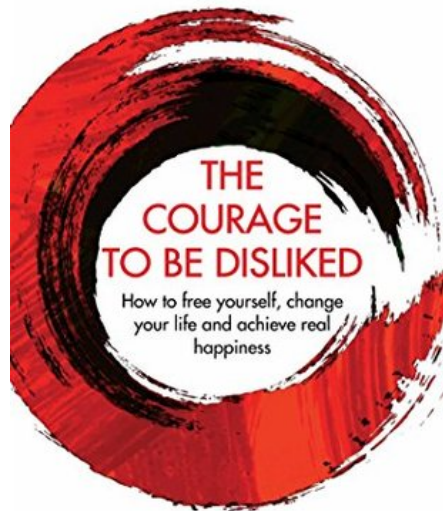


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ICHIRO KISHIMI and FUMITAKE KOGA

# **The Courage To Be Disliked: How to free yourself, change your life and achieve real happiness**

*Ichiro Kishimi , Fumitake Koga*

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# The Courage To Be Disliked: How to free yourself, change your life and achieve real happiness

*Ichiro Kishimi , Fumitake Koga*

**The Courage To Be Disliked: How to free yourself, change your life and achieve real happiness** Ichiro Kishimi , Fumitake Koga

**The Japanese phenomenon that teaches us the simple yet profound lessons required to liberate our real selves and find lasting happiness.**

**Marie Claire's best self-help books for 2018**

*The Courage to be Disliked* shows you how to unlock the power within yourself to become your best and truest self, change your future and find lasting happiness. Using the theories of Alfred Adler, one of the three giants of 19th century psychology alongside Freud and Jung, the authors explain how we are all free to determine our own future free of the shackles of past experiences, doubts and the expectations of others. It's a philosophy that's profoundly liberating, allowing us to develop the courage to change, and to ignore the limitations that we and those around us can place on ourselves.

The result is a book that is both highly accessible and profound in its importance. Millions have already read and benefited from its wisdom. Now that *The Courage to be Disliked* has been published for the first time in English, so can you.

**Three million copies sold worldwide.**

## **The Courage To Be Disliked: How to free yourself, change your life and achieve real happiness Details**

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# From Reader Review The Courage To Be Disliked: How to free yourself, change your life and achieve real happiness for online ebook

## Emma Sea says

TLDR: bought a dead tree copy for my daughter. If I leave her with any useful legacy I'd like it to be introducing her to this book.

\*\*\*

So, it's not that I'm not a fan of the Socratic Method, it's just that the particular format of this book is tiresome. It's written as a dialogue over 5 sessions between The Philosopher and The Youth, and 90% of my irritation is because of the Youth is written as both extremely abrasive in manner, and dense as a plank.

However the *contents* of the book are excellent, and covers a lot of things I've been thinking for a while. Like, the way we frame education is completely screwed up. As kids, at least 75% of the time we carry out tasks because we want the praise of the teacher for a job well done, not because we are interested in the task or want to learn about a topic. So it's great to have a framework to hang these thoughts on, and I'm grateful to authors for introducing me to Adlerian psychology.

The section on labour and community makes this an exceedingly useful accompaniment to any book deconstructing classical capitalism (and especially Bullshit Jobs: A Theory)

Despite the style of writing I do rec this book.

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## Ongorn says

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## Alessandra Nigro says

I rarely leave reviews here on Goodreads, but this book has the potential to change lives. It introduces the reader to so many new concepts, yet in such an approachable way, that every chapter ends with an aha-moment. Read this book if you're into personal development, if you want to completely change your opinion about happiness. Read it if you are struggling with your introvert personality, if you have trauma to overcome and relationships to heal (especially with your parents).

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## Lee says

This book was really famous in Japan, it became number one on the bestseller list in 2014. After then, it translated in Korean and it stayed on bestseller list for 33 weeks in Korea. At first time I heard this news, I doubt about this book. Because I had some biases about best sellers. But my professor just recommended this book to me, and I read it. And this book was totally different from other best sellers.

This book talks about 'Courage'. It says we need courage to be hated. Because people nowadays are too concentrated on other's opinion and don't want to be hated. And then they don't have enough time to focus on their real selves. Also, they don't know how wonderful they are. That's why we need courage to be hated. Maybe some people think it's strange. Because in common sense, we don't want to be hated and just hold ourselves up to standards of others. At first time I thought like that, too. But when I finished this book, I realized that I am a main character of my life. More interesting, this book is based on psychologist, Adler. Adler was a contemporary of Freud and Jung. But he claimed the other side of Freud and Jung. Freud and Jung focused on result, while Adler focused on process and purpose. It means Freud and Jung believe that past effect future, the Trauma Theory. In contrast, Adler says past is just past and it has no effect to future. We only need to focus on now and present. So that's why we should concentrate on our own selves. I totally agree with Adler. Because sometimes Trauma Theory make people just stuck in their past and self-justification themselves. Whatever happened over the past of year is history. It is just a PAST. So what we have to do is focusing on HERE NOW and ourselves. That's why we need courage to be hated.

Before I read this book, I worried about other's opinions about me. And It was so tired life. After I finished this book, I can totally concentrate on myself, and I don't care about other's judgements about me. That is not my field, but other's field. I really want to thank this book, and now I understand why this stayed so long in best seller in Japan and Korea. I hope this book translated in English, so other people can read this book.

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## Thao Nguyen says

Mình mua cuốn sách này trong thời gian cuối năm, bản thân vẫn mãi nhìn ra một vài mối quan hệ không thực tế và phải nhìn nhận, ngẫm lại khác ghét mình, thì ừ rồi những việc và tình huống lại và cảm thấy mãi thế này

Mình sẽ xếp cuốn sách này vào nhóm cuốn sách phải đọc ít nhất 2 lần/năm cùng với cuốn 6 từ vựng Anh - Việt. Nó sẽ giúp mình rất nhiều trong việc cân bằng mọi thứ, và khi việc xong, bạn sẽ cảm thấy rằng "úng thế, cuốn này thật là hay".

Và ?i?u tâm ??c nh?t trong cu?n sách này ?ó chính là "s?ng c?ng hi?n cho ng???i khác". Mình c?ng nh? bao b?n tr? khác, ?ã t?ng r?i vào tình hu?ng hoang mang, không có m?c tiêu c?a cu?c ??i, không bi?t mình mu?n gì. Và cu?n sách này ?ã cho tôi ???c m?t câu tr? l?i khi?n tôi th?a m?n: "C?u ?ang hoang mang tr??c cu?c ??i mình. T?i sao c?u l?i hoang mang? ?ó là vì c?u ?ang mu?n ch?n "t? do" ngh?a là ch?n con ???ng không s? b? ng???i khác ghét, không ph?i s?ng cu?c ??i c?a ng???i khác. Cho dù c?u tr?i qua nh?ng kho?nh kh?c nh? th? nào, cho dù có ng???i ghét c?u, ch? c?n c?u không ?ánh m?t ngôi sao d?n ???ng là "c?ng hi?n cho ng???i khác", thì c?u s? không l?c l?i và làm gì c?ng ???c".

Despite the cringeworthy title, this ended up being a brilliant book. I think I'll go back to it often.

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## Nguyên ng? ng? says

### Review 1:

ui za...sách vi?t theo l?i SONG THO?I c?c hay luôngggg  
thông ?i?p ko m?i nha, ko m?i nha, nói v? nh?ng th? self-help nói ??y luôn: HOÀN C?NH, BI?N H?, T? DO  
L?A CH?N...nh?ng cách ?i tho?i ?? lòi ra t?n cùng c?a LOGIC thì c?c ?ã luôn nhá

??c phê.

### Review 2.

n?u ??c ko "vô" cu?n 7 thói quen c?a Stephen R.Covey,  
hãy chuy?n qua ??c cu?n này.  
??i tho?i ?? ??y logic t?i t?n cùng!

### Review 3:

má ?i, ng?m ngh? l?i, cu?n sách này hay nh?t là ? ch?, tác gi? gi?i thích ???c T? DO, T? TI, T? TÔN, T?  
TIN, H?NH PHÚC, Ý NGH?A ??L...ch? trên 1 ti?n ?? duy nh?t.  
Ch? t?a vào 1 "i?m" duy nh?t ?? lý gi?i: "M?I PHI?N MU?N ??U B?T ??U T? QUAN H? GI?A NG??I V?I  
NG??I"  
Nh?ng cái khác tác gi? ?? ra ?âu t?m 10 keywords ?? ??p vào ti?n ??.  
1 ti?n ??  
10 keywords m?i đi?n gi?i  
Nh?ng ví d? g?n gi?i ?? l?p lu?n.  
L?i vi?t song tho?i ??c s?c  
-> làm nên cu?n sách to?t v?i này

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## Toàn Phan says

HAY!

Có nhi?u cách ngh? l?, có th? áp d?ng ngay và lâu dài.

Tr? 1 sao vì dàn trang t?n gi?y nha :))

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## Ray Li says

A very gentle introduction to Adlerian psychology and the setting for this is amazing. Truly a great read and definitely makes you think more about the world around you and how your perspectives can really be changed if you just allow yourself to.

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## Bridget says

Victim blaming. "Trauma does not exist" "People CHOOSE to be unhappy". This is the worst book I have ever read. So glad it was a give away. I'll be regifting it to file 13.

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## Reba says

I found the tone of this book contrived and condescending, with poorly written dialogue (although hard to know how much of that is due to the translation).

The worst faults for me, however, were the offensive, compassionaless, victim-blaming ideas such as 'trauma does not exist' (a heading of a sub-chapter), expanded on to state that a person suffering from agorophobia is choosing to do so to treated as special by their parents. Second worst would be the poor logic used to 'prove' these ideas.

---

## Anh D?ng says

#2ndTime #Inline #Hospital #OnBus #FeelSoSoStrong

"Imagine all the people living for today" & "The future not our to see" Hai câu trong 2 bài hát yêu thích ^^,

Nghe t?a ?? quy?n sách v?y thui, ch? th?c ra ph?i là "dám h?nh phúc", mà ch?c cái ?? ?ó nó h?i chu?i và y?u ?u?i nên ch?c tác gi? không l?y làm t?a thui. ??c quy?n này mình rút ra m?t ?i?u: ch? c?n can ??m xiu thui,





## Napon Theerapisute says

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