer to Him for whether or not you loved the people that He brought into your life. You cannot truly love someone and let him head toward a spiritual cliff without warning him. Paul shows that we should not be argumentative or quarrelsome, but he also says that we should correct those who are in opposition to the Lord. He gives us four guidelines: Correction must be done wisely. Some issues are not worth dealing with. Perhaps the best commentary on our text is 1 Timothy 1: But the goal of our instruction is love from a pure heart and a good conscience and a sincere faith. For some men, straying from these things, have turned aside to fruitless discussion, wanting to be teachers of the Law, even though they do not understand either what they are saying or the matters about which they make confident assertions. Paul went to Jerusalem to argue strongly against the Judaizers, who said that circumcision is necessary for salvation Acts Paul contended against Peter, whose

behavior compromised the gospel on this matter Gal. Jude 3 appeals to us to contend earnestly for the faith. So Paul does not mean in our text that all doctrinal controversy is wrong. Rather, he is talking about pointless issues that have no bearing on salvation or godly living. I might add that while we should not get into these kinds of foolish and ignorant debates, we may need to confront the argumentative spirit of those promoting them. Some people like to argue because it feeds their pride to prove their point and to put down others. Here are some questions to ask to help determine if an issue is a foolish and ignorant speculation to be avoided or a matter requiring biblical correction: Also, some things fall into a gray zone: Some doctrines are essential to the Christian faith. If you deny them, you have left the faith. Again, you must know Scripture and exercise discernment in light of how serious the matter is. Quarreling or winning an argument does not lead anyone to Christ nor does it build up your brother in true godliness. If you must correct, your aim should be to help your brother grow in the Lord. Correction must be done in love. Paul gives one negative and three positive terms. Together, these qualifications add up to biblical love. Correction must not be quarrelsome. The most effective correction takes place when the other person knows that you love and care for him. Also, you must determine before you go to the other person that you will not get into an argument, because often the one in sin will counter by attacking you or your motives. If you allow yourself to be drawn into that kind of quarrel, you cannot be effective in the ministry of correction. You can be firm and unwavering without raising your voice or losing your temper. This applies also to husbands and wives. You can talk with your mate about a problem that concerns his or her behavior without yelling, arguing, name-calling, or attacking. In fact, these things are sin because they do not stem from biblical love. Correction must be kind to all. We often think that to be effective, correction must be stern. But Paul says that we must be kind. Husbands, do you correct your wives with the tenderness of a nursing mother? Parents, do you correct your children with the same kindness you show to a nursing infant? Correction must be patient when wronged. Often when you try to correct others, they will respond by attacking you. They will falsely accuse you of wrong motives or they will bring up shortcomings in your behavior to try to divert matters away from their own sins. If you are impatient when wronged, you lose the ability to correct effectively. Correction must be done with gentleness. The word is used of Moses Num. It is a fruit of the Spirit Gal. The word was used in secular Greek to refer to a horse that had been broken. It was strong and powerful, but in complete submission to its master. So the biblical word may include behavior or speech that is very strong at times. He is not acting out of self-will. They may not be one and the same. We sometimes inherit certain views from our upbringing or from cultural notions about right and wrong. To view this building as a sacred place is to confuse a cultural idea with a biblical truth. The same thing applies to what is appropriate attire at a church service. The Bible commands us to dress modestly, but it never says that we must wear a suit or dressy clothes when we gather with the church. Some argue that if you were going to meet the President, you would dress up, so you should do the same when you come to meet with the Lord.

*The Gentle Art of Gift-Giving. The simple act of gift-giving has become extremely complicated.*

I think some of us are more aware of this fact than others. Depending on where you are in your life, your perspective of this fact can fluctuate. However you see yourself, as citizens, we have responsibilities. Helping Others Helping others means helping other people or other living creatures. I personally think it is important to do both. When we see a need, we should do our best to help in whatever way we best can. When I started this website many years ago, initially it was just as a cyber portfolio. As an artist, it was and is nice to not have schlep a physical portfolio from place to place or have it on hand. Thanks to the internet, just type a few characters on a keyboard and my work appears. People were interested in my work, which was wonderful. Sometimes that interest would lead to sales, which was even more wonderful. I felt inspired by their efforts and wanted to try and do something to help too. The purpose of the event was to bring awareness to the plight of the Sea Turtles to all we could. It was a pleasant surprise to learn that the government did listen to the many voices, including us artists, and brought laws in to protect turtles. Although this decision was unpopular in many places, I think time has been the best teacher in showing everyone that the laws were important not just to implement, but to follow. In all my years in the Bahamas, the last few years have been full of turtle sightings! What was once a rarity is now a very common sight in many places! These are causes that I feel are important and that by just a click of your finger, I will happily send part of the money you spend with me, to them. To support the important work they do. I will be writing more about each of these in the near future. It All Helps Know that my support does not just stop there. I also donate work and items, as well as my time, directly to these, and other, causes. Many hold annual auctions and fundraisers and the items help them with those events. Bottom line; it all helps. I could continue for some time here, but my point I come back to is the importance of helping. If you have bought something from me, I thank you for being a part of that. To help in your own way.

**Chapter 3 : The Gentle Art of Pulling | AI Turtle's Relationship Wisdom**

*The Gentle Art of Giving Constructive Feedback But looking back, I can confidently say that the bad ideas have always taught me more than the good ones.*

It stops the habit of interruption. It is the necessary fourth step of the Mirroring teaching tool , but it is a skill all its own. Definition of a Pull: The concept of Pulling became part of my thinking of the process of communication quite some time earlier, around If I ever locate that book again I will share it with you. In the meantime, the pamphlet covered all the possible things a counselor could say to a client and summarized their effects. The goal at the time was to get clients to share. Over the years I learned a lot about, what I have come to call, Pulling. Another source has been my experiences with my wife. I am a needy person. I need people to listen to me. Are you surprised by this after looking at my website. I have needed this since I was a kid. When in doubt I talk or write. This habit of mine does not encourage others to talk. It is not very inviting. Conversation I believe that buried in each of us is the desire to connect with each other easily, simply and often. I believe the simplest method of connecting is through talking “verbal connection. For those of you who have read my paper on Reliable Membership , you will recall my rule of connection: All people require adequate, reliable and not excessive connection with other humans. I believe this is a function of our mid-brains, our mammalian brain structure. I believe we were all born to dance verbally with each other. Mirroring I see as a training tool to develop the habits of making people feel heard and assuring that we will feel heard. A community, of two or more people, thrives on people feeling heard and understood. As we meet children and adults who are over talkative or over intrusive, like me, or who are silent or reclusive, I think we are meeting people who have experiences that shaped them that way. Life experiences may put up roadblocks to good conversation that must be overcome. The Straight Pull Probably the most visible or audible barrier to good communication is the habit of interruption. When a person stops talking, the listeners have no data as to whether the speaker is finished or just taking a pause. I used to demonstrate this by having a couple talk normally to each other in front of a group. Person A would say something. Then person B would say something. And this would continue for a while. Then I would ask the group watching for what they observed. I would then ask the demonstrating couple to share with the group what the three steps of the experience were like. And lastly I would get the audience to share. I think of it like the ground handler at an airport who is signaling for the pilot of an airplane to keep coming straight. One time I was driving in Boston. For the several days I drove, I had a funny feeling I was missing something. Here at every intersection there was a contest about who would go first. And, on the freeway, if a lane was closed up ahead, people would drive up the side line to pass all the polite people who merged early, just to force their way in. It helps people share their sense so that they can be understood. It helps people share more about themselves so that they can contribute to the predictive information of the group and thus its safety. The other source is the image I use for teaching Validation and PreValidation. Thus you have to have a way to signal them to share more, to help you understand. There are several reasons they will not share with you enough to see their sense. One reason is that often people think you can read their minds. This seems to me a childhood pattern. Babies cry for you to fix something that is bothering them without speaking up and saying what it is they want you to fix. A person who has not practiced good communication skills, may not have learned to share enough data so as to make them easy to understand. Sometimes I had no idea. For him I think it was a kind of avoiding speaking clearly, by assuming I could read his mind. I think it is very important to become comfortable with the idea that Words Do not Have Meaning. I can easily get the idea that my partner is using a word in a strange to me way. Many people are used to not being listened to. They are familiar with getting out one sentence and then getting interrupted. By instituting Mirroring, this all changes. But also they have a chance of better understanding themselves. Sometimes your partner is going to run into their own unconscious. On the other hand, learning and sharing that stuff is very useful. Inviting them is a first step to figuring out all that stuff in their unconscious. This is a source of safety for all. I go home at night. My wife seemed moody. I want to share so much. But I really want it to be a surprises. This is tough on me, and probably on you, because I might come

across sharply. I wanted you to understand what I am going through. She gave me everything I needed to see her sense. You must find out what to do that comes across as gentle to this person. Fortunately most of your work will be with the same partner and so the task of finding out what works is simpler. See my paper on Making Sense. I think the tone has to include much patience. One client told me she had two answers to every question her husband asked: She was raised by an impatient, angry father. The quick answer was a defense against his anger. Her quick answer served one purpose – to get her father or her partner to go away. Therefore her quick answer was her guess as to what her father or her husband wanted her to say. They were a lot of work. Further she said that if her husband believed her quick answer she would not start working on a true answer. He never found out what was true for her. She told him about this. Over time they came up with a solution. It sounded like this. You did something that baffled me the other day. In the meantime, lets have dinner. The tone must also carry across a sense that a reward is coming if people share more. In the case of the deer coming out of the woods, there has to be some food in the hand, something the deer wants. This means that you need to get used to using straight pulls smoothly, even when you are not getting enough information to understand your partner. It always seems to drive the deer deep in the forest. On the other hand, the interrogator is strongly motivated to get information. They just have to take that motivation and discipline it in order to get what they want – rather than to drive what they want away. No one is required to respond to a Deepening Pull. It is just an invitation. I tend to use the rule of 2. If I use two Straight Pulls and get nothing I stop. If I used two Deepening Pulls and get nothing, I stop. This may seem paradoxical but is really quite visible. The effect of a series of Straight Pulls will be to get the speaker to a place where they feel blank – nothing more to say. This can feel a bit uncomfortable at first, a little like being left on stage in a play without any lines to deliver.

**Chapter 4 : The Gentle Art of Making Enemies (Gotham) - Wikipedia**

*On the Gentle Art of Giving Advice We bought the farm in , and moved up from the 'far suburbs' of Baltimore. The farm came with a bunch of stuff in mostly-workable condition: baler, rake, hay cutter/bind, and a Belarus MZ tractor.*

Stop and think, please. Ask yourself just one question: How often does physical fighting come along in my life? When your boss chews you out unjustly, the fact that you could have him down on the floor begging you for mercy in seconds is no use to you. When somebody shoves in front of you in a line, your physical skills are no help. When the fight is with your spouse or your teacher or your parents or your kids, it makes no difference how many kicks and holds and moves you know. In the vast majority of verbal conflicts -- which today means the vast majority of all conflicts that occur in your life -- using your physical martial arts skills will get you fired, or arrested, or both. To do that always means risking citizen complaints, malpractice suits, and similar problems. For every incident of physical violence that goes on in this country today there are hundreds of incidents of verbal violence. First there is an argument. First there are hostile words, or hostile body language such as shrugs and sneers and insulting gestures. Only then, after the hostile language, do people start hitting. And up to that point -- up to the moment when physical combat begins -- what you need is verbal self-defense. There are two goals in verbal self-defense: This is the martial art of verbal self-defense. You might not have needed it in past centuries. You might not need it in parts of the world where life is brutal and violent for almost everyone. But in the Western world today, you do need it. And the rest of the time, you are in the same situation with regard to verbal attacks that people who know no martial arts are in with regard to physical ones: Know that you are under attack. When an attack is physical, you never have any trouble spotting it; you know immediately when someone hits or kicks or shoves you. Verbal attacks are very different. We can say any sequence of English words, no matter which ones we choose, in a way that is hostile and brutal. We can say any sequence of English words in a way that is friendly or loving. The emotional messages of English are carried by the tunes we set our words to, not by the words themselves. You may have thought that it would be easy to spot verbal violence because the attacker would be using obscenities and open insults and calling you ugly names. Most people who attack in that way do it as part of a physical attack. Most verbal attackers are careful to choose words that will leave them able later to use this move: Compare these two sentences, where some words are in all capital letters to show you that the person saying them is really bearing down on those particular words to give them extra emphasis. The other sentence is very different. And it would still be a verbal attack if it looked like this: You are a native speaker of English; you know when you are under verbal attack because you feel it, in exactly the same way that you feel it when somebody hits you. Know what kind of attack you are facing. When you find yourself in a physical fight, you automatically size up your opponent. You need to do exactly the same things with verbal attacks. Ask yourself these questions: What would be the reason behind it? What is the attacker trying to accomplish? Almost always, attackers who are children or elderly people, or who are sick or handicapped, will also be weak. A very small child, a sweet-looking elderly woman, a frail-looking elderly man, a person lying sick in bed -- such people can be very good at using verbal violence. As for the motives and goals, sometimes they will be as mysterious as they are in physical attacks. But stop and think, when an attack happens; you may be able to figure it out. As you practice your verbal self-defense skills you will learn to recognize many different types of attackers and attacks. Know how to make the defense fit the attack. In physical combat you honor the rule about not using elephant guns to shoot butterflies. In verbal self-defense, you follow exactly the same principles. Know how to follow through. You might think that this would be the easy part. The reasons for this will become more clear in later lessons, as we study different attack patterns and responses. On page 37 of their excellent book, *Aikido in Everyday Life*, Terry Dobson and Victor Miller wrote that "Fighting back is one of the most counterproductive responses in most conflict situations. What verbal attackers are usually trying to do is prove that they can get and keep your total attention, even if you had other plans for the time involved. They may have additional goals, but the main thing they want is your attention and the emotional charge that comes with it. Your natural tendency when someone starts using hostile language at you is to respond by counterattacking

or pleading or debating, depending on the situation and your personal style of language behavior. The temptation to do that is very strong; the habit of doing that is very strong. However, when you do it you are giving the attacker exactly what he or she wants. If the attacker can get you to do one of those things and surrender your total attention, the attack has succeeded. In this course you will learn a set of verbal self-defense strategies and tactics that will make it possible for you to keep that from happening. He expects you to take his bait and come roaring back at him, so that he can tie you up for fifteen minutes in a stupid argument. He expects something like this dialogue: YOU--" And so on. Instead, do it this way: We were living in Detroit at the time, and No, wait a minute. Because that was the summer that my Aunt Grace came to visit us and she brought her dog The metamessage it delivers -- the message behind the actual words you say -- goes like this: It will be horribly, excruciatingly, boring. What matters is for them to go on their way instead of wasting your time and energy. But there are many attacks for which it is the perfect move. And there you have it! The first simple, but very effective lesson in. To view the OCLS catalog, just click the catalog link. To order verbal self-defense materials:

**Chapter 5 : The Subtle Art of Not Giving a Fuck | Mark Manson**

*The Gentle Art of Giving. When school was back in session in January I was helping out in my son's class room and listen to the children share what they got for.*

A song of transformation and magic [audio: A video of a man who truly is Giving from a space of love For my life experience Giving has played a part since early on. Giving of myself as I knock on a new neighbors door offering my friendship; to sharing gifts spontaneously without thought; to give of my time may that be offering a ride to a older woman walking home with many groceries to her home. When I was sixteen, I travel to Japan for a Buddhist convention and gifted Sensei a sacred scroll given to me called the Desiderata. But these were my present treasures to share with along with my heart. Since then giving to my children, family and strangers have continued to be part of my life. Even turning on twinkle lights in my home is a gift I give to myself, a gift of delight and magic to watch my home light up with enchantment. That is my gift to my soul. Years ago when my son was younger, we had a ginger bread house decorating party where I made 10 ginger bread houses from scratch for each person to decorate! Wow! what a feat that was making all of them, seems so long ago. Down the center of my beautiful cherry table was all the fixings to decorate the houses with. What a wonderful event that was. Christmas eve night came and I traveled after mid-night and drove across town to his house, place it on the door step with a letter from Santa sending him blessings. I heard this little boy share about the ginger bread house found on his door step. I thought to myself how silly of me to think he would be more enthuse when he was dying! the life force was draining out of him. Not long, maybe a year later he graduated from this life as a little boy back into the powerful soul he truly is. Here he is in the barn and horse I gave him. My son Daven, fathered a son Dieszel, who loves my dogs. The art of giving comes in small acts of kindness and to great sacrifices at times. Who will you bless today or this season, with an act of giving?

Chapter 6 : The Gentle Art of Giving Constructive Feedback | The Foundry | OOHology

*The Subtle Art of Not Giving a Fuck January 8, October 19, 12 minute read by Mark Manson I n my life, I have given a fuck about many people and many things.*

What is a person? A person is human being created by the God of the Bible, created in His image. Children are persons in the womb. Their personality is sacred. It should not be encroached upon. But it should be brought up. Miss Mason liked what she referred to as the old Saxon phrase: A child also is the offspring of Adam of the book of Genesis. Thus, he has inherited a sin-nature. He has tendencies and potential for good or bad attitudes and behavior. The premise that the child is a person, affects our outlook. It is the basis of how we treat children and what we teach to them. Such books of literary quality are often written by one author who shares his favorite subject with us. They are alive with ideas. Children should have an abundance of them. Photographed in while visiting my parents at the Jersey Shore. I was already in the habit of walking with my two little girls along the narrow sidewalk to a small branch library. It was a few blocks distance from our house. While we walked the cars whizzed by us. Sometimes we took a red double-decker bus to the main Bromely library with Dad. Along with illustrated story books, I also read aloud from nonfiction picture books. For the convenience of the large classroom, a textbook committee compiles and condenses the kind of information that can be found in lots of separate more interesting books. Instead, passages of a large number of books on many subjects were set for reading in the morning hours. With living books a child gains knowledge through his own effort. He digs out facts and information, and he expresses what he has learned by telling a passage of reading back in his own words. The simplicity and thoroughness of this method of having a child narrate intrigued me. I became convinced that Miss Mason was correct in her claim that narration oral or written is the best way to acquire knowledge from books. Narration also provides opportunities for a child to form an opinion or make a judgment, no matter how crude. Because narration takes the place of fill-in-the-blank and multiple-choice tests, it enables the child to bring all his mental faculties into play. My experience with using narration for teaching is shared in the chapters of my book, A Charlotte Mason Companion. When a child follows her method, there is no need for homework in the elementary years, because a child immediately deals with literature at hand and proves his mastery by narrating at the time of the reading. Studies have proved homework to be less effective than this form of immediate reinforcement. No Grades “ Short Lessons Miss Mason was an idealist who created an opportunity for putting her ideals into practice. She wanted children to be motivated by admiration, faith, and love, instead of artificial stimulants such as prizes stickers, candy, or money , competition, and grades. Each child learned first to acquire the habit of attention by listening to and narrating short but meaningful stories Aesop Fables, for example and by completing short lessons in the drills and skills. Short lessons discouraged dawdling. They encouraged the child to concentrate and make his best effort. The reward is the knowledge itself. My own children loved reading. I owe this success to Charlotte Mason, who taught me the gentle art of teaching. High school students will probably need some afternoon study time, but overall the afternoon is free for leisure. Moving promptly along a string of lessons is a far more efficient use of time than in government schools. Three lessons or more can be accomplished in home learning during the span of one classroom period of a large school. Leisure for children usually means running, climbing, yelling, etc. It has been observed that boys particularly cannot flourish without this opportunity for physical activity. Handicrafts, practicing an instrument, chores, cooking, gardening, visiting lonely neighbors, observing and recording the wonders of nature may also be enjoyed during this time. Sadly, government school children must endure such long lessons and long hours that they are frequently tranquilized with drugs in order to be attentive and pass through the system. They ride the bus home just in time to see the sun set and do homework. Nature Study Charlotte Mason placed an emphasis on being outdoor to observe nature. I include chapters on natures study in my book, A Charlotte Mason Companion because nature study is considered to be the foundation of all the sciences. Because as a child I spent most of my summers outdoors in field and wood, I wanted to give my children the opportunity to enjoy and learn about the wonders of nature, too. Miss Mason pointed out that I need not be a certified teacher

trained in the skill of giving lectures in order for my children to learn. This was a relief to me. Children gain the ability to educate themselves. Too much explaining by the teacher can be a detriment to self-education, a concept that is addressed in a chapter of *A Charlotte Mason Companion*. The mind feeds upon ideas. Our children can easily become familiar with the music of great composers by listening to CDs, when years ago it would have been necessary for them to visit a concert hall. The chapters, in my book, offer ideas on how to introduce art and music into the homeschool. She reminded teachers never to be without a good book at hand. She understood the necessity to keep reading, to keep growing in the spiritual and intellectual life. She wanted teachers to pursue cultural activities, too.

## Chapter 7 : The Gentle Art of Gift-Giving

*Way back in /, I was invited to be a part of an art event held at the Doongalik Gallery. This gallery is now on Village Road in Nassau, but at the time, it was located at the Atlantis Resort on Paradise Island.*

I have also not given a fuck about many people and many things. And those fucks I have not given have made all the difference. Holy shit, that dude does not give a fuck. Man, that guy does not give a fuck. Perhaps there was a time in your life where you simply did not give a fuck and excelled to some extraordinary heights. Same with deciding to sell most of my possessions and move to South America. Just went and did it. The point is, most of us struggle throughout our lives by giving too many fucks in situations where fucks do not deserve to be given. We give a fuck about the rude gas station attendant who gave us too many nickels. We give a fuck when a show we liked was canceled on TV. Strewn about like seeds in mother-fucking spring time. And for what purpose? A pat on the fucking back maybe? This is the problem, my friend. Indeed, the ability to reserve our fucks for only the most fuckworthy of situations would surely make life a hell of a lot easier. Failure would be less terrifying. Unpleasant necessities more pleasant and the unsavory shit sandwiches a little bit more savory. I mean, if we could only give a few less fucks, or a few more consciously-directed fucks, then life would feel pretty fucking easy. Ever watch a kid cry his eyes out because his hat is the wrong shade of blue? Developing the ability to control and manage the fucks you give is the essence of strength and integrity. We must craft and hone our lack of fuckery over the course of years and decades. Like a fine wine, our fucks must age into a fine vintage, only uncorked and given on the most special fucking occasions. This may sound easy. But it is not. This is no way to live, man. So stop fucking around. Get your fucks together. And here, allow me to fucking show you. People who are indifferent are lame and scared. In fact, indifferent people often attempt to be indifferent because in reality they actually give too many fucks. They are afraid of the world and the repercussions of their own choices. Therefore, they make none. They hide in a grey emotionless pit of their own making, self-absorbed and self-pitied, perpetually distracting themselves from this unfortunate thing demanding their time and energy called life. My mother was recently screwed out of a large chunk of money by a close friend of hers. Had I been indifferent, I would have shrugged my shoulders, sipped some mocha and downloaded another season of *The Wire*. But instead, I was indignant. I was pissed off. This is what is so admirable – no, not me, dumbass – the overcoming adversity stuff. The staring failure in the face and shoving your middle finger back at it. The people who just laugh and then do it anyway. They reserve their fucks for what truly fucking matters. And an occasional lawsuit or two. And because of that, because they reserve their fucks for only the big things, the important things, people give a fuck about them in return. Think for a second. Why does this lady give a fuck? Her kids are dickheads and never visit. So she snips coupons. All day, every day. Not the hand sanitizer. Way too many fucks given. In life, our fucks must be spent on something. There really is no such thing as not giving a fuck. The question is simply how we each choose to allot our fucks. You only get a limited number of fucks to give over your lifetime, so you must spend them with care. But fuck it, pretend like he did. The point is that fucks have to be earned and then invested wisely. Everything is new and exciting. And everything seems to matter so much. Therefore, we give tons of fucks. As we get older, we gain experience and begin to notice that most of these things have little lasting impact on our lives. We realize how little people pay attention to the superficial details about us and we focus on doing things more for ourselves rather than for others. Bunk Moreland, not giving a fuck since Our energy levels drop. We know who we are and we no longer have a desire to change what now seems inevitable in our lives. And in a strange way, this is liberating. We no longer need to give a fuck about everything. Life is just what it is. We accept it, warts and all. Life fucking goes on. We now reserve our ever-dwindling fucks only for the most truly fuckworthy parts of our lives: And to our astonishment, this is enough. This simplification actually makes us really fucking happy. And along with our gum lines and our sex drive, our ability to give a fuck has receded to the point of non-existence. In the twilight of our days, we carry out a paradoxical existence where we no longer have the energy to give a fuck about the big things in life, and instead we must dedicate the few fucks we have left to the simple and mundane yet increasingly difficult

aspects of our lives: You know, practical concerns. Then one day, on our deathbed, hopefully surrounded by the people we gave the majority of our fucks to throughout our life, and those few who still give a fuck about us, with a silent gasp we will gently let our last fuck go. Through the tears and the gently fading beeps of the heart monitor and the dimming fluorescence encapsulating us in its divine hospital halo, we drift into some unknowable and unfuckable void. Site members can listen to it by clicking the Commentary button above. To become a site member, [click here](#). In fact, most of us are somewhat deluded about ourselves. I put together a page ebook explaining how we can come to know ourselves better, just fill out your email in the form. You can opt out at any time. See my [privacy policy](#).

**Chapter 8 : The Gentle Art of Learning.â„¢ - Charlotte Mason**

*Fundraising is the gentle art of teaching the joy of giving.-Hank Rosso. Donors don't give to institutions. They invest in ideas and people in whom they believe.*

Get two free workshops to move yourself from Victim to Adventurer in every area of your life--immediately. Plus, get Daily Real-World tools, tips, techniques, adventures, and inspiration to stop feeling like a fake and forge a life you actually enjoy-every. Email With all the information available now, it seems everyone is an expert on everything. It can be tempting to join in the constant hysteria and try to sway or enlighten your company with your own meaningless points of viewâ€¦ Or, perhaps, you prefer to submit in obedience to your nearest alpha-intellect with his or her loud, sharply tongued, finely articulated line of bullshit. Nor do you have to be affected by other peoples vomiting. Command Z invites you to stop giving a fuck. Not giving a fuck can sometimes carry the stigma of being apathetic, lazy, or cruel. All too often, the people who claim not to give a fuck, clearly do give a couple fucks. Not giving a fuck is a gentle art and is quite effortless in its application. But first, before you can naturally not give a fuck, it will help you to test out your own personal boundaries a little bitâ€¦ To push my own not give a fuck boundaries, I decided to spice things up with a tactic I learned from the Radical Undoing course. An Adventure called Mis-Pronounce Words. Heres how it goes: I had a particular manager at my work that I was a little intimidated to deal with. We seemed like oil and water, always having tense and awkward conversations. The Adventure instructed me to engage in a conversation with someone and just start mis-pronouncing words randomly. Thinking about the adventure before hand I thought to myself, piece of cake! You would think I had entered the room to shoot the man! Clearly my body was identifying this situation as far more threatening than it really was in fact. I felt my gears turning trying to find a moment to slip in a mispronounced word. Fuck, I thought, this is way harder than I thought. I must have sounded like I had my tongue chopped off. My brain felt like it was overheating, I became so uncomfortable. What kind of autopilot was this man on, I wondered. Not even a raised eyebrow! It made me wonder what would have happened if I had gone in and dropped my pants. Would he have even noticed? Would he just ignore that too? Or if I flipped his desk over and spit in his face? But I will for the rest of my life remember the day I Mis-Pronounced words. I find this type of experience is pretty common in the CZ workâ€¦ Try it yourself; Purposely mis-pronounce words while talking to your friends, co-workers, boss, strangers. See the effect this has on them and you. At the very least it will jolt you out of the mutually shared trance you may have been sharing. And the next time you speak to this person you may feel a little more free. This opens life up in interesting ways and frees you to live it YOUR way. Radical Undoing encourages you to make yourself the only priority in your life. The great part is that the people who matter will stick around with you to live a more fun, less judgmental, more adventurous life, while seemingly changing along with you.

*A time for family and feasting. A time for gift giving and receiving. Search. learning the gentle art of giving Christmas gifts this year and that was back.*

I blame that on the consumer credit industry. You can be completely broke but still spend thousands of dollars on Christmas gifts—and believe it is not only your right to do so but that you are obligated to do it. The culture has created a message that we have to spend a lot on Christmas gifts to be socially acceptable. Gift-giving is a custom that has pretty much run amok. We can choose to make wise and reasonable decisions about the gifts we give. How many of you cannot recall the gifts you gave last Christmas? How about the gifts you received? Gifts are Messengers Gifts are tokens of the esteem we hold for people we care about. They deliver our love and our best wishes. Gifts express the fondness we have for another person. Without the care, love, or concern, the gift is empty. Giving a gift just so you can mark a name off a list is a hollow effort that is likely to fall flat no matter how much money you spend. How many of you still have a sense of the joy and good feelings associated with gift-giving that took place in your home and your life last Christmas, even if you cannot recall the specific gifts? Hands are going up all over the room! At least some of those gifts did their job. They delivered the joy and the love and then quietly slipped out of the spotlight. You want it to be delicious and for your guests to enjoy it thoroughly. They will take away the memories of the meal and the love with which it was prepared and served. What matters to him or her? You have to know this person pretty well to know the answer to that question without inquiring. You almost have to be a detective. You have to pay attention, listen, and observe. Not every occasion requires a gift. Sometimes a card that you buy or make yourself in which you write a really thoughtful sentiment is an excellent way to go. Being a responsible gift-giver will help you to be an excellent recipient as well. You cannot be too grateful. A tree ornament, plate of cookies, box of fudge, note cards—these are just some of the kinds of homemade gifts with universal appeal. Give the gift of compassion Do you want your gift to say how much you care? Then find a way to show you care about what matters most to that person. Is he or she passionate about medical research? Become a bone marrow donor. Do something that this person will find meaningful and then do it in their honor. Write a description of your experience and give it to your recipient. Give what you do best Often the most meaningful gifts and most difficult ones to give are those that cost no money at all. A gift from the heart is a gift of time and talent. What do you do well? Cook, clean, babysit, garden, sew, drive, shop? Whatever it is, create a unique gift certificate and make what you do the gift that you give: A weekend of babysitting, a day of housecleaning, six hours of errand running—you get the idea. Follow up within just a few days to set the exact time your certificate will be redeemed. Your recipient may be too embarrassed to remind you to make good on the gift. Give it in writing Worried that your gifts—homemade or otherwise—are too cheap or not just exactly right? All of your doubts will vanish when you include a short note with each of your gifts telling the recipients what they mean to you and the value they bring to your life. The best gift is one that delivers a message of love and joy that remains with the recipient long after the gift has been consumed, used or put away.