

# Mark Manson - Build a Better Life

Discover **practical strategies for personal growth, resilience, and fulfillment** with **Mark Manson's Build a Better Life** course. Drawing from **psychology, philosophy, and real-world experience**, this program helps you **redefine success, overcome limiting beliefs, and cultivate lasting happiness**. Learn how to **develop emotional resilience, make better decisions, and focus on what truly matters** in life. Ideal for those seeking **clarity, purpose, and meaningful self-improvement** in a no-nonsense, actionable format.

Build a Better Life, Starting Now

The ***Build a Better Life Course*** will get you to dig deep and really figure out what it is you want in life and then create a system to get you there.

Here's what we'll cover:

- The three human cores of meaning and why all motivation leads back to them
- How to figure out exactly what your ideal life looks like
- Why you fail to break bad habits and/or create good ones
- What simple actions you can take to immediately increase your chances of success
- The (slightly horrifying) exercise that shows you how you're spending your time right now and what you need to change
- How to create an action plan to get off your ass and start working towards your ideal life
- 5 simple exercises to help make sure you actually take action
- The difference between goals and systems and why it matters

The course is made up of a series of written exercises. You can either do them on your computer or you can print out a **really pretty digital workbook** and work through them by hand.

Either way, prepare to get mindfucked.