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THE GREEN  
NOTEBOOK



THE PODCAST



*“The things we know about happiness, we’ve known for thousands of years. The things we know about habits and productivity, we’ve mostly known for thousands of years. What changes is when people are ready to hear it.”*

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## MARK MANSON

NYT Bestselling Author of *The Subtle Art of Not Giving a Fuck*, *Everything Is Fucked: A Book About Hope*, and *Will*

Mark Manson, author of [The Subtle Art of Not Giving a F\\*ck](#), joins Joe to discuss the lessons he’s learned about life from spending the last decade giving advice on everything from relationships to resiliency. Joe and Mark talk about happiness, finding purpose, and ways to increase perspective. Mark also shares insights he gained working with Will Smith on his bestselling memoir, [Will](#).

[Click here](#) to listen to the episode

## About Mark

Mark is the three-time #1 New York Times bestselling author of *The Subtle Art of Not Giving a F\*ck*, as well as other titles. His books have sold around 20 million copies, been translated into more than 65 languages, and reached number one in more than a dozen countries. In 2023, a feature film about his life and ideas was released worldwide by Universal Pictures. Check out Mark's Website at <http://www.markmanson.net>

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