

MORE THAN
10 MILLION
COPIES SOLD
WORLDWIDE

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

Book Key Takeaways

Kaan Demiryurek



Main Idea

Adlerian psychology argues that freedom requires taking responsibility for our choices, separating our tasks from those of others, and letting go of the need for approval. This requires the courage to be disliked.



Purpose Over Past

Etiology (Freudian) looks for past causes. Teleology (Adlerian) looks for what goal our behavior serves. We may use past experiences to protect a current goal, without realizing it. Change begins when we change our goal.



Separation of Tasks

Many interpersonal conflicts begin when we interfere with another person's task or allow them to interfere with ours. Other people's opinions and reactions to our choices belong to them. Our choices belong to us.



Need for Approval

**Seeking approval from
parents, bosses, or society
makes our choices
dependent on their
expectations. We live by
others' standards.**



Feeling of Inferiority

Inferiority can support growth when we compare ourselves with whom we want to become. However, it can become destructive when we turn our lives into a competition with others.



Horizontal Relationships

**Praise and rebuke both place
one person above another.**

**Adler argues for
relationships built on
equality, respect, and
encouragement.**

**Instead of judging people,
recognize their contribution.**



Feeling of Contribution

Contributing to a common good or community is the only thing that can give us true awareness of our worth. Happiness is the feeling of contribution.



Live Here and Now

Life is a series of present moments, closer to a series of small dots rather than a solid line. When we postpone living until some future achievement, the present becomes just preparation. Live each moment seriously.



So What?

**Freedom and happiness
carry the risk of disapproval.
They grow when we accept
that risk, separate our tasks
from others', stop seeking
worth through approval,
contribute to others, and
live fully now, and here.**