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### **Book Review - *Everything is F\*cked***

*Everything is F\*cked*, a widely loved and appreciated book is written by Mark Marson stressing the role played by 'hope' in the lives of human beings. Mark Mason is not just an author of remarkable book but also a personal development consultant, blogger, and internet entrepreneur. Due to his affiliation to the field of personal development consultancy he must have more exposure to the people going through different phases of their lives and while trying to help them sort out their lives he must have noticed things which are common in people now a days. Therefore, this book is one of the most realistic and philosophical books addressing the philosophical existence of 'hope' in the lives of human beings. *Everything Is Fc\*ked* examines the concept of hope and how hope lends purpose to the lives of human beings, as well as suggesting a remedy to many of the existential difficulties humans face.

The only thing which takes human beings forward in their lives is hope that lies in their heart and mind, regardless of the situations. However, if the hope seems fading away or humans lose the hope entirely, the entirety and purpose of life seems lost. The moment a person feels hopeless he indulges himself in the never-ending chaos of whether he will ever be able to keep up with the life or he has to spend the rest of his life with the same hopelessness. The hopeless attitude is what holds humans from growing. As mentioned by Mason in his book "We've lost the clear why that drove previous generations" (MANSON). This shows that the reason for the downfall of humans or perhaps the hopelessness of the new generations is just because they do not have purpose to live as they have lost the path which helps in moving

forward in life. When it seems that there is not further purpose of living everything around appear unattractive and useless. Therefore, in order to live a hopeful life one must have purpose in his or her life because that is the only thing which guides humans towards achieving something. Until and unless humans have a reason or purpose to live they always carry this beacon of hope in their lives and never feel hopeless, because during all those times they think of themselves as the most important and purposeful creature in universe. However, as soon as the lose the purpose of the life the realize their insignificant existence in the wide vast universe which ultimately make them feel low of themselves. Therefore, in order to prevent this feeling of hopelessness and despair Mason has suggested a way “Something needs to matter because without something mattering, then there is no reason to go on living. And some form of simple altruism or a reduction in suffering is always our mind’s go-to for making it feel like it’s worth doing it” (MANSON). The thought of having a purpose and certain dimension of life is called as “hope narratives” by Mason. These hope narratives help humans to move forward in their lives without being hopeless.

While talking about the purpose of life and hope to move forward Mason also shares his perspective that self-control is merely an illusion. He expands his idea by describing the two brains and their functionality. Thinking brain and feeling brain are the brains which are supposed to instigate certain response in human beings. Thinking brain is the intellectual and rational brain which helps in reasoning. However, on the contrary, feeling brain is all about emotions, sentiments, and feelings which compels the person to take action accordingly. Therefore, there are possibly two brains in helping humans to decide or even take control of themselves. To maintain a healthy balance it is important for both brains to work together without making one more important or significant than the other. For instance if human beings ignore thinking brain and act according to the feeling brain he would be considered as emotional, impulsive or perhaps selfish. However, if feeling brain is ignored and the

importance is given to thinking brain then human will be more inclined towards being insensitive and it makes person more indifferent to life. As explained by Mason in his book

“Every problem of self-control is not a problem of information or discipline or reason but, rather, of emotion. Self-control is an emotional problem; laziness is an emotional problem; procrastination is an emotional problem; underachievement is an emotional problem; impulsiveness is an emotional problem” (MANSON).

Mason explains that most of the people think self-control is entirely an issue of information or related to thinking brain however, it is not always the thinking brain controlling self-control rather emotional problems occurring in feeling brain are also main reason for failure of self-control. Therefore, it is hard to maintain a healthy balance between both brains which leads to the perception that perhaps self-control is an illusion and not the reality.

Throughout history, philosophers and brilliant minds have emphasized that reason must always take precedence over human desires. Indeed, as Manson points out, both Kant and Freud advocated this position in their writings. After decades of being preached that reason is God, we've come to believe that removing desire equates to removing all feelings. When applied to specific groups of people, the nature of the problem becomes clear. When it comes to food control, for example, obese people are mocked for their lack of it. They are despised by society because they place a low premium on reason (e.g., the belief that eating healthy helps you live longer) and a high premium on want (the compulsion to stop at a fast-food drive-thru whenever you feel like it). According to Manson, our culture has evolved to the point where we are emotional shamers. “We feel that yielding to our emotional desires is a moral transgression. In our society, out-of-control behavior is viewed as a symptom of a poor character. On the other side, individuals who are capable of self-control are admired” (MANSON). Self-control requires more than sheer willpower or excessive rationale. When it

comes to conscious awareness, our thinking and emotional brains are two distinct hemispheres of the brain. Unlike the emotional brain, which is subjective and relative, the thinking brain is objective and factual. When making judgments, it is necessary to use both facets of the conscious mind. Otherwise, we would be either an emotional train wreck that disregards objective reality and indulges every impulsive want without hesitation, or a calm and calculated rationale that disregards objective truth. The Classic Assumption, as defined by Manson, is applicable to all aspect of our life. We've all misjudged the power of our emotions, whether we're Stoics, self-helpers, philosophers, or everyday people. We have all become entangled in the conflict between our analytical and emotional brains. While logical thinking is necessary for certain components of every decision, it cannot be relied upon to make every decision in every case. Due to thousands of years of evolution and natural selection, the ability to feel emotions has endured. Without the ability to feel, we are unable to communicate successfully with others or live meaningful lives.

Manson portrays the eminent scientist in a new and amusing light. The three laws of motion of Newton are well-known. For a time, Manson encourages his readers to assume that we live in a parallel universe where Newton, or "Emo-Newton," as Manson affectionately refers to him, is consumed with researching his own psychological tendencies rather than the natural world. Newton is credited with developing the three laws of motion in this other universe, rather than the three principles of motion. This is how it works:

“For Every Action, There is an Equal and Opposite Emotional Reaction

Our Self-Worth Equals the Sum of Our Emotions Over Time

Your Identity Will Stay Your Identity Until a New Experience Acts Against It” (MANSON).

Disappointingly, our worldview is not always accurate. Everything we've encountered, from childhood through adulthood, has compelled us to form value judgments and narratives about

ourselves in order to navigate the unknown. Manson's third law serves as a sobering reminder that, while beliefs and narratives are necessary, we must spend effort ensuring that they continue to build us up rather than tear us down. Not doom and gloom, but hope and meaning.

*Everything Is Fc\*ked* digs at the meaning of hope and how it lends purpose to people's lives, while also presenting a solution to many of the existential challenges they face. The only thing that keeps individuals moving forward in life, regardless of their circumstances, is the hope they hold in their hearts and thoughts. If, on the other hand, hope appears to be dwindling or humanity have entirely lost hope, the meaning and purpose of life appear to be lost. To live an optimistic life, it is necessary to have a goal in mind, as this is the only thing that pushes individuals to act. Mason argues that while the majority of people believe that self-control is simply a matter of information or is tied to the thinking brain, emotional problems arising in the feeling brain are also a major cause of self-control failure.

Works Cited

Manson, Mark. *Every Thing Is F\*cked: A Book about Hope*. HarperCollins Publishers, 2021.

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