

WFWPI Virtual Cafe Book Club Edition: Exploring *The Courage to be Disliked*

Paris Moon
September 26, 2025



Some participants of the book club webinar which was facilitated by Dr. Paris Moon.

The Women's Federation for World Peace International (WFWPI) hosted its Virtual Café that introduced for the first time a Book Club edition on September 26, 2025. It was a warm, intimate space designed to encourage thoughtful discussion in a small group setting.

The session featured the international bestseller *The Courage to Be Disliked* by Ichiro Kishimi and Fumitake Koga, and was facilitated by Dr. Paris Moon, Secretary General of WFWPI. Participants from Brazil, South Africa, the Netherlands, Austria, and the USA gathered online to explore the book's transformative ideas together.

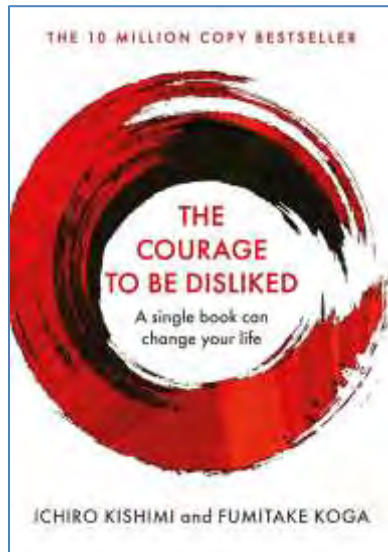
Translated into more than 30 languages, *The Courage to Be Disliked* presents Adlerian psychology through a lively dialogue between a philosopher and a young man, emphasizing self-acceptance, personal responsibility, and the freedom to live authentically - without seeking external validation.

Dr. Paris Moon opened the session by sharing why she chose this thought-provoking title:

"This book challenges us to take responsibility for our choices instead of blaming our past. Adler's message empowers us to live authentically, even if it means having the courage to be disliked." Participants reflected on core Adlerian concepts, especially "ownership of one's life" and "separation of tasks" learning to focus on what truly belongs to one's own responsibility and to let go of unnecessary burdens.

Ms. Gwendoline Tshimbana shared how the book helped her understand the importance of supporting her

teenage daughter's growth without interfering in her personal responsibilities: "The greatest gift we can give our children is to let them learn by themselves while letting them know we are ready to help if they ask."



Mrs. Diosdada Ladica dos Santos highlighted how the book resonated with her family's experience as an intercultural household with seven children: "The title itself is powerful. It teaches our children how to find inner strength and confidence."

Mrs. Maria De La Rosa reflected on the "separation of tasks" concept as transformative for managing emotional burdens: "I often carry the problems of others without realizing it. This principle helps me set healthy boundaries and find more peace at home."

Ms. Sofiah Agustina shared how the book encourages immigrant families to build resilience and adapt to life in new cultural settings.

Participants agreed that Adler's philosophy is particularly relevant in today's social-media-driven world, where the pressure for external approval often overshadows authentic living. The book's focus on purpose over past trauma and its call to take full responsibility for

one's happiness offered participants both challenge and hope.

Dr. Moon summarized: "Reading empowers us. Through this Book Club, I hope to introduce more titles that nurture personal growth and emotional well-being, especially for international families and women leaders."