



# Life is Shit and Then You Die - Living a Carefree Life and Not Giving a Damn

*Ryan Day*

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I have spent almost my entire life – caring far too much about offending people, worrying if I'm cool enough for them, or asking myself if they are judging me.

I can't take it anymore. It's stupid, and it's not good for my well-being. It has made me a punching bag...a scared, nervous wuss. But worse than that, it has made me someone who doesn't take a stand for anything. It has made me someone who stood in the middle, far too often, and not where I cared to stand, for fear of alienating others. No more. Not today.

We're going to talk about the cure. We're going to talk about what's needed to succeed. We're going to talk about the truth – not giving a shit.

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