Buddhist philosophy is clear on one important point.

**"The root of suffering is attachment."**

It teaches non-attachment. It demonstrates that clinging tightly to a situation, possession, or outcome is to be avoided.

Well, here's a revelation.

This Eastern teaching has a modern-day Western equivalent.

**That is, simply saying... *Fuck it***.

By saying "fuck it", we instantly let go of our attachment to a situation. It's a releasing process, which diffuses any emotional stress clouding your thoughts.

"Fuck it."

Okay, so maybe it sounds whimsical and silly and throwaway.

But think about it for a second. Maybe it really does represent a pretty deep releasing process.

**Say "Fuck it" to problems, to stresses, to your diet, to people's bad choices, to whatever is making your life feel *heavy***.

Now, saying "Fuck it" doesn't mean you give up. It doesn't mean you lose all responsibility.

Rather, it helps you let go of the emotional attachment you have to the issue -- which means you're able to make better decisions and take clearer action. And even then, only if you want to.

In recent times, entire workshops have emerged, where people meet to simply sit around and say "Fuck it!" all day long.

**I'd like to suggest that -- at least for today -- you do the same.**

Start saying "Fuck it!" to anything that stresses you (or just to everything that comes up), and see how you feel.

I'm willing to bet you'll feel lighter, happier, less stressed, and you'll probably live a few minutes longer as a result.

These simple two words might just grow to become your favorite personal development philosophy. It's certainly easy enough to remember.

Just say... **Fuck it!**