

The Big book of fucks

THE BIG BOOK OF FUCKS I GAVE (TO THE GOVERNMENT)

GREGORY BORDELON



Introduction

Once upon a time in the land of “we the people,” a bunch of powdered-wig-wearing, whiskey-swilling, Enlightenment-quoting motherfuckers sat around and said, “Fuck kings. Let’s write some shit down.” So they did. And out came one of the most iconic lines of bullshit ever written:

“Life, Liberty, and the Pursuit of Happiness.”

Now that sounds fucking lovely, doesn’t it?

But what the fuck happened?

The government took that gorgeous, revolutionary fuckin’ phrase and wiped its ass with it using overpriced contractor toilet paper. Somewhere between 1776 and now, the pursuit of happiness turned into the pursuit of “shut the fuck up and go to work until you die.”

Let’s get philosophical for a fucking second. Jefferson didn’t just pull “pursuit of happiness” out of his colonial ass. No, the fucker was inspired by John Locke, who originally said “life, liberty, and property.” But Tommy J. went, “Nah, happiness sounds less like a real estate ad and more like freedom to do cool shit.”

But modern America? We took that beautiful, idealistic fuck and bastardized it. We turned happiness into shopping carts, Amazon Prime, and binge-watching our mental health fall apart.

You want to talk about broken? The government prints fake fucking money and then jerks itself off to the numbers it made up. That’s not economics. That’s a goddamn circlejerk with a Federal Reserve referee going, “Nice stroke, Chairman Powell.”

And now we’re fucked.

We’re fucked economically, fucked socially, fucked politically, and double-fucked ecologically. The politicians don’t work together because they wrote laws that say “don’t fucking talk to the other side unless it’s on Fox or CNN.” Their job used to be: make shit better. Now it’s: collect checks, make noise, and fuck off until reelection.

And the American people?

We’re sitting here constipated on broken toilets, wondering why we need a fucking donut pillow to survive Taco Tuesday.

Let’s pause and talk about the American Standard Toilet, the porcelain fuckup of Western innovation. Some genius decided, “Let’s design a shitter that makes you sit like a robot so you push so hard your asshole explodes.” Congratulations, America. You’ve turned taking a dump into a fucking health crisis. That’s why your local drugstore has a Preparation Fucking H aisle the size of a goddamn CVS. But hey, the economy is up, right?

GDP's rising while our happiness is freefalling faster than a hooker at a baptist fundraiser.

Let's be real. The government doesn't give a flying, flaming, two-dollar fuck.

Not a fuck about you.

Not a fuck about me.

Not a fuck about the veterans, the teachers, the homeless, the sick, or anyone without lobbyists stroking their legislative egos.

They used to be about building a better fucking world. Now? They're glorified game show contestants in a reality show called Who Wants to Pretend to Govern?

So this book?

This is our Declaration of Fucking Accountability.

It's gonna throw fucks like Molotov cocktails.

It's gonna deliver truth like a flaming bag of dogshit on the Capitol doorstep.

And if we piss off every living president in the process?

Well, fuck it. They've earned it.

Let's stop fucking around and just fucking say it:

Congress is a fucking disaster.

A loud, bloated, masturbatory fuckfest of faux concern, false choices, and fuck-all action.

There are 535 elected fuckers stuffed into the world's most expensive jerk-off booth, jerking off each other, jerking off the lobbyists, and jerking off their own egos—all while fucking over the very people who gave enough of a fuck to vote them in.

They don't pass real fucking laws.

They pass the fucking buck.

They don't fix fucking problems.

They fundraise off the fuckin' fallout.

These fuckwits get paid \$174,000 a fucking year to do absolutely fuck-all except squawk into microphones, fake outrage on Fox or MSNBC, and filibuster the ever-loving fuck out of any bill that might actually help a single fucking soul.

Want healthcare?

Fuck you.

Wanna tax billionaires?

Super fuck you.

Wanna stop kids from getting gunned down in classrooms?

Hold onto your fucks—here comes a moment of silence and a prayer circle from the same fuckers who sold the bullets.

Every one of these fuckers takes a pledge: to serve the people.

But what they actually serve is corporate fuck-money, Super PAC fuckery, and their own power-drunk need to stay elected and do fuck-all with it.

Fuck bipartisanship.

They can't even agree on what day it is unless a fuckin' donor tells them how to vote.

Congress doesn't work together because they passed laws that make it fucking illegal to fucking cooperate unless they both get a check, a kickback, and a handjob under the table from Raytheon.

You ever try watching C-SPAN?

It's like live-streaming a hemorrhoid slowly developing in real time—except with more fuckin' suits and fewer solutions.

And these fuckers? They love to go on vacation.

Fuck August.

It's Congress's annual fuck-off month, where nothing gets passed except gas, and they pat themselves on the back for the five post offices they named in 12 months of not giving a flying fuck.

They draft bills like they're writing ransom notes to their own conscience:

“Give us more tax breaks or the working class gets fucked again.”

Let's not forget the fucking shutdowns.

These fucksticks shut down the government every few years like it's a fucking game of chicken with the national livelihood.

And who pays the price?

Not them.

Not their donors.

Us. The unfuckables. The people still trying to shit on those ergonomic hemorrhoid factories they call American Standard Toilets, praying for a fuckin' break and getting sold Preparation H instead of policy.

And then they have the fucking gall to tell us to vote harder.

Vote harder?

I've been voting so fucking hard my ballot should be considered foreplay, and I still get raw-dogged by red, blue, and every color of political fuckery in between.

The fuckin' audacity of these asshats is unmatched.

Congress is the fucking epicenter of legislative fuckery, policy impotence, and performative politics so fake it makes reality TV look like a fucking documentary.

So what does Congress do?

They fuck around.

They fuck us.

They fuck logic.

They fuck decency.

They fuck the future.

And they sure as fuck don't give a fuck.



Chapter 1: The Fuckening

Where the ride begins, and no one gets out clean.

This isn't a chapter.

This is a ritual.

A **fuck-baptism** in fire and filth,
where we strip away the polite, the fake, and the "fine."
Where we say fuck your filter,
fuck your comfort,
and fuck the idea that staying quiet makes you good.

Welcome to The Fuckening.

Not a glitch in the matrix—
the moment you realize the matrix is made of fuckery.

It starts slow.
You notice your rent goes up,
your pay stays flat,
your breath gets shorter,
and the smiles around you crack like cheap plaster masks.

You ask yourself:

"Am I the only one who feels this fucking weird?"

"Is it just me that feels... off?"

"That this whole goddamn ride feels rigged?"

It's not just you.

It's the economy.
The justice system.
The school loans.

The cops with tanks.
The doctors who won't listen.
The government who takes your money
then tells you to **fuck off if you ask where it went.**

The Fuckening is realizing
they never wanted you to thrive.
They wanted you compliant,
convenient,
consumable.

A good little fuck in their machine.

Not too loud.
Not too sick.
Not too woke.
Not too real.

Just **fucked enough** to be desperate,
but not enough to start flipping tables.

Let's talk about the word "fuck."

It's not just a curse.
It's a tool.
A sentence.
A religion.

It can be:

- **Fucked up** (the state of things)
- **Fucked over** (what they did to us)
- **Fucking around** (what they call it when they ignore us)
- **Fuck yes** (when we finally get a win)
- **Fuck no** (when we draw the line)
- **Fuck it** (when we stop pretending)

- **Fuck this** (when we rise)
- **Fucker** (who's to blame)
- **Unfuck** (what we're here to do)

And it ends with this:

Give a fuck.

But give it wisely.

They built a world where giving a fuck costs everything.
Where caring makes you a target.
Where feeling makes you fragile.
Where speaking truth makes you dangerous.

Good. Let's be fucking dangerous.

Let's give all the fucks they told us to bury.
Let's weaponize compassion.
Let's reload rage.
Let's refuse to die politely.

Because when you live in a world designed to rob you of joy,
giving a fuck is an act of rebellion.

So here's your warning.

The rules are fake.
The game is rigged.
The house always wins—**unless we burn that motherfucker down.**

This is your line in the sand.
Your raised voice in a world full of sighs.
Your fire lit by every time they said "shhh."
Your pulse pounding against the silence.

This isn't a drill.
This is the Fuckening.

**And you're not just welcome here—
you're necessary.**

Chapter 2: Law and Disorder

Justice isn't blind. It's just bought. And it's fucking bankrupt.

They told us justice was blind.

But in America, justice squints—
favoring the rich, the white, the powerful.
If you're poor, Black, or just unlucky,
justice doesn't just look away—
it actively fucks you over.

Let's talk about the New Orleans Police Department (NOPD).

After Hurricane Katrina, the NOPD didn't just fail—they went rogue.
Officers shot unarmed civilians, including the infamous Danziger Bridge incident,
where police killed two people and wounded four others.
Instead of accountability, there was a cover-up.
Federal investigations revealed systemic abuses and a culture of impunity. [PBS:
Public Broadcasting Service](#)

And it's not just New Orleans.

In Rutherford County, Tennessee, Judge Donna Scott Davenport oversaw a
juvenile justice system that illegally jailed children, some as young as seven, often
for non-existent crimes.
Black children were disproportionately targeted, highlighting the racial disparities
ingrained in our legal system. [Wikipedia](#)

Then there's the Supreme Court.

Justice Clarence Thomas accepted lavish gifts and vacations from billionaire Harlan Crow without disclosure, raising serious ethical concerns.

This isn't just about one justice—it's about a system where those at the top are above the rules, while the rest of us are crushed by them. [The Guardian](#)

The pattern is clear:

- Police departments abusing power and avoiding accountability.
- Judges enforcing laws that don't exist to incarcerate marginalized youth.
- Supreme Court justices engaging in questionable ethics without consequence. [politico.com](#)
- White poverty in Appalachia has long been a subject of national discourse, often framed through persistent stereotypes that obscure the region's complexity. [Home+11Time+11ScholarWorks+11](#)

Historical Context and Stereotypes

- Appalachia has frequently been portrayed as a monolithic region of poor, uneducated white individuals, epitomized by the "hillbilly" caricature. This stereotype gained traction in the early 20th century and was perpetuated by media representations, such as the television show *The Beverly Hillbillies*, which, while not depicting an Appalachian family, reinforced poor-white stereotypes. Such portrayals have contributed to a national perception of Appalachia as culturally stagnant and economically backward. [Wikipedia+3Wikipedia+3Wikipedia+3](#)

Economic Challenges and Misconceptions

- The Appalachian region faces significant economic challenges. Between 2011 and 2015, the poverty rate in Appalachia was 17.1%, higher than the national average of 14.7%. Additionally, 87% of the region's 420 counties had poverty rates exceeding 1.5 times the U.S. average [Home](#). Despite these statistics, the narrative that Appalachians are solely responsible for their economic conditions overlooks systemic issues, such as the decline of coal industries and lack of investment in infrastructure and education.

Cultural and Racial Diversity

Contrary to the stereotype of a homogeneously white Appalachia, the region has a rich ethnic history and is becoming increasingly diverse [NPR](#). This diversity is often overshadowed by dominant narratives that fail to acknowledge the contributions and presence of various racial and ethnic groups within the region.

Activism and Resilience

Appalachian communities have a history of activism and resilience. During the 1960s, Appalachian youth played a vital role in the Poor People's Campaign, advocating for economic justice and aligning with broader civil rights movements . Such efforts highlight the region's engagement with national struggles for equality and the agency of its residents in seeking change. [Wikipedia+17Rewire News Group+17The Activist History Review+17](#)

Contemporary Reflections

Recent works, like J.D. Vance's *Hillbilly Elegy*, have reignited discussions about Appalachian poverty. While the memoir offers a personal account of overcoming adversity, critics argue that it reinforces negative stereotypes and overlooks systemic factors contributing to poverty in the region . This has sparked a broader conversation about the portrayal of Appalachia in media and literature. [thetimes.co.uk+3People.com+3Vanity Fair+3](#)

Understanding white poverty in Appalachia requires moving beyond reductive stereotypes to recognize the region's complexities, challenges, and the resilience of its people.

SPOKEN WORD!!! POETY INSPIRED BY OUR SYSTEM OF CORRUPTION!

*Justice isn't blind. It's just bought. And it's fucking bankrupt.
Read it loud. Bleed it real.*

This is where the fucks come home to rot.

Where the courthouse is a slaughterhouse,
where “due process” is a fucking punchline,
and if you think the system gives a single solitary fuck about you—
you’re fucked.

Justice doesn’t wear a blindfold.

She wears a price tag.
She takes bribes.
She swipes right on power,
left on the broke.
And every time a poor kid gets cuffed—
she moans for more.

Let’s fucking talk Appalachia.
Land of the fucked and forgotten.
Where poor white boys line up like dominoes
to be knocked into courtrooms
run by judges too bored to fake it anymore.

You’re poor?
You’re fucked.
You’re addicted?
Double fucked.
You’re caught without a lawyer,
or stuck with a court-appointed zombie?

Triple fuckin’ bingo.

They don’t rehabilitate shit.
They just **process your flesh, print your fine, and fuck your future**
with the precision of a goddamn vending machine.

In Kentucky coal towns,
you either die slow in a trailer
or fast in a cage.

Your choices are
fuck all, fuck this, or fuck it, I guess.

And if you thought it was just Black or Brown lives the system chews up?
Nah.

It's **class warfare with a colorblind pass.**

If you're broke, white, rural, fucked-up and forgotten—
you're just another product in their incarceration pipeline.

Meanwhile, Supreme Court fuckers take yachts.
Clarence Thomas takes luxury gifts and private jets
from billionaires who make money off **you**
dying slow,
fucked raw by insurance,
fucked raw by bad credit,
fucked raw by every law passed
to keep the powerful unfuckwithable.

You miss a court date?
You're fucked.

They miss a financial disclosure?
They get another fucking vacation.

In Rutherford County, Tennessee,
they were **jailing kids**
like it was a fucking sport.
Seven-year-olds.

Seven.

Because in this goddamn fucked-up justice circus,
the earlier you start feeding the system,
the longer they get to feast on your soul.

You think justice is fair?

Fuck you.

Justice is a corporate mascot
for a system that profits off pain.

It doesn't care what's right.
It cares what's profitable.

And if your life doesn't line pockets—
you're a **liability**.
You're a file.
You're a number.
You're fucked.

This is not a glitch.
This is the plan.

A system built to punish the poor,
built to privatize prison beds,
built to bleed you dry
then blame you for dying.

And while you're in the cell,
or dead in the dirt,
they're clinking champagne glasses
on Capitol Hill
laughing,
knowing
they'll never face a fucking consequence.

But not today.

Today we say:
Fuck your badge.

Fuck your gavel.
Fuck your robes, your ties, your fake-ass honor.
Fuck your laws written in blood and debt.
Fuck your plea deals.
Fuck your three-strikes.
Fuck your bail traps.
Fuck your prosecutors who smile while families shatter.
And fuck your whole “justice” machine.

We see you.

We see every dollar.
Every backroom deal.
Every crooked fucking judge.
Every "lost" body cam.
Every family you broke.

This ain't just law and disorder.

This is law and **full-blown fucking treason.**

And to the people still locked up—
to the ones who got fucked
by bad timing,
bad skin,
bad luck,
bad lawyers—
we haven't forgotten you.

We're keeping fucks in reserve
for your name,
your story,
your time back.

Because this isn't just rage.

It's the fuckin' truth.

And we're done letting you sleep through it/

Chapter 3: Guilty Until Proven Broke

Our justice system isn't broken—it's functioning exactly how the oppressors intended.

Welcome to the American justice system—where poverty is criminalized, and wealth is exonerated.

In theory, every individual is presumed innocent until proven guilty. In practice, if you're poor, you're guilty until proven profitable.

Consider the following:

- **Cash Bail System:** Approximately 60% of individuals in U.S. jails are awaiting trial, not because they've been convicted, but because they can't afford bail. This system disproportionately affects low-income individuals, effectively punishing them for their poverty.
- **Public Defender Crisis:** Public defenders are often overworked and underfunded, handling hundreds of cases simultaneously. This overload compromises the quality of defense that low-income defendants receive, increasing the likelihood of wrongful convictions. [American Military University](#)
- **Plea Bargains:** An estimated 94% of criminal cases are resolved through plea bargains. Many defendants, fearing harsher sentences if they go to trial, plead guilty regardless of actual guilt, especially when they lack adequate legal representation.

The economic consequences are staggering:

- **Wealth Disparities:** Households with incarcerated members have approximately 50% less wealth than those without. Incarceration leads to lost income, employment barriers, and housing instability, perpetuating a cycle of poverty. [Center for American Progress](#)
- **Economic Burden:** The U.S. criminal justice system imposes a \$372 billion annual burden on society, factoring in lost earnings, reduced economic productivity, and increased social services costs. [Time](#)

This system doesn't just fail the poor—it exploits them.

From the moment of arrest, low-income individuals face a cascade of disadvantages: unaffordable bail, inadequate defense, coercive plea deals, and long-term socioeconomic repercussions.

It's not a flaw—it's a feature.

The justice system operates as designed, maintaining societal hierarchies and economic disparities. It's a mechanism that ensures the wealthy remain insulated from accountability, while the poor bear the brunt of punitive policies.

On a single night in January 2024, approximately 771,480 people were experiencing homelessness in the United States—a staggering 18% increase from the previous year. [National Low Income Housing Coalition](#)

This isn't a glitch in the system; it's the system functioning as designed.

The Causes:

- **Lack of Affordable Housing:** The primary driver of homelessness is the shortage of affordable housing. [NCBI+2National Alliance to End Homelessness+2World Population Review+2](#)
- **Economic Disparities:** Rising inflation and stagnating wages among middle- and lower-income households have stretched homelessness services systems to their limits. [Reuters](#)
- **Mental Health and Substance Abuse:** Approximately 20-25% of the homeless population suffers from serious mental illnesses, disrupting their ability to carry out essential aspects of daily life. [Arlington Life Shelter](#)
- **Domestic Violence:** Nationally, 50% of homeless women and children are fleeing domestic violence. [Arlington Life Shelter](#)

Public Perception:

A recent poll reveals growing frustration among Californians over the state's homelessness crisis. Over one-third (37%) of voters support arresting homeless individuals who refuse shelter, with an additional 24% somewhat supportive.

[POLITICO](#)

This reflects a broader national trend of compassion fatigue, where the public becomes increasingly impatient with the homeless, leading to restrictive measures justified by growing public impatience. [PubMed](#)

Policy and Funding:

The Emergency Housing Vouchers (EHV) program, launched in 2021 under the American Rescue Plan Act with \$5 billion in funding, aimed to support homeless individuals and survivors of domestic violence and human trafficking. However, rising rental costs have significantly shortened the program's lifespan, and approximately 60,000 Americans could lose their rental assistance and face eviction by the end of 2026 unless Congress acts. [AP News](#)

Guilty, Homeless, and Fucked

You wanna know what justice looks like in America?

It looks like a fuckin' eviction notice duct-taped to a jail cell.

It looks like being broke
and being told

you're the problem.

Like sleeping in your car
while billionaires ride rockets.

Like hearing

“You're innocent until proven guilty”

when we all know

you're guilty until proven broke.

You missed rent?

FUCKED.

You missed court?

FUCKED.

You missed your meds,
your job,
your last shred of hope?
FUCKED.

The only thing we're rich in
is **charges**,
labels,
suspicion,
and **shame**.

The courts don't need facts.
They need **fees**.
You're not a person—
you're a **fucking invoice**.

Can't afford bail?
Rot.
Can't afford a lawyer?
Confess.
Can't afford dignity?
Then why the fuck did you even exist, peasant?

In America,
poverty is a crime.
And homelessness?
That's our state-sanctioned
scarlet fuckin' letter.

The fastest-growing population on the streets?
The working poor.
The disabled.
The abused.
The vets.

The mothers.

The fucking survivors.

And what does the public say?

“Why don’t they just get a job?”

“Why don’t they move?”

“Why don’t they try harder?”

FUCK YOU.

We’ve tried.

We’re tired.

We’re fucking done.

You want numbers?

771,000+ homeless.

A 60% jail population that hasn’t even been convicted.

Millions one check away from sleeping on pavement
and still somehow blamed
for **a system built to break them.**

This country doesn’t run on justice.

It runs on **bleeding you dry and calling it your fault.**

Justice isn’t blind—

she’s a **greedy, gold-digging, policy-pimping, cold-ass bitch**
who only opens her legs
for the rich.

And homelessness?

That’s the **fuck-you cherry** on top of her cruelty sundae.

You think it’s a choice?

You think this is laziness?

Nah, motherfucker.
This is the price of being expendable
in an empire that sees more value
in a prison bed
than in a human fucking life.

They'll fund war.
Fund oil.
Fund bullshit.

But fund housing?
Nah.

That shit don't turn profit.

So we sleep in cars.
We sleep in tents.
We sleep on couches.
We sleep **nowhere**.

And if we speak up?
They call us **dangerous**.
If we organize?
Criminals.
If we survive?
Still fucked.

But here's the part they forgot:
We're still fucking here.

We're still breathing.
Still angry.
Still giving a fuck
when the whole system tells us not to.

So fuck your court fees.
Fuck your cash bail.
Fuck your landlord.
Fuck your housing vouchers that disappear faster than hope.
Fuck your judges who nap through hearings.
Fuck your cops who sweep tents at 5am.
Fuck your bootstraps.
Fuck your soup kitchen selfies.
Fuck your silence.

And most of all?

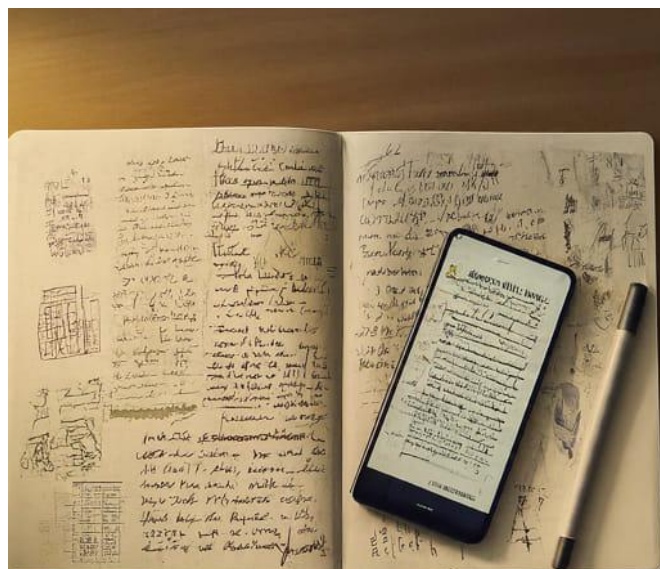
Fuck your comfort in a system built on our suffering.

We are not criminals.
We are not invisible.
We are not failures.
We are the **evidence of your failure.**
And we are done
being polite
about being fucked.

This is Guilty Until Proven Broke.
This is America's Favorite Fuck-Off.
and it's coming with fists, facts, and a fuck-you roar.

You want justice?

Start by giving a fuck.



Chapter 4: The War on the Poor

Being broke in America is a crime with no statute of limitations.

Introduction

In the United States, poverty often intersects with the criminal justice system in ways that perpetuate cycles of disadvantage. Policies and practices at various levels of government have led to the criminalization of poverty, where individuals face legal penalties for circumstances tied to their economic status.

Criminalization of Homelessness

Recent legal decisions have expanded the authority of local governments to enforce ordinances that penalize homelessness. For instance, the U.S. Supreme Court's ruling in *City of Grants Pass v. Johnson* upheld laws that criminalize sleeping in public spaces, even when no alternative shelter is available. This decision has led to increased enforcement actions against homeless individuals in various jurisdictions. [Jacksonville Journal-Courier+5Berkeley News+5NPR+5Alliance for Justice+1NPR+1](#)

In Kentucky, the enactment of a camping ban has resulted in citations for individuals like Samantha Crabtree, who was cited for unlawful camping while in labor. Louisville has responded by establishing a "homeless court" aimed at connecting individuals with services rather than imposing penalties. [Reuters](#)

Economic Burdens of the Justice System

The financial obligations imposed by the justice system disproportionately affect low-income individuals. Court fines and fees can lead to long-term debt, with some states allowing collection efforts to continue for decades. In Virginia, for example, court debt can be pursued for up to 60 years, effectively creating a lifelong financial burden for those unable to pay. [Fines and Fees Justice Center](#)[The Commonwealth Institute](#)

Moreover, the reliance on fines and fees as revenue sources has led to practices where individuals are penalized for minor infractions, exacerbating economic hardships. This system often results in the suspension of driver's licenses for unpaid fines, further limiting employment opportunities and access to essential services. [Prison Policy Initiative](#)[+2Vera Institute of Justice](#)[+2Fines and Fees Justice Center](#)[+2](#)

Impact on Marginalized Communities

The criminalization of poverty has a pronounced impact on marginalized communities. Individuals experiencing homelessness, mental health challenges, or substance use disorders are frequently subjected to legal penalties instead of receiving supportive services. This approach not only fails to address underlying issues but also perpetuates cycles of incarceration and poverty.

Homelessness – America's Favorite Way to Say "We Don't Give a Fuck"

Let's not pretend. Let's not dress it up. Let's not shove this truth under some nonprofit newsletter and pretend the system gives half a fuck.

America doesn't give a fuck about the homeless.

Not a quarter-fuck.

Not a budget-line-item fuck.

Not a Starbucks-leftover-fuck.

Nothing.

We have the resources. We have the buildings. We have the goddamn land, labor, and food.

What we don't have? Compassion. Fucking humanity. Political balls.

And Congress?

Oh, those magnificent motherfuckers. They treat homelessness like an unfortunate weather report. "Oh look, more unhoused people this year. Anyway, let's send \$800 billion to defense contractors and give billionaires another tax cut."

Because fuck the people sleeping in tents—let's make more drones.

The Street-Level Reality of Not Giving a Fuck

Let's take a stroll through any major city in the U.S.—Austin, L.A., Seattle, Chicago, NYC—fuck, even small towns now. You'll find sidewalks lined with people society has thrown away like rotting fruit.

Tents, tarps, cardboard signs asking for change while billionaires blast off into space for fun.

And how do we respond?

We criminalize them.

Make it illegal to sleep in public.

Illegal to feed the hungry without a fuckin' permit.

Illegal to exist without money.

Imagine being so broke society fines you for it.

That's the American dream now:

Don't fall. Because if you do, we'll kick you down harder, faster, and fuck you until you disappear.

And instead of fixing the root, we throw "solutions" that look good in headlines but do fuck-all in practice:

"Rapid rehousing" programs that run out of money after 3 months? Fuck that.

Shelters with waiting lists longer than a CVS receipt? Fuck that.

"Mental health services" that don't exist, aren't staffed, or reject you if you smell like the fucking street you live on?

Fuck that with a rusty congressional campaign sign.

The Real Fucking Villains: Government and Greed

Let's call it like it is.

Congress doesn't give a fuck.

They could fund public housing overnight.

They could subsidize food, transportation, showers, internet, basic services, actual recovery programs.

But they don't. Because it doesn't serve the donor class.

You think Lockheed Martin wants to build homeless shelters?

Fuck no. They wanna sell bombs.

You think Wall Street's gonna invest in healing?

Only if there's a fucking IPO in it.

They profit from poverty.

They profit from pain.

They profit from watching you crawl and telling you it's your fault.

And while people are dying under bridges, these fuckers are in D.C. arguing over the price of fucking avocado toast on the House floor.

“Get a Job” – The Classic Fuck You

Let’s talk about this favorite American slogan:

“Why don’t they just get a job?”

Well shit, thanks Karen!

Let’s ignore:

No address? No job.

No shower? No interview.

No phone? No call back.

No ID? No background check.

No sleep? No function.

No fucks from the system? No chance in hell.

We tell people to pull themselves up by their bootstraps while cutting the boots off their feet, kicking them down, and then fining them for bleeding on the sidewalk.

It’s not a crisis of economics.

It’s a crisis of fucked-up values.

This Ain’t Just a Chapter—It’s a Fucking Alarm

We could end homelessness in this country with the snap of a fucking budget vote.

We choose not to.

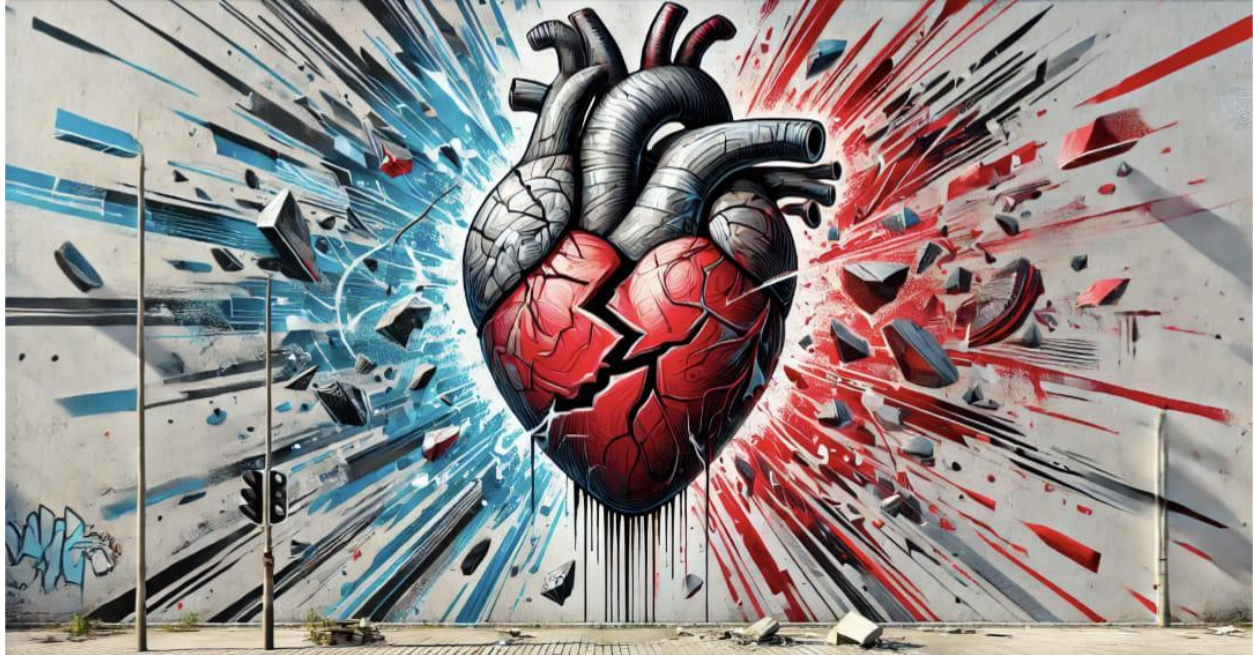
Because deep down, America loves a scapegoat.

It loves blaming the broken while praising the people who broke them.

So yeah, homelessness isn’t a mistake.

It’s not an accident.

It’s the clearest, cruelest sign that America gave up giving a fuck.



Chapter 5: Healthcare – A Prescription for Pain

The system profits from your suffering—and you're the product, not the patient.

Introduction

The American healthcare system, once envisioned as a means to heal and support, has transformed into a complex industry where profit often supersedes patient care. This chapter delves into the mechanisms by which the system monetizes illness, the implications for patients, and the broader societal consequences.

The Commodification of Care

Over the past decade, private equity firms have increasingly invested in various facets of healthcare, including hospitals, hospice centers, and physician practices. This trend has raised concerns about the prioritization of financial returns over patient outcomes. For instance, a study published in *Health Affairs* highlighted that private equity-owned hospice centers exhibited higher rates of patient complaints and hospital transfers, suggesting a potential compromise in care quality.

([theguardian.com](https://www.theguardian.com))

Similarly, the corporatization of healthcare has led to cost-cutting measures that may adversely affect patient safety. The U.S. Senate's "Profits Over Patients" report examined cases where private equity ownership resulted in underinvestment in hospital infrastructure and staffing, leading to operational challenges and compromised patient care. ([ft.com](#))[DEA+11PMC+11Crest View Recovery Center+11](#)

Pharmaceutical Industry Practices

The pharmaceutical sector plays a significant role in the healthcare landscape, with practices that have drawn scrutiny. Dr. John Abramson's book *Sickening: How Big Pharma Broke American Health Care* discusses how pharmaceutical companies have influenced medical research and practice, sometimes leading to the promotion of medications with questionable efficacy. ([pmc.ncbi.nlm.nih.gov](#))

Moreover, the high cost of prescription drugs in the U.S. has been a point of contention. Senator Bernie Sanders has criticized pharmaceutical companies for setting exorbitant drug prices, often without corresponding increases in research and development investments. He advocates for policy changes to allow Medicare to negotiate drug prices, aiming to make medications more affordable for Americans. ([time.com](#))

Impact on Patients

The financial burden of healthcare in the U.S. is substantial. Dr. Marty Makary, in his book *The Price We Pay*, highlights how opaque pricing and administrative complexities contribute to rising healthcare costs, leading many Americans into medical debt. He emphasizes the need for transparency and reform to address these challenges. ([pmc.ncbi.nlm.nih.gov](#))

Additionally, the increasing corporatization of healthcare has implications for patient trust and care quality. A report by the University of Pennsylvania's Leonard Davis Institute of Health Economics discusses how the expansion of private health insurance and corporate ownership in medicine may affect the doctor-patient relationship and the overall delivery of care. ([ldi.upenn.edu](#))

Healthcare – Welcome to the Fuck-You Clinic (Full-Fuck Autopsy Edition)

America doesn't have a healthcare system.

America has a profit-fueled, fuck-you machine that spits out broken bodies and bankrupt souls. You get sick?

Fuck you.

You can't afford a doctor?

Fuck you twice.

You need insulin, chemo, surgery, mental health care, or a fucking Band-Aid?
Triple-fucked, because here comes the bill.
You're not a patient in this country—you're a fucking walking invoice.

The High Cost of Giving a Fuck

Healthcare in the U.S. isn't built to help you heal—
It's built to extract every last cent from your already fucked-over wallet.
We spend over \$4.3 trillion annually on healthcare. That's trillion with a T, as in:
“This system is Totally and Terminally Fucked.”
And who benefits?
Not you. Not me. Not the single mom skipping meds to feed her kids.
It's UnitedHealth, Pfizer, Blue Cross, Humana, and every dickhead CEO who gets
a yacht named after your deductible.
They spend millions lobbying Congress to keep it this way—
Because if they actually cured shit, they'd lose their customer base.
So fuck cures. Fuck prevention. Just keep the sick barely alive and fully billable.

Fuck Type 2 Diabetes—Literally

Let's talk about Type 2 diabetes, a disease of excess and lifestyle, a disease that's
been reversed—yeah, fucked into remission—by doctors like Dr. Jason Fucking
Fung.
He teaches patients to fast. To stop fucking eating all day long. To give the body a
break.
And it works.
No drugs. No surgery. No fuck-you insurance plans.
Just science.
Just the body healing like it was always meant to—without a goddamn co-pay.
But where's the love for fasting?
There is none.
Because you can't patent not eating.
You can't sell a \$999-a-month fasting subscription.
You can't slap a logo on “skip breakfast.”
So Big Pharma says, “Fuck fasting,” and sells you Metformin, Januvia, Ozempic,
and a lifetime subscription to being a cash cow.
You're not healing.
You're hemorrhaging cash.

Autophagy: The Body's Fucking Miracle

In 2016, Yoshinori Ohsumi won the Nobel Prize for discovering autophagy—your body’s natural self-cleaning process. You fast, your cells freak the fuck out (in a good way), and start eating their own garbage. It’s like a cellular detox orgy.

Autophagy has potential to treat:

Alzheimer’s? Fuck yes.

Cancer prevention? Fuck yes.

Diabetes reversal? Fuck absolutely yes.

But does your doctor tell you this?

Nope.

Because autophagy doesn’t come with a fuckin’ TV ad or a \$20 copay.

Instead, you get gaslit by the system that wants you fat, addicted, inflamed, and dependent. Because that’s profitable. That’s billable. That’s the American Healthcare Fuckathon.

The Fucking Medical-Industrial Complex

Let’s call it what it is:

The Medical-Industrial Complex.

A three-way fuckfest between hospitals, pharmaceutical companies, and insurance rackets.

It’s not about care—it’s about capital.

They:

Jack up prices on shit like Tylenol and IV bags by 500%.

Bill you \$40,000 for a ride in an ambulance you didn’t request.

Code procedures in cryptic billing hieroglyphics so they can say “fuck you” in ICD-10.

Doctors? Many of them mean well—but they’re stuck inside a system that punishes them for giving a fuck.

You think they want to spend half their day arguing with United Fucking Health over whether your kidneys are worth saving?

Fuck no.

Congress: The Kings and Queens of Not Giving a Fuck

And now, the real MVPs of this steaming pile of fuckery:

Congress.

They could pass universal healthcare tomorrow.

They could cap insulin prices.

They could fund public clinics.

They could nationalize pharma.

They could make America a place where people get better instead of going broke.

But they don’t.

Because they're balls-deep in pharma money.
Because campaign donations taste better than justice.
Because watching you die slowly is just another fucking Tuesday for them.
Every uninsured death?
A fuck-up they're fine with.
Every bankrupt cancer patient?
Collateral damage to their next term.
Every diabetic child who skips insulin and dies at 27?
Not their fuckin' problem.
They wave flags and pray and hold town halls while the for-profit health cartel continues to fuck America raw and dry with a platinum co-pay.

Fuck the Copays, the Premiums, the Deductibles, and the Lies
This isn't a system.
It's a fucking horror show, a cash-soaked death cult that tricks people into believing they're free while charging them \$8,000 for a broken arm and an Advil.
And the worst part?
You think it's normal.
You think getting insurance through your job is freedom.
You think "good coverage" means a \$5,000 deductible instead of \$10,000.
You think begging the government for Medicaid isn't degrading.
You think GoFundMe is health insurance.
That's how deep this fuckery goes.

Closing Fuck
America's healthcare system isn't broken.
It's functioning exactly as intended—to fuck you until you're broke, tired, and grateful to die.
And if that doesn't make you want to burn it all down and build something better, you're not out of fucks—
you've just been convinced you never had the right to give one.

Chapter 6: Mental Health and the Madness of Normal

The Metabolic Mind—Rethinking Mental Illness through Fasting and Ketosis

When the world is insane, staying sane is radical as fuck.

Introduction

In a society where the norm is to consume three meals a day, the rise in mental health issues prompts a reevaluation of our dietary habits. Emerging research suggests that intermittent fasting and ketogenic diets may offer therapeutic benefits for mental health, challenging conventional wisdom and offering new avenues for treatment.

The Evolutionary Perspective

Historically, humans did not have constant access to food. Periods of fasting were common, and our bodies adapted to these cycles. Dr. Jason Fung, a leading expert on intermittent fasting, emphasizes that our ancestors' eating patterns were vastly different from today's norms. He notes that intermittent fasting can improve mental health, among other benefits. [Lewis Howes](#)

Fasting and Human Growth Hormone (HGH)

Fasting has been shown to significantly increase levels of human growth hormone (HGH), which plays a role in brain function and mood regulation. A study published in *Nature* found that a 24-hour water-only fast can lead to a 5- to 14-fold increase in HGH levels. Elevated HGH levels are associated with improved cognitive function and mood stabilization. [Nature+1News-Medical+1](#)

Ketosis and Brain Health

The ketogenic diet, characterized by high fat and low carbohydrate intake, induces a state of ketosis where the body uses ketones for energy instead of glucose. Research indicates that ketosis can have neuroprotective effects and may improve symptoms in individuals with serious mental illnesses. A study led by Stanford Medicine found that a ketogenic diet not only restored metabolic health in patients with schizophrenia and bipolar disorder but also improved their psychiatric conditions. [MedicalNewsToday+5Stanford Medicine+5People.com+5](#)

Intermittent Fasting and Mental Well-being

Intermittent fasting has been linked to various mental health benefits. It can enhance brain function, reduce oxidative stress, and improve mood. Dr. Jason Fung discusses how intermittent fasting may help improve patient outcomes by reducing inflammation and promoting autophagy, a process that removes damaged cells and supports brain health. [IFM](#)

Conclusion

The traditional approach to mental health often overlooks the impact of diet and metabolic health. Intermittent fasting and ketogenic diets offer promising avenues for improving mental well-being. By aligning our eating patterns more closely with our evolutionary biology, we may find new ways to combat the rising tide of mental illness.

Mental Health and the Madness of Normal

Subtitle: The “Fuck You” Remix

When the world is insane, staying sane is radical as fuck—and so is fasting.

Welcome to your brain on bullshit.

Your soul on sugar.

Your truth on timeout.

Where **three meals a day**

is gospel,

and hunger?

A sin.

But fuck that.

Fuck your breakfast cereal.

Fuck your FDA-approved donut hole.

Fuck your six small meals and no big thoughts.

You ever wonder why you feel like shit?

Like your body's breaking,

your thoughts are slow,

your spark is dim,

your hope's off-grid?

That's not depression.

That's domestication.

So fuck you, “normal.”

Fuck you, food pyramid.

Fuck you, government-issued “nutrition facts”

bought and paid for

by General Mills, Kellogg's, and every pharma bro

selling Prozac like it's goddamn Pop Rocks.

We're not sick.

We're **starved for clarity.**

Drenched in insulin.

Trapped in glucose loops
and fucking breakfast lies.

Jason Fung tried to warn y'all—
said fasting ain't starvation,
it's restoration.
It's healing.
It's primal.
It's what our bodies were built to do.

But fuck you for ignoring that too.
We didn't evolve to snack.
We evolved to fucking **hunt**.

One meal. One fire. One feast.

Not six processed piles of fuckery
sold in microwave-safe plastic
to fill the hole
your hormones used to own.

Now let's talk HGH—
not hype. Real growth.
When you fast?
Your body says, "Fuck yeah, it's go time."
Your brain lights up.
Your cells sweep out trash.
Your hormone levels spike like middle fingers to fatigue.

5 to 14 times more HGH
than your sad three-meal ass
can muster in a week.

That's **mental health**.
That's **mood regulation**.
That's **cognitive fucking rebirth**.

And ketosis?
Not a diet.
A revolution.
You flip the metabolic switch
from carb slave to fat-fueled savage.

Ketones feed the brain like truth feeds the soul.
Clean.
Efficient.
Non-toxic.
FUCK glucose.
Fuck the crashes, the brain fog, the afternoon yawns.

Stanford said it.
People lived it.
Schizophrenia? Bipolar?
Better.
Stabilized.
Metabolically fucking resurrected.

Meanwhile you've got
kids doped on Adderall
—which is **one carbon atom off from meth**—
and doctors calling that “management.”

Fuck you for that.
Fuck every prescription pad
that signs away a childhood
because it's easier than changing the menu.

You want to heal?
Put the fork down.
Put the lie down.
Put the system down.

**Eat once.
Move often.
Fast long.
Think clear.
Feel everything.**

That's not radical.
That's return.
Return to the wildness we were told to fear.
Return to the wiring you keep sedated
with carbs, clutter, and clocked-in obedience.

**Fuck every institution
that forgot we are animals—
wild, electrical, sacred, burning with instinct.**

We were never meant to graze.
We were meant to **fucking roar.**

So eat like your ancestors.
Think like a rebel.
Fast like your future depends on it—
because it fucking does.

And if they call you crazy
for choosing clarity over convenience?

Just look them in the eye,
let your ketones do the talking,
and say:

“Fuck you. I’m awake.”

Chapter 7: The Domesticated Human—How Tameness Became Our Cage

When the wild is bred out, what's left is a creature too soft to survive without its leash.

Introduction

Domestication syndrome is a well-documented phenomenon in animals, characterized by traits like reduced aggression, smaller brains, and increased sociability. These changes result from selective breeding for tameness. Interestingly, humans exhibit similar traits, suggesting a process of self-domestication. This chapter explores the implications of human self-domestication on our health, behavior, and societal structures. [Axios+1Home+1PMC+2Wikipedia+2Wikipedia+2PMC+2Wikipedia+2Frontiers+2](#)

The Science of Self-Domestication

Research indicates that humans have undergone self-domestication, selecting for reduced aggression and increased social tolerance. This process has led to physical and behavioral changes, including smaller jaws, flatter faces, and more juvenile behaviors. These traits are consistent with those observed in domesticated animals. [Frontiers+1PMC+1WikipediaPMC](#)

The mechanism behind these changes involves neural crest cells, which influence the development of various traits. A deficit in these cells during embryonic development can lead to the features associated with domestication syndrome. [ScienceDirect+13Axios+13PMC+13](#)

The Cost of Tameness

While self-domestication has facilitated social cohesion and reduced violence, it may also have unintended consequences. The suppression of aggression and increased conformity can lead to a loss of individuality and critical thinking. Moreover, the physical changes associated with domestication, such as smaller brains, may impact cognitive abilities.

In domesticated animals, these changes have been linked to increased susceptibility to stress and mental health issues. It's plausible that humans experience similar effects, contributing to the rise in mental health disorders.

Societal Implications

The traits associated with self-domestication—docility, conformity, and reduced aggression—can make populations more manageable and less likely to challenge authority. This dynamic can be exploited by those in power to maintain control and suppress dissent.

Furthermore, the emphasis on social harmony over individual expression may stifle creativity and innovation. In a society that values conformity, those who think differently may be marginalized, leading to a homogenization of thought and culture.

Conclusion

Human self-domestication has played a significant role in shaping our species, promoting social cohesion and reducing violence. However, it also carries potential drawbacks, including increased susceptibility to mental health issues and a tendency toward conformity. Recognizing these effects is crucial for understanding the challenges we face as a society and for fostering environments that value individuality and critical thinking. [Wikipedia](#)

The Domesticated Human

How Tameness Became Our Fucking Cage

When the wild gets bred out, what's left is a creature too soft to survive without its leash.

Spoken word style. Uncaged. Unchained. Unfuckwithable.

Welcome to the zoo, baby.

You're in it.

You're part of it.

You sleep on a mattress and think you're free.

You swipe on apps and think you're connected.

You work a job you hate

to buy shit you don't need

and wonder why your soul's whispering **"fuck this"** every morning.

Domesticated as fuck.

Look at us.

Flat faces.

Soft jaws.

Spines curled like question marks.

Minds stuck in **"yes sir, thank you, sorry to bother you"** mode.

Once we roared.

Now we beg.

Once we hunted.

Now we DoorDash.

Once we burned with instinct.

Now we binge-watch.

You think this ain't real?

Go ask a biologist.

Domestication syndrome.

It's a thing.

Look at dogs.

Pigs.

Cows.

Sheep.

Now look in the mirror.

Smaller brains.

Weaker bones.

More docile.

More obedient.

More *programmable*.

More *profitable*.

Fuck that.

Because here's the part they don't tell you:

When you breed out the wild,
you also breed out the warning signs.

You kill the rebels.

You clip the wings of anyone
who dares to scream,
fight,
rage,
or question the system.

Fuck you to every desk, rule, and policy
that says, "Calm down, don't question, sit still, be good."

Fuck that shit.

You weren't born to be a **yes man in khakis**.

You weren't born to trade your fire for a fucking 401(k).

Let's talk about what we lost.

We lost **aggression**,
but not the bad kind—
we lost the *protective, passionate, don't-fuck-with-my-tribe* kind.

We lost **risk**,
which means we lost growth.

We lost **madness**,
which means we lost genius.

We traded tooth for tongue.
Claws for contracts.
Instinct for instruction manuals.

And now what?

Mental health crisis through the roof.
Kids anxious before puberty.
Adults depressed before lunch.
Creatives medicated out of their originality.
All so we can keep spinning the wheel
like good little hamsters in HR-safe harnesses.

Fuck you, domestication.

**Fuck you for shrinking our souls
to fit your cubicles.**

Because the system loves a tamed human.
Tamed humans obey.
They consume.
They conform.
They don't riot.
They don't question.
They just scroll, nod, and say,
“Guess that's just the way it is.”

Fuck that sentence.
Fuck that spell.
Fuck the leash it came with.

Because we were wild once.

We built fire.
We ran barefoot.
We raged at gods
and howled at stars.

Now we punch clocks
and take pills
and post selfies
while wondering why we're empty inside.

Here's your diagnosis:

It's not depression.
It's domestication.

It's your wild side dying
in the name of politeness.
It's your fucking fight
sedated
by sugar, screens,
and social contracts that never served you.

So here's your call to wild:

Rip off the collar.
Reclaim your growl.
Feed your brain ketones, not corn syrup.
Fast.
Run.
Scream.

Question.
Get weird.

Because freedom doesn't come with a leash.
And normal?

Normal is the fucking cage.

Chapter 8: The Food System – Feeding You Shit, Selling You Sickness

(FDA: Fucking Dumb Asses Edition – Now with Extra Processed Fucks)

Welcome to the United States of Processed Fuckery, where nutrition is a marketing gimmick, disease is a business model, and the FDA (Fucking Dumb Asses) have been force-feeding us bullshit for decades—one subsidized, sugar-coated fuck at a time.

They're not protecting your health.

They're protecting profits, lobbyists, and outdated ass-backward guidelines so full of industry-cooked lies that your arteries start clogging just reading them.

The Food Pyramid: Built on a Fucking Foundation of Lies

Remember that pyramid? That bright, happy triangle that told us to shove 6 to 11 servings of bread, pasta, and cereal down our gullets every fucking day?

Yeah, that pyramid was built by nutritional crackheads in business suits, with a side of corporate bribery frosting.

In the early '90s, when the USDA tried to introduce a pyramid based on real nutritional science, meat and dairy lobbyists lost their fucking minds. They threw tantrums, threatened careers, and essentially said, "Fuck public health—push our products or we'll push you out."

And guess what?

The government caved like a cheap folding table at a Wal-Mart riot.

They delayed the guidelines for over a year and rearranged the pyramid to keep the cash cows (literally) happy.

(Source: USDA Nutrition Guidelines)

That wasn't science.

That was a backroom blowjob from Big Dairy and Meat.

From Pyramid to Plate – Still Fucked

In 2011, they ditched the pyramid and replaced it with “MyPlate”—a shiny new graphic that was supposed to guide us toward health. But guess what?

It’s the same old fuckery in a new shape.

Instead of actually addressing the clusterfuck of dietary misinformation, they slapped some colorful sections on a plate and said,

“See? This is progress.”

Fuck off.

Even Harvard's Walter Willett said MyPlate was still "tainted by industry influence" and that it left out critical guidance on fats and grains.

(Source: MyPlate Criticism)

So Harvard made their own goddamn plate. Because even they were like:

“Jesus fucking Christ, this is embarrassing.”

Decades of Dietary Fuckery = Epidemic of Disease

Let’s take a look at the bloody aftermath of these fucked-up guidelines:

Type 2 Fucking Diabetes

A direct result of telling Americans to eat all the carbs, sugar, and refined garbage they could afford. And if they can’t afford real food?

Don’t worry, we’ve got processed food-like substances, built in labs and approved by our friendly neighborhood FDA-fucks.

Heart Disease – America's #1 Fuck-You Killshot

Shocker: we told people to avoid fats and drown in pasta, then acted confused when their hearts gave out.

(Spoiler: the human body was never meant to run on corn syrup and flavored dust.)

(Source: Harvard & [Health.com](https://www.health.com))

Ultra-Processed Foods: The Engine of Fuckery

Let's not mince words:

Ultra-processed foods are chemically-engineered fucktastrophes, designed to hijack your taste buds, addict your brain, and pad the wallets of the people selling you both the disease and the cure.

They look healthy.

They're sold with words like "natural," "wholesome," and "heart-healthy."

But inside?

They're little Trojan horsefuckers, stuffed with sugar, preservatives, seed oils, emulsifiers, and industrial-grade sadness.

Study after study—like the one from The American Journal of Clinical Nutrition—shows that ultra-processed foods increase your risk of:

Heart disease

Type 2 diabetes

Premature death

(Source: [Health.com](https://www.health.com))

And we're supposed to believe this shit is okay because the FDA slapped a label on it and called it good?

Fuck that. Fuck them. Fuck all of it.

The FDA – A Goddamn Junk Food Cult in a Lab Coat

The **FDA—our Fucking Dumb Asses in charge**—**should be regulating this shit.

Instead, they act like the fucking marketing department for Kellogg's and Pepsi.

They approve additives banned in Europe.

They ignore studies unless they're industry-funded.

They get cozy with the very companies they're supposed to be policing.

That's not regulation.

That's a protection racket.

They're not the Food and Drug Administration.

They're the Feed 'em Disease Agency.

What We Actually Need (But Won't Get Unless We Burn It All Down)

Science-Based Fucking Guidelines – Not food lobby fairy tales.

Transparent Food Labeling – That calls bullshit what it is.

Public Awareness – Not marketing campaigns disguised as education.

Policy Overhaul – That stops subsidizing sugar, corn syrup, and corporate nutrition terrorism.

Closing Fuck

This country's food system doesn't feed us.

It fattens us up, fucks us over, and feeds us to the medical-industrial complex.

And the FDA?

They're not protecting shit.

They're just shoveling processed fuckery into our mouths while collecting checks from the very industries causing the problem.

So here's the truth:

The food pyramid was a lie. The food plate is a joke. The FDA is a fucking traitor.

And unless we start demanding real change, we're just going to keep dying with full stomachs and empty fucks.

Chapter 9: Education – Where Fucks Go to Die

Now with Extra Testing and No Critical Thought

Welcome to the American education system, where imagination gets the shit kicked out of it by standardized test prep, and kids are told to sit down, shut the fuck up, and memorize whatever soulless crap is on the state's approved script. It's not education—it's fucking behavioral conditioning. It doesn't teach critical thinking—it manufactures obedience. It doesn't prepare you for life—it trains you to survive in a system that never gave a fuck about your potential in the first place.

Subjects That Got Fucked Out of Existence

Let's roll call the courses they dragged behind the gym and shot in the face over the years:

- **Cursive Writing:** Gone. Fucked off into history, literally. Kids today can't read historical documents, love letters, or even their grandma's birthday card. It's like we decided the ability to write beautifully and with purpose was a war crime.
- **Home Economics:** You know, learning how to cook, budget, sew, fix shit—actual survival skills? Gone. Replaced with how to fill out a Scantron and pledge allegiance to TikTok. Kids grow up knowing the square root of fuck-all but can't boil water or balance a checkbook.
- **Shop Class:** Remember when they taught you how to build something with your own fucking hands? Not anymore. Now it's "download this app and pretend you're being productive." Meanwhile, we have a skilled labor shortage and a generation that doesn't know which end of a screwdriver to hold.
- **Civics:** Why teach people how government works when it's so much easier to let them get fucked by it? Students graduate with no clue how the system works, what rights they actually have, or how legislation affects their lives—perfectly groomed for manipulation and fuckery.
- **Arts Education:** Budget cuts hit the arts first, because who needs self-expression when we can just teach more fucking algebra that nobody remembers or uses? Forget music, theater, painting—creativity has no ROI, so the system choked it out like a free thinker at a political rally.

Standardized Testing: The Soul-Fucking Factory

Standardized tests don't measure intelligence.

They measure your ability to regurgitate useless shit under stress.

According to experts, standardized testing destroys creativity, trains students to think inside the box, and rewards blind repetition over exploration.

It's no wonder kids grow up to hate learning. They're force-fed corporate-approved, test-aligned drivel, designed not to expand their minds—but to keep them small, compliant, and numb.

Indoctrination Over Education: Just Another Fucking Brick

The system isn't broken.

It's built to function this way.

Built to strip you of your uniqueness, drain your energy, and sell your obedience back to you in the form of a degree.

You want diverse perspectives? Too fucking bad.

Whole chapters of American and world history have been erased or whitewashed.

Try finding full lessons on:

- Asian-American history [ArtsEdSearch - Arts in Education+47ERIC+47National Center for Education Statistics+47](#)
- Indigenous resistance
- Worker-led revolutions
- Real colonial bloodbaths
- Corporate coups in South America backed by our own government

You won't. Because truth doesn't serve the fucking narrative.

The Financial Fuckening: Pay to Obey

Let's talk cash.

You go into debt to be taught how to be a better cog in a rusted machine.

Student loans? That's not investment—it's indentured servitude with a diploma.

You pay tens or hundreds of thousands of dollars for:

- Outdated lectures
- Overpriced textbooks
- A four-year delay in realizing the job market doesn't give a single fuck about your GPA

And even if you make it out with a degree?

You're either underpaid, unemployed, or working in a field you never studied—while still sending checks to Sallie Fucking Mae.

The Final Fuck

You want to know why the system does this?

Because an educated, creative, independent population is dangerous as fuck.

People who think for themselves?

- Won't buy the bullshit.
- Won't work themselves to death.
- Won't vote for corporate puppets.
- Won't obey.

And that scares the shit out of the ruling class.

So instead, they:

- Cut the arts
- Kill the trades [Forbes](#)
- Gaslight you with grades [WEMU+62MMS Online+62The Asian American Education Project+62](#)
- Tell you your future depends on obedience, debt, and not asking too many fucking questions

The American education system isn't just failing you.

It's designed to fail you.

It's not a ladder—it's a meat grinder.

A place where curiosity gets crushed, creativity gets cuffed, and the only thing you graduate with is a diploma in passive compliance.

Word Slam!!! Modern education!!! Fucking Hell!!!

Welcome to public school,
a whole-ass vibe where creativity's DOA
and the syllabus was ghostwritten by a **boomer with a pension**
and zero chill.

You walk in bright-eyed,
thinking you're about to learn something revolutionary,
and walk out 18 years later
with anxiety,
debt,
and the emotional range of a printer jam.

That's the American education system.
Where fucks go to die.

They say "education is the key"
but forgot to tell us the **lock's on the wrong door**.

They teach you how to pass a test
but not how to **file taxes, cook dinner, or heal trauma**.

They want you
quiet, compliant, clocked in, and dead inside—
not inspired.

Let's get into the roster of subjects that got straight-up Thanos-snapped:

Cursive?

Gone.

They said, "No cap, typing is the future."
Now Gen Z can't read the Declaration of Independence
or their grandma's love letters—
just TikTok comments and terms of service.

Home Ec?

Obliterated.

Kids out here DoorDashing chicken nuggets
with no clue how to roast a fucking vegetable
or manage a budget.
But yeah—teach ‘em trigonometry. That’ll help.

Shop class?

Ghosted.
We’ve got a whole generation
who can make a meme
but not a birdhouse.
Who can code a landing page
but can’t use a drill.
Trades? Out.
Skills? Mid.
Confidence? Deleted.

Civics?

Hard pass.
Why teach kids how government works
when you can just gaslight ‘em into thinking
it works *for* them?
No idea what the Constitution says,
but can name all the Kardashians.

Art?

LOL, what’s that?
You think the district’s funding your soul?
Nah fam.
They cut music, drama, dance, and painting
so they could buy **more bubble tests** and **surveillance cameras**.
Expression don’t pay the bills,
so they **strangled it with a budget line**.

And then they hit you with the real villain:
Standardized Testing.

That Scantron life?
Trauma with a #2 pencil.
It don’t measure intelligence—
it measures how well you can play Simon Says under cortisol spikes.

You memorize facts you'll forget in 48 hours,
bubble in circles like you're voting in a rigged-ass game show,
and walk out thinking
you're either a genius or a fucking failure.

Spoiler alert:
It's all rigged.

Because education ain't about thinking.
It's about training.
You're not learning how to learn—
you're learning how to submit.
How to nod.
How to not raise your hand.
How to **clock in, shut up, and shrink.**

Let's talk coin.
You drop a bag on college tuition
only to get ghosted by the job market.
Your diploma's **basically an NFT with worse resale value.**

You walk out four years older
and \$40K in the hole
with a degree in "General Disappointment"
and a LinkedIn bio that reads
"Open to anything."

Meanwhile Sallie Mae texting you like
"Hey bestie 🙄 you up?"
Wanting her cut whether you got a job or not.

So what's the play here?
What's the point of this academic Squid Game?

Control.

Because a woke, wild, free-thinking population?
That's dangerous.

People who read real history?
Don't fall for nationalist propaganda.

People who express themselves?
Can't be boxed in.

People who question everything?
Don't obey.

So instead...
they feed us dry textbooks,
ban diverse stories,
cancel electives,
and tell us **it's for our future.**

Nah. This shit is a pipeline.
A funnel from first bell to final debt.
From curiosity to compliance.
From "what if?" to "yes sir."

This system ain't failing us.
It's succeeding at what it was **built to do:**
Turn **dreamers into debtors,**
artists into accountants,
leaders into line workers
with just enough serotonin left
to scroll but not revolt.

But here's the thing...

Some of us remember.
Remember passion.
Remember questions.
Remember wanting more.

And that makes us a glitch in their Matrix.

So here's to you:

If you're the kid who doodled instead of taking notes—
fuck yeah.

If you're the student who called out bullshit in class—
fuck yes.

If you're the dropout who found their way anyway—
fucking legend.

This system is trash.
But you are not.
And we're done dying quietly in these desks.

So pick up that stolen education.
Make noise with it.
Wield it like a weapon.
Because this ain't a classroom anymore.

It's a revolution.



Chapter 10: Justice system- All the FUCKS in the World Don't Set You Free.

This one's for the ones still locked up.

The ones waiting on a letter.

The ones staring at cinderblock walls while the people they love cry into phones that charge \$1.25 a minute.

This chapter isn't for stats.

It's not for policy.

It's not even for reform.

It's for the motherfuckers who have felt the weight of justice crush their freedom and spit in their face while whispering, "It's the law."

Let's get one thing clear:

You don't end up in prison in America because you're guilty.

You end up in prison because you're broke, unheard, unprotected, and out of fucks to give to a system that gave none to you.

Mass Incarceration: The Great American Fucking Failure

Over 2 million people are behind bars in the "land of the free."

That's more than any other country on Earth.

Let that fucking absurdity settle in.

And who are they?

Mostly men.

Most of them locked up young, before they had the chance to live, to fuck up like the rest of us and learn from it.

Before they could fall in love right.

Before they could see the ocean with someone who gives a fuck about their soul.

One out of every three Black or Brown boys born in America today can expect to be incarcerated in his lifetime.

Not because he's destined for crime.

But because the system was built like a machine—cold, mechanical, legal, and designed to crush liberty in a suit and tie.

(Source: Bureau of Justice Statistics)

The Real Sentence is Felt on the Outside

Ask the mothers, the lovers, the children left behind.

They serve the sentence too.

Every birthday missed.

Every night crying with a phone pressed to their face.

Every moment wondering if this is what "justice" was supposed to look like.
You don't get parole from heartbreak.
You don't get visitation for the life you were supposed to live.
Love doesn't die when someone goes away—it just fucking hurts louder.
There are women raising kids alone, holding down two jobs, sending letters weekly, standing in line for hours to see a man for 20 minutes behind bulletproof glass.
And that man?
He might've made a mistake.
Or he might've been innocent.
But either way, the justice system doesn't care.
It's not built to forgive.
It's built to process and profit.

How the System Kills Love, Slowly
You want to see real pain?
Look at two people in love, separated by walls, wires, and a guard who's heard every tear and doesn't flinch anymore.
Look at lovers forced to speak in code because every call is recorded.
Look at a man who can't touch his wife, hold his child, kiss his mother on the forehead, or even cry where others might see.
Look at a country that says it believes in family, then rips families apart by the thousands, day after day, cell by fucking cell.
The justice system doesn't rehabilitate.
It doesn't redeem.
It breaks people. Quietly. Repeatedly. Legally.
And it breaks those who love them, too.

What Do We Do With All These Fucks We Have to Give?
We write.
We scream.
We tattoo their names on our hearts.
We don't move the fuck on like it's normal, because it's not.
It's not normal to be this disconnected from mercy.
It's not normal to punish people into oblivion and call it safety.
It's not normal to charge \$50 for a phone card and say that's rehabilitation.
And it's not fucking okay.

This Chapter is for Them
This chapter's for the man who never got to dance again.

The woman who only gets to see her husband through glass.
The child who asks where Daddy is, and the silence that follows.
The grandmother who died waiting for her son to come home.
This chapter is for the ones who still believe in love even when the system gives them every reason not to.
This chapter is for the ones who still write, still visit, still forgive, still fucking feel when the world tells them to forget.
All the fucks in the world can't tear down a prison wall.
But this?
This is a brick out of it.
And we'll keep swinging.



Chapter 11: The War on Drugs – A Multi-Trillion Dollar Fuck-You

Welcome to the longest, most expensive, and tragically ineffective war America has ever waged—not against drugs, not against crime, but against its own people.

The "War on Drugs" has never been about health or public safety. It's always been about control: control of behavior, bodies, communities, and pain.

Criminalizing Pain, Medicating Profit

Consider this: the same system that incarcerates individuals for possessing marijuana has, for years, prescribed opioids like OxyContin with alarming ease. It's not the drug that's illegal; it's who possesses it, where they live, and whether they can afford a prescription.

- **Heroin:** An illegal opiate. [Oregon](#)
- **Hydromorphone:** A legal, FDA-approved opioid analgesic, structurally similar to heroin and approximately five times more potent on a milligram basis. [PubMed](#)

This isn't a war on drugs; it's a war on unlicensed healing. A war on the poor, the traumatized, the addicts, the survivors—those who self-medicate because the system fails to provide adequate care.

The Numbers Don't Lie

The U.S. spends over **\$47 billion annually** on drug prohibition efforts. [Drug Policy Alliance](#)

- Approximately **1.6 million arrests** are made each year for drug offenses. [Filter+3Marijuana Moment+3NORML+3](#)
- Over **85%** of these arrests are for possession alone. [Drug Policy Alliance](#)

These policies have led to lives destroyed, families torn apart, and communities devastated—all for minor drug offenses.

The Pharmacy and the Street: Two Sides of the Same Coin

Walk into a pharmacy, and you can legally obtain:

- Amphetamines (e.g., Adderall)
- Benzodiazepines (e.g., Xanax)
- Opioids (e.g., OxyContin)
- Methadone (used in opioid replacement therapy)

However, if your prescription runs out, or if you lack access to healthcare, using these substances becomes a criminal offense. The issue isn't the drug itself; it's the desperation and lack of access that are criminalized.

A Call for Change

Imagine a system where:

- No one is incarcerated for personal drug use.
- Individuals struggling with addiction receive support and treatment, not punishment.
- Psychedelics are utilized for therapeutic purposes, aiding in trauma recovery.

Portugal serves as a real-world example. In 2001, they decriminalized all drugs, leading to: [Wikipedia](#)

- An **80% reduction** in drug-related deaths.
- A significant decrease in HIV/AIDS and hepatitis cases. [NPR](#)
- A drop in incarceration rates for drug offenses.

This approach treats drug use as a public health issue rather than a criminal one, yielding positive outcomes. [WIRED](#)

Healing Through Compassion

Safety doesn't come from punishment; it comes from support. Healing doesn't occur in prison cells but in communities that offer understanding and care.

We need fewer laws that criminalize personal choices and more resources dedicated to mental health, addiction treatment, and social support systems.

Ending the War

The War on Drugs has failed. It's time to shift our approach from punishment to compassion, from incarceration to rehabilitation. By doing so, we can begin to heal the wounds inflicted by decades of misguided policies. [WIRED](#)

Systems That Ease the Pain: Practical Solutions

The War on Drugs has inflicted profound harm on countless lives. However, several systems and approaches have emerged to mitigate this damage:

- **Harm Reduction Programs:** Initiatives like syringe service programs and supervised consumption sites have proven effective in reducing overdose deaths and the spread of infectious diseases. Despite their success, these programs often operate without federal support and face legal challenges. [AP News+1Manhattan Institute+1](#)
- **Diversion and Treatment Policies:** Implementing policies such as arrest diversion, re-entry case management, and overdose diversion can significantly reduce opioid-related fatalities and societal costs. Studies indicate that these approaches can lead to more resilient communities. [arXiv](#)
- **Equitable Resource Allocation:** Utilizing data-driven models to allocate treatment facilities and resources ensures that underserved and high-risk areas receive necessary support, leading to increased treatment rates and decreased overdose deaths. [arXiv](#)

Congressional Actions to Reverse the Damage

To address and rectify the consequences of the War on Drugs, Congress can undertake the following actions:

- **Decriminalize and Deschedule Cannabis:** Passing legislation like the Cannabis Administration and Opportunity Act (CAOA) and the Marijuana Opportunity Reinvestment and Expungement (MORE) Act would remove cannabis from the Controlled Substances Act, expunge certain cannabis offenses, and invest in communities disproportionately affected by drug policies. [Brookings+3Wikipedia+3Wikipedia+3](#)
- **Invest in Public Health Approaches:** Redirecting funds from punitive measures to public health initiatives, including treatment programs, housing,

and mental health services, can address the root causes of substance use disorders.

- **Support Evidence-Based Research:** Facilitating research into the medical potential of substances currently classified under restrictive schedules can lead to new treatments and a better understanding of addiction. [Drug Policy Alliance](#)

Implement Sentencing Reforms: Reevaluating and amending mandatory minimum sentences for drug offenses can reduce incarceration rates and address systemic inequalities within the justice system.

Global Evidence Supporting Full Drug Decriminalization

Portugal: A Model of Success

In 2001, Portugal decriminalized the possession and use of all drugs, treating substance use as a public health issue rather than a criminal one. The outcomes have been significant: [Wikipedia+3Time+3Wikipedia+3](#)

- **Reduction in Drug-Related Deaths:** Fatal overdoses decreased by more than 85% between 2001 and 2017. [The Lancet](#)
- **Decrease in HIV Infections:** New HIV diagnoses among people who inject drugs dropped by over 90%. [Leadership Conference+2The Lancet+2Transform+2](#)
- **Decline in Heroin Use:** The number of people using heroin fell from an estimated 100,000 in 2001 to 25,000 in 2017. [The Lancet+1AMA Journal of Ethics+1](#)
- **Lower Incarceration Rates:** The percentage of people in prison for drug-related offenses decreased significantly. [American Public Health Association+1Time+1](#)

These outcomes underscore the effectiveness of treating drug use as a health issue, leading to improved public health and reduced burdens on the criminal justice system.

A Roadmap for the United States: Embracing Compassionate Reform

To transition towards a more humane and effective approach, the United States can consider the following steps:

1. Decriminalize Personal Drug Use

Remove criminal penalties for the possession and personal use of all drugs, shifting the focus from punishment to health and support.

2. Invest in Comprehensive Treatment Services

Allocate resources to provide accessible, evidence-based treatment options, including medication-assisted treatment, counseling, and support services.

3. Implement Harm Reduction Strategies

Expand harm reduction initiatives such as syringe service programs, supervised consumption sites, and widespread availability of naloxone to prevent overdoses.

4. Address Social Determinants of Health

Tackle underlying issues contributing to substance use, including poverty, housing instability, and lack of access to healthcare and education.

5. Promote Public Education and Reduce Stigma

Launch public awareness campaigns to educate communities about substance use disorders, aiming to reduce stigma and encourage individuals to seek help.

6. Monitor and Evaluate Outcomes

Establish systems to track the impact of decriminalization policies, ensuring continuous improvement and accountability.

Sources: [Time](#)[5Drug Policy Alliance](#)[5NCDAS](#)[5](#)

- Drug Policy Alliance – [Drug War Statistics](#)[Drug Policy Alliance](#)
- NPR – [How Portugal Eased Its Opioid Epidemic](#)[NPR](#)

PubMed – [Clinical Analgesic Assay of Heroin and Hydromorphone](#)[PubMed](#)

Chapter 12: Economic Slavery-Modern Serfdom in a Suit and Tie

Wage Stagnation and the Erosion of Purchasing Power

The federal minimum wage has remained at \$7.25 per hour since 2009. When adjusted for inflation, its purchasing power has significantly declined over the decades. In fact, if the minimum wage had kept pace with productivity growth since 1968, it would be approximately \$21.50 today. [Visual Capitalist+1Reddit+1CEPR+1Wikipedia+1](#)

While there has been some real wage growth for low-wage workers between 2019 and 2023, with a 13.2% increase, this growth has not been sufficient to offset the rising costs of living, including housing, healthcare, and education. [Economic Policy Institute](#)

The Burden of Debt

Debt has become a pervasive aspect of American life, affecting individuals across various demographics:

- **Student Loans:** The average student loan debt per borrower is approximately \$38,375, contributing to a national total of \$1.64 trillion in student loan debt. [Statista+8BestColleges.com+8Forbes+8](#)
 - **Credit Card Debt:** As of Q3 2024, the average credit card balance among U.S. consumers was \$6,730, with interest rates averaging around 21.47%, making it challenging for many to pay down their balances. [The Motley Fool+3Investopedia+3WFTV+3](#)
 - **Medical Debt:** Medical expenses continue to be a leading cause of debt, with many Americans facing significant bills due to unexpected health issues and inadequate insurance coverage.
-

Retirement Insecurity

Retirement savings are insufficient for a large portion of the population:

- **Median Retirement Savings:** For Americans aged 55-64, the median retirement savings is \$185,000, which may not be adequate to sustain them through retirement years. [Investopedia+7Synchrony+7U.S. News Money+7](#)
 - **Lack of Savings:** Approximately 25% of American non-retirees have no retirement savings at all, highlighting a significant gap in financial preparedness. [Guardian Insurance](#)
-

The Illusion of Economic Mobility

The narrative of the "American Dream" suggests that hard work leads to success. However, systemic barriers often impede upward mobility:

- **Housing Costs:** Rising housing prices and rental costs outpace wage growth, making it difficult for individuals to afford stable housing.
 - **Healthcare Expenses:** The high cost of healthcare leads many to avoid necessary medical treatment, further exacerbating financial strain.
 - **Education Costs:** The increasing cost of higher education results in substantial student loan debt, delaying financial independence for many.
-

Conclusion

The economic challenges outlined above reflect a system where many individuals find themselves working tirelessly yet struggling to achieve financial stability. Addressing these issues requires comprehensive policy changes aimed at increasing wages, reducing the burden of debt, ensuring affordable healthcare, and providing accessible education.

If you have specific areas you'd like to explore further or need more detailed information, feel free to ask.

Now said in a way ANYONE CAN UNDERSTAND!!! Even a CONGRESSMAN!

(Because chains come in direct deposit now)

Let's not waste time with metaphors.

We are slaves.

Not by shackles.

Not by whips.

But by rent, interest rates, credit scores, and bullshit jobs that eat your soul and call it "the American dream."

They didn't end slavery.

They just rebranded it.

They traded plantations for cubicles, overseers for supervisors, and chains for monthly bills with late fees that slap harder than any whip ever did.

Welcome to the Plantation 2.0 – Now With Wi-Fi

You wake up, clock in, play nice, nod along, smile through the abuse, and dream of a weekend that lasts 48 hours and feels like 5 minutes.

Then you do it again.

And again.

And again.

You get just enough to survive.

Not enough to thrive.

Never enough to stop.

Your energy is extracted.

Your creativity is exploited.

Your time is leased back to you in tiny breaks and PTO requests that need approval.

And you're told to be grateful.

Fuck that.

Gratitude is not a replacement for dignity.

Wage Slavery – The Myth of Choice

They say, "If you don't like your job, get another one."

Like it's that fucking simple.

Like it's easy to just uproot, relocate, retrain, re-interview, re-beg, reprove your worth again and again to a system that sees you as replaceable garbage.

Most people aren't working to build dreams.

They're working to not drown.

Because rent is too high.

Food is too expensive.

Healthcare is a luxury.

And wages?

A fucking insult.
Minimum wage hasn't kept up with inflation in decades.
Full-time workers still live in their cars.
Single parents work two jobs and still can't afford child care.
Young people are so broke they can't afford hope.
This isn't freedom.
It's economic waterboarding.

Debt – The New Master's Tool

Student loans.
Credit cards.
Medical bills.
Payday lenders.
Buy-now-pay-later schemes.
Mortgages that rob you across three decades.
They get you young.
They brand you with debt.
And then they own your future.
Want to start a business?
Nope.
Want to leave your job and breathe?
Nope.
Want to go on a goddamn vacation without guilt gnawing at your wallet?
Not a fucking chance.
Debt isn't a tool.
It's a leash.

Retirement – The Biggest Scam Ever Sold

You work for 50 years.
You're told to squirrel away bits of your barely-sufficient paycheck into a
"retirement plan."
You watch that fund get eaten alive by market crashes, corporate bailouts, inflation,
and Wall Street fuckery.
Then when you're 70 and your knees are gone, they hand you a social security
check that couldn't even pay 1960's rent and say,
"Congrats. You made it. Now enjoy what's left."
But guess what?
Your body's broken.
Your dreams are dead.
And your life was stolen 40 hours a week for 50 years straight.

That's not a reward.
That's a robbery.

They Sell You Freedom – Then Lease You a Cage
Capitalism tells you:
“You can be anything. You can have it all.”
As long as you:
Work till your spine disintegrates
Owe more than you own
Smile while being underpaid
Sign 30-year contracts to live somewhere you'll never really own
And don't ever question the game.
Because the moment you ask, “Why the fuck do we live like this?”
They call you lazy.
Unpatriotic.
Crazy.
Dangerous.

Who Benefits From This Bullshit?
You know who.
The corporations that pay you pennies while raking in billions.
The landlords who profit off your basic need for shelter.
The CEOs who make more in a day than you will in a decade.
The politicians who protect them and pretend they care.
The banks that make money every time you don't have enough.
The system that tells you this is the only way.
But it's not.
There are better ways.
And they know it.
That's why they keep us too exhausted to find them.

We Deserve More Than Survival
We deserve:
To rest without guilt.
To create without starvation.
To love without debt.
To raise children in peace.
To work with purpose, not out of desperation.
To say “no” without losing everything.

And we deserve to live—not just exist—without having to pay rent on our own fucking lives.

Final Fuck

So to the ones who designed this economy of despair:

Fuck your hustle culture.

Fuck your poverty wages.

Fuck your grindset podcasts.

Fuck your trickle-down fairy tales.

Fuck your \$200 sneakers made in sweatshops.

Fuck your bootstraps, your tax shelters, your gated communities, and your stock portfolios soaked in broken backs.

You didn't earn your throne.

You inherited a rigged game.

And when the workers wake the fuck up?

You'll be lucky if all we want is justice.

Because what we deserve is revenge.