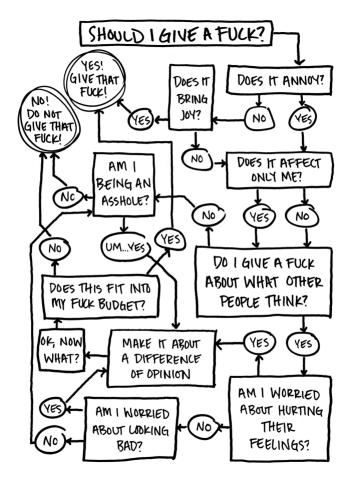


the life-changing magic of NOTGIVING AF*CK

how to stop spending time you don't have with people you don't like doing things you don't want to do sarah knight



THINGS I MAY OR MAY NOT GIVE A FUCK ABOUT

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WORK-RELATED STUFF I MAY OR MAY NOT GIVE A FUCK ABOUT

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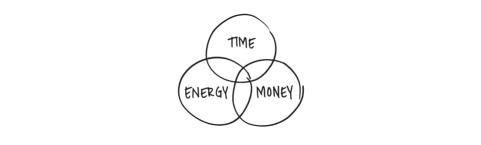
FRIENDS, ACQUAINTANCES, STRANGERS, AND RELATED ITEMS I MAY OR MAY NOT GIVE A FUCK ABOUT

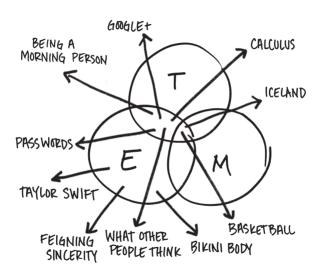
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FAMILY* STUFF I MAY OR MAY NOT GIVE A FUCK ABOUT

(*Including In-Laws)

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THE WEDDING THAT TAKES PLACE OVER A HOLIDAY WEEKEND

HONEST

"WE USUALLY GOTO MIAM! WITH FRIENDS OVER LABOR DAY MAYBE WE COULD BRING THEM TO YOU'R WEDDING INSTEAD? LMKI"

PSVP A SIMPLE NO AND SEND A NICE GIFT.

> "I'M HONORED TO BE INVITED BUT UNFORTUNATELY CAN'T MAKE IT."

. "WOULD YOU CONSIDER CHANGING TO ANOTHER WEEKEND?"

> "I'D LOVE TO COME, BUT I JUST SCHEDULED AN APPENDECTOMY ... IN

ASSHOLE QUADRANT

THE HAMPTONS."

IN MAUL I WISH I COULD DO BOTH!"

"AW, THAT'S OUR TIME-SHARE WEEKEND

THE DESTINATION BACHELOR OR BACHELORETTE PARTY

HONEST

"SOUNDS AWESOME! I'D TOTALLY GO IF SOMEONE ELSE WAS PAYING!" "THANKS SO MUCH FOR THE INVITATION, BUT I JUST CAN'T AFFORD IT."

> RSVP WITH REGRETS, BUT SEND A BOTTLE OF CHAMPAGNE / A STRIPPER TO THE HOTELS.

IMPOUTE

"THE DESERT AIR IS REALLY BAD FOR MY SINUSES, PLUS I DON'T WANT TO GO."

> "I'M ACTUALLY NOT ALLOWED IN CANADA ANYMORE."

ASSHOLE QUADRANT

THE WEDDING WITH SIX THOUSAND "ACTIVITIES"

HONEST

BEG OFF THE ACTIVITIES BECAUSE YOU WANT TO BE "WELL RESTED" FOR THE MAIN EVENT!

MPOLITE

SIGN UP FOR A COUPLE THINGS TO KEEP UP APPEARANCES BUT PLAN ON GETTING FOOD POSONING.

> "PAMPHLET? WHAT PAMPHLET?"

ASSHOLE QUADRANT

MAKE IT A POINT TO TEU, THE BRIDE HON "SPECTACULAR" THE NATURE HIKE WAS... EVEN THOUGH YOU DIDN'T GO.

> SAY THE ACTIVITIES LOOK SO FUN BUT YOUR DOCTOR ADVISED YOU TO "TAKE IT EASY UNTIL YOUR STITCHES COME OUT."

THE MORNING-AFTER BRUNCH

HONEST

- RSVP NO, BUT INSTEAD OF CHECKING THE "NO" BOX, CROSS IT OUT AND WRITE "FUCK BRUNCH."
 - RSVP YES*
 WITH AN ASTERISK
 (*IF IT'S AN OPEN BAR!!!)

DON'T RSVP, BECAUSE YOU MIGHT SHOW UP, AND YOU THINK IT'S BETTER TO EXCEED EXPECTATIONS PSVP NO WITH A LITTLE SAD FACE NEXT TO IT.

POUTE

IMPOUTE

PSVP YES KNOWING THAT YOU HAVE NO INTENTION OF SHOWING UP, AND BLAME IT ON A "MIGRAINE."

ASSHOLE QUADRANT

RSYP NO BECAUSE "THE ONLY FLIGHT OUT IS AT SEVEN" AND IF CAUGHT CHECKING OUT AT 11:59 A.M., SAY IT WAS DELAYED.

TIME I HAVE GAINED BY NOT GIVING A FUCK

GIVING A FUCK		
ACTIVITY	BENEFIT	
Example: Not watching	2 hours	
the VMAs		

ENERGY I HAVE GAINED BY NOT GIVING A FUCK

ACTIVITY	BENEFIT
Example: Not getting wasted at Margarita Monday	The will to live on Tuesday
with coworkers	

ACTIVITY	BENEFIT
Example: Not going to that Vegas bachelor party	\$1,000*

Acknowledgments



I feel lucky to live in an age where the no-fucks-given antics of public figures, as well as the occasional common man, are broadcast far and wide. In no particular order, I would like to thank these members of the Not Giving a Fuck Hall of Fame* for inspiring me every day as I wrote this book:

The Not Giving a Fuck Hall of Fame

October 3, 1992: Sinéad O'Connor rips up a picture of the pope on *Saturday Night Live*.

January 20, 2015: Ruth Bader Ginsburg falls asleep at the State of the Union... because she was drunk.

^{*} Got Hall of Fame submissions of your own? Send them to magicofnotgaf@gmail.com. I love reader mail!

July 25, 1965: Dylan goes electric.

September 13, 2009: "Imma let you finish" at the 2009 MTV Video Music Awards, feat. Kanye West.

February 28, 2011: Charlie Sheen appears on the *Today* show, demands \$3 million per episode of *Two and a Half Men,* and claims to have "tiger blood" DNA.

June 7, 1993: Prince changes his name to an unpronounceable symbol in order to breach his contract with Warner Brothers.

December 15, 2011: RIP Christopher Hitchens, giver of no fucks.

March 10, 2003: Natalie Maines tells an audience in London that the Dixie Chicks "are ashamed that the president of the United States is from Texas."

October 19, 2015: Passenger allegedly strangles a woman on Southwest Airlines for leaning her seat-back on him.*

February 16, 2007: Britney Spears shaves her head, gets tattooed, and one week later attacks a car with an umbrella.

^{*} http://gawker.com/man-allegedly-strangles-woman-over-reclining -seat-1737308260?utm_campaign=socialflow_gawker_facebook&utm_source=gawker_facebook&utm_medium=socialflow.

About the author



Sarah Knight lives in Brooklyn (when it's warm in New York) and the Dominican Republic (when it's not) with her husband and their ill-behaved cat, Doug. In 2015, she

quit her corporate job to go freelance — a move that enabled her to give fewer fucks to winter, meetings, and conference calls, and many more fucks to sunshine and mojitos. An editor, writer, and cum laude graduate of Harvard University ('00), where she was also the first-ever female president of the Hasty Pudding Theatricals, she expects the speaking invitations to start pouring in from her alma mater any day now. Learn more at sarahknightbooks.com or follow her on Twitter and Instagram @MCSnugz.