

AUDIO LIBRO EN ESPAÑOL

# EL SUTIL ARTE DE QUE TE IMPORTE UN CARAJ

Tres  
millones  
de ejemplares  
vendidos en  
inglés



UN ENFOQUE DISRUPTIVO PARA  
VIVIR UNA BUENA VIDA

## MARK MANSON

INTERPRETADO POR EDUARDO RUALES

### TITLE:

**El sutil arte de que te importe un caraj\* (The Subtle Art of Not Giving a F\*ck)**

### AUTHOR:

**Mark Manson**

### READ BY:

**Eduardo Ruales**

### CLASSIFICATION:

**NONFICTION**

### GENRES:

**Audiobooks in Spanish Language / Nonfiction / Personal Growth / Self-Help**

### LANGUAGE:

**Spanish**

### FORMAT:

**UNABRIDGED**

### RUN TIME:

**6 hours : 19 minutes**

### RELEASE DATE:

**August 24, 2018**

### MEDIA

5 Audio CDs

### ISBN

9781974917150

### PRICE

US \$49.99

## El sutil arte de que te importe un caraj\* (The Subtle Art of Not Giving a F\*ck)

by Mark Manson

Read by Eduardo Ruales

**A refreshing slap for a generation that will teach them  
how to lead contented, grounded lives**

For decades, we've been told that positive thinking is the key to a happy, rich life. "F\*\*k positivity," Mark Manson says. "Let's be honest, shit is f\*\*ked and we have to live with it." In his wildly popular Internet blog, Manson doesn't sugarcoat or equivocate. He tells it like it is—a dose of raw, refreshing, honest truth that is sorely lacking today. The Subtle Art of Not Giving a F\*\*k is his antidote to the coddling let's-all-feel-good mindset that has infected modern society and spoiled a generation, rewarding them with gold medals for just showing up. He argues that improving our lives hinges not on our ability to turn lemons into lemonade but on learning to stomach lemons better. He advises us to get to know our limitations and accept them—because once we embrace our fears, faults, and uncertainties, once we stop running and avoiding and start confronting painful truths, we can begin to find the courage, perseverance, honesty, responsibility, curiosity, and forgiveness we seek.

## AUTHOR

Mark Manson is a blogger, an author, and an entrepreneur. He specializes in writing personal-development advice that doesn't suck. His website MarkManson.net is read by over two million people each month. He lives in New York City.

## READ BY

Eduardo Ruales is a professional voice-over artist with more than twenty years of experience in local and international markets. His voice has been featured on a number of publicity projects for radio, television, and corporate communication, and he is an experienced audiobook narrator. He has recorded material in the United States, Spain, and numerous other countries in Central America, South America, and Europe.