
THE COURAGE TO BE DISLIKED

The Japanese Phenomenon That Shows You How to
Change Your Life and Achieve Real Happiness



Ichiro Kishimi and Fumitake Koga

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Synopsis book

The Life-Changing Magic of Tidying Up for the mind, The Courage to Be Disliked is the Japanese phenomenon that shows you how to free yourself from the shackles of past experiences and others expectations to achieve real happiness. The Courage to Be Disliked, already an enormous bestseller in Asia with more than 3.5 million copies sold, demonstrates how to unlock the power within yourself to be the person you truly want to be. Using the theories of Alfred Adler, one of the three giants of twentieth century psychology, this book follows an illuminating conversation between a philosopher and a young man. The philosopher explains to his pupil how each of us is able to determine our own life, free from the shackles of past experiences, doubts, and the expectations of others. Its a way of thinking that is deeply liberating, allowing us to develop the courage to change, and to ignore the limitations that we and those around us have placed on ourselves. The result is a book that is both

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THE COURAGE TO BE DISLIKED

The Japanese Phenomenon That Shows You How to
Change Your Life and Achieve Real Happiness



Ichiro Kishimi and Fumitake Koga

The Life-Changing Magic of Tidying Up for the mind, The Courage to Be Disliked is the Japanese phenomenon that shows you how to free yourself from the shackles of past experiences and others' expectations to achieve real happiness. The Courage to Be Disliked, already an enormous bestseller in Asia with more than 3.5 million copies sold, demonstrates how to unlock the power within yourself to be the person you truly want to be. Using the theories of Alfred Adler, one of the three giants of twentieth century psychology, this book follows an illuminating conversation between a philosopher and a young man. The philosopher explains to his pupil how each of us is able to determine our own life, free from the shackles of past experiences, doubts, and the expectations of others. It's a way of thinking that is deeply liberating, allowing us to develop the courage to change, and to ignore the limitations that we and those around us have placed on ourselves. The result is a book that is both

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Description

The Life-Changing Magic of Tidying Up for the mind, The Courage to Be Disliked is the Japanese phenomenon that shows you how to free yourself from the shackles of past experiences and others' expectations to achieve real happiness. The Courage to Be Disliked, already an enormous bestseller in Asia with more than 3.5 million copies sold, demonstrates how to unlock the power within yourself to be the person you truly want to be. Using the theories of Alfred Adler, one of the three giants of twentieth century psychology, this book follows an illuminating conversation between a philosopher and a young man. The philosopher explains to his pupil how each of us is able to determine our own life, free from the shackles of past experiences, doubts, and the expectations of others. It's a way of thinking that is deeply liberating, allowing us to develop the courage to change, and to ignore the limitations that we and those around us have placed on ourselves. The result is a book that is both

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