

**Po Leung Kuk
Tang Yuk Tien College**

Library

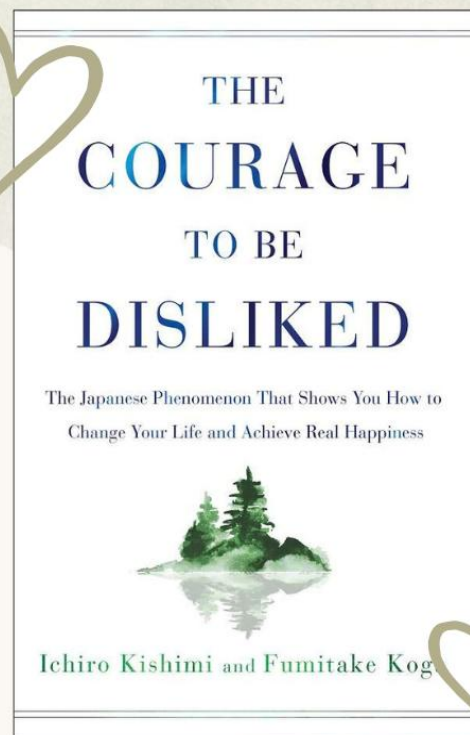
2025-2026

Student's Book Sharing – F.4C

Hu Ying Jia



Name: The Courage to Be Disliked
Author: Ichiro Kishimi



This book uses a simple conversation between a philosopher and a young man to teach Adler psychology. Its main point is most of our stress comes from caring too much about what other people think. The big idea here is separation of tasks: What I do is my job. How people judge me is their job.

Before reading this, I was such a people-pleaser. I'd say yes to plans I didn't even want to join, hold back my opinions just to fit in, and overthink every little comment like crazy. I was always worried people might not like me. But after reading this book, I started to set boundaries and stop overthinking. For example, I used to force myself to hang out just to not let others down. Now, I politely say no if I'm not willing to. And guess what? Nothing bad happened. I just felt way lighter and comfortable.

This book doesn't tell you to be rude. It teaches you to stop living for others' approval. Sometimes you have to be okay with not being everyone's cup of tea. Reading it really opened my eyes. I finally understand that real happiness starts when you stop chasing validation and start being real yourself. If you're tired of overthinking, this book is definitely for you. Thank you.