

**FUCK
YOUR
FEELINGS**



Fuck Your Feelings

A Brutal Guide to Becoming the Man You're Meant to Be

Barret Nobel

This book is available at <https://leanpub.com/FYF>

This version was published on 2025-08-15



This is a [Leanpub](#) book. Leanpub empowers authors and publishers with the Lean Publishing process. [Lean Publishing](#) is the act of publishing an in-progress ebook using lightweight tools and many iterations to get reader feedback, pivot until you have the right book and build traction once you do.

© 2025 Barret Nobel

Contents

Intro	1
Why Your Feelings Don't Fucking Matter	1
The Brutal Truths Nobody Else Will Tell You	1
This Isn't Self-Help - This is War	3
PART I: YOUR FEELINGS ARE BULLSHIT	6
Offense is a Weakness	6
Your Trauma Doesn't Matter	6
Comfort is Killing You	7
PART II: UNFUCK YOUR MIND	8
Brutal Honesty	8
Discipline or Death	8
Embrace Suffering	9
PART III: STOP BEING A FUCKING LOSER	10
Destroy Your Excuses	10
Build Real Strength	10
Real Men Lead	11
PART IV: LIVE WITHOUT APOLOGY	12
Fuck Approval	12
Make Your Own Rules	12
Death is Coming	13
Still here?	14
The Choice: Die Soft or Live Strong	14
You Know What To Do – Fucking Do It	14

Intro

Why Your Feelings Don't Fucking Matter

You're a fucking retarded pussy. How does reading that make you feel?

Did it sting? Did your chest tighten, your ego bruise, your face flush red in some self-righteous outrage? *Good.* That's exactly the fucking point.

Those raw, pathetic feelings bubbling up right now - offense, anger, embarrassment, shame - are what's holding you back from becoming the man you're supposed to be.

This world doesn't owe you shit, and it sure as shit isn't here to protect your precious feelings. Reality is cold. It DGAF if you're comfortable. It doesn't care about your traumas or triggers, your sad stories, or your excuses.

Life only respects one thing: **Strength.**

Not the fake strength of loudmouths and tough-talkers, but the quiet, relentless power of someone who owns his shit and deals with life head-on.

If my words offend you, good. Because until you learn to face brutal truths without flinching, you'll stay stuck exactly where you are. In the shallow, miserable pool of self-pity.

The minute you decide your feelings don't fucking matter, the minute you can take criticism without crying about it, is the minute your life actually starts moving forward.

But if you're still worried about hurt feelings - yours or anyone else's - close this book right now.

Return it. Burn it. Toss it in the fucking trash.

Because you're not ready. You're still a child.

But if you've got balls enough to stare down your own softness, weakness, and excuses and punch them square in the fucking face, then keep reading.

This isn't a self-help book, motherfucker. This is a wake-up call!

The Brutal Truths Nobody Else Will Tell You

Let's cut through the bullshit. Most people in your life - friends, family, coworkers, etc. - will never tell you the cold hard truth. And, honestly, it's because you can't handle it. It's not like it's something you don't already know, deep down.

You've surrounded yourself with people who are either too polite, too weak, or too afraid to hurt your precious feelings. Don't worry, I am not one of those people.

Lean in baby bird, and truly listen. Here's what nobody else has the balls to tell you:

- **You're Replaceable:** Your job. Most of your relationships. Hell, I bet if were more culturally acceptable, your family would drift away and disconnect.

Think you're special? hahahahahahahahah. Nope.

Think about it. If you were to suddenly drop dead, I bet your boss would have your seat filled by next Monday. You're not entitled to anything. And it's that thought that is holding you back.

- **Your Problems Are Your Fault:** No, you didn't get a *shitty hand*; you're just fantastically bad at playing the cards you were dealt.

Truthfully, nobody really cares about your childhood, they definitely do not care about your anxiety or your past. Bro, everyone has baggage.

Now here's a link you're going to want to highlight

The difference is winners stfu and carry theirs, while bums whine about it on social media.

- **Nobody Is Coming To Save You:** There is no calvary. Not your parents. Not your boss. And *definitely* not the government.

If you're sitting around waiting for someone/something to lift you out of the hole you dug for yourself, you are 100% going to die down there. **Man TF UP and crawl, climb, fight your way out!**

- **Hard Work Does NOT Guarantee Success:** Now, I'll admit, this one took me far too long to learn. So learn from me. How many retarded people do you know that are earning 100x what you are? Exactly.

Life DGAF how 'hard' you work. Results are all that matter. There are no medals for effort - only kids and pussies get participation trophies (On that note, fuck participation trophies for kids!).

Your value, as a man, is either deliver or get out of the way for someone who can. It's not fair or unfair. It's just facts. Deny at your peril.

- **You Are What You Do, Not What You Say:** Talk is cheap MF! Dreams don't matter unless you're actively doing something to accomplish them.

I've had way too many conversations with men who say 'I want to do this so bad' and when pressed with what they're doing 'Ah, well ya know ... [excuse 1], [excuse 2] ... ' man STFU.

Nobody gives a shit about your vision board. Hell, I bet even you don't. You just made it because you're a pussy and would rather procrastinate than put in the work that you know it takes.

So, you uncomfortable yet? **GOOD**

Truths aren't warm hugs from your wife. They should feel like a *hard* sparring session with your bro who just found out his gf was cheating on him.

Harsh. Relentless.

You need to feel that discomfort to elicit change. No carrots around here, only sticks, bro. You are the only person responsible for your pathetic life.

You've made it this far - kudos. I would say it pains me to say these things to you, but I would be lying. Maybe you're finally ready to stop lying to yourself, yeah?

This Isn't Self-Help - This is War

I'm sure you've picked up on the tone of this by now. If not, please put your helmet back on and give this book to someone else.

Here's what will **not** be in here:

- Cozy affirmations
- Breathing exercises
- Gentle nudges towards self-improvement

It ain't that kind of rodeo, brotha.

'Self-help' implies that you're sick, weak, broken. Someone who needs to be gently repaired by some old man in his basement with a magnifying glass meticulously gluing back together an antique vase. Fuck that.

You're not a victim; you're a warrior who has lost his will and knowledge of how to fight!

Life is warfare. Every damn day you're in a conflict against:

1. Your excuses
2. Your doubts
3. Your laziness
4. Your fears
5. Your distractions
6. Your temptation towards mediocrity (I even hate typing that word)

Notice that first word in all of those? That's right buttercup. It's all you.

The world isn't going to hand you success or happiness on a silver platter. You're going to have to bleed and sweat and fight the inner pussy telling you to quit.

Every goal you set, every dream you chase, every meaningful achievement worth anything **demand**s a fight.

You *must* violently **reject** comfort. You *must* aggressively **attack** your weaknesses. You *must* ruthlessly **eliminate** all distractions holding you back.

A lot of these kinds of books talk about 'The Enemy'. As though it's some sort of abstract idea of external force. Well, that's all a bunch of bullshit designed to give you an out, because you know what? It's straight up **you**.

Always has been. And if you get out of your own way, you'll come to realize it's truth.

You are both the soldier *and* the battlefield. Every victory, every defeat, it's all internal bro. This 'war' isn't won by bitching about circumstances. The only way to win is by conquering your own mind and yourself.

You **must** obliterate the coward within you who somehow keeps convincing you it's OK to quit when shit gets tough. Have you ever felt better after that? What sort of example are you setting for your kids if they see you saying 'Oh, ya know, daddy just couldn't get that job because it was too hard to prepare properly, so now we have to go live with grandma and grandpa.'

Bro, they're not going to respect you. You think your wife is going to stay with that kind of person?

I've laid out some choices for you:

1. **Pick up your weapon:** Discipline. It's the only weapon. Combine it with clarity, and relentlessness and you won't even recognize yourself. Use it daily, *especially* when you 'don't feel like it.'
2. **Embrace the brutality:** Comfort kills. Pain is your only ally. If you're not suffering, you're not fighting hard enough. You think muscle grows by lifting 11lb weights? No. You have to shred those fibers. It's only through pain that we grow.
3. **Own every defeat:** Nothing more annoying than a man who loses and blames others. That's some pussy ass shit right there. You need to be failing more than others are even trying. Learn from those losses, don't cry about them. Remember, you're entitled to nothing. Accept responsibility -> Adjust your strategies -> Fight again. Rinse, repeat.

Remember, this is war. It's not therapy, it's not 'self-help', no raw raw cheerleader motivational bullshit. Go find that from some blue hair on the Tubes.

You don't win by being passive and defensive, hoping for peace. You win by going on the offense.

It's time to stop mentally masturbating by reading about changing your life and actually fucking get after it bro!

Ready to fight?! **GOOD, LFG BRO!!**

PART I: YOUR FEELINGS ARE BULLSHIT

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Offense is a Weakness

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why Your Fragile Ego is Holding You Back

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

The Myth of “ToXiC mAsCuLiNiTy”

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Embracing Criticism Without Whining

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Your Trauma Doesn’t Matter

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Nobody Owes You Sympathy

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Victimhood is for Losers

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Own Your Past, Control Your Future

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Comfort is Killing You

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

The Price of Playing Safe

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why Discomfort Builds Men

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

How to Stop Living Like a Fucking Child

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

PART II: UNFUCK YOUR MIND

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Brutal Honesty

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Facing the Ugly Truth About Yourself

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why You're Probably Not as Good as You Think

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Accepting Your Inner Shithead

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Discipline or Death

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Motivation is Bullshit, Discipline Wins

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Routine as the Antidote to Weakness

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

How to Actually Get Shit Done

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Embrace Suffering

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Pain as Your Greatest Teacher

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Learning to Enjoy the Struggle

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Hard Truths, Hard Work, Hard Results

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

PART III: STOP BEING A FUCKING LOSER

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Destroy Your Excuses

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Excuses Are Lies You Tell Yourself

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Extreme Ownership or Die Trying

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why Nobody Cares About Your Sob Story

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Build Real Strength

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Physical Strength Equals Mental Strength

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Don't Be a Fat Fuck: Get Fit or Get Out

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Strength as a Lifestyle, Not a Hobby

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Real Men Lead

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Leadership Means Responsibility

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why Weakness is Infectious

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Becoming the Man Others Follow

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

PART IV: LIVE WITHOUT APOLOGY

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Fuck Approval

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why Seeking Validation Makes You Weak

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Authenticity Over Likability

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Stop Apologizing for Being a Man

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Make Your Own Rules

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Society Doesn't Define You, You Do

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

The Price of True Independence

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

How to Live Life on Your Terms

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Death is Coming

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Memento Mori: You're Gonna Die - Act Like It

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Why Urgency Matters

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Leaving a Legacy of Strength, Not Regrets

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

Still here?

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

The Choice: Die Soft or Live Strong

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.

You Know What To Do — Fucking Do It

This content is not available in the sample book. The book can be purchased on Leanpub at <https://leanpub.com/FYF>.