

Book Review Competition 2024-25

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Title of the book: The courage to be disliked; **Author:** Ichiro Kishimi and Fumitake Koga

Publication: Allen & Unwin; **Year:** 2013 in Japanese and later in English in 2017

The courage to be disliked is a thought provoking book that explores the concept of Alfred Adler's psychology and its application to modern life. It's a self-help, personal development, philosophy (especially Adlerian psychology) and a non-fiction book.

The book's writing style is unique and engaging, featuring a dialogue format, conversational tone, Socratic method and storytelling. The book presents a dialogue between a philosopher and a young man, exploring Adler's ideas on how to live a fulfilling life, free from the need for approval and validation from others. It delves into topics like self acceptance, relationship and finding meaning in life. This book helps the reader to break free from societal expectations and embrace their uniqueness.

"The courage to be disliked" offers a refreshing perspective on how to live a more authentic and purpose-driven life. The dialogue format makes it engaging and easy to follow, while some ideas may seem counterintuitive at first, they ultimately provide valuable insights into living a more courageous life.

One of the best lines in this book is that "The most important thing is not to be liked by everyone but to be liked by yourself" which ultimately means self-love and self-acceptance. This book is a great read for those looking to challenge their thinking and cultivate a strong sense of self.

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**THE
COURAGE
TO BE DISLIKED**

How to free yourself, change
your life and achieve real
happiness

ICHIRO KISHIMI and FUMITAKE KOGA