

## I Had to Say it podcast - The Zen of Not Giving a F&%K

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This is another podcast from one of the many podcasts that I like to listen to. This one is from the I Had to Say It podcast.

### The Zen of Not Giving a F&%K

In the world today there is a lot of things that people are miserable about. And most of it is completely irrelevant to their actual lives. Yet we all get so twisted up in other people's garbage that we are ruining our own lives in the process. One of the best ways I have found to deal with it is through a simple approach. I don't give a F&%K. That's it. quick to say and a life time to master. We would all be a lot happier if we learned to just let go of that which truly does not matter.

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