# Twitter Thread by Deep Note

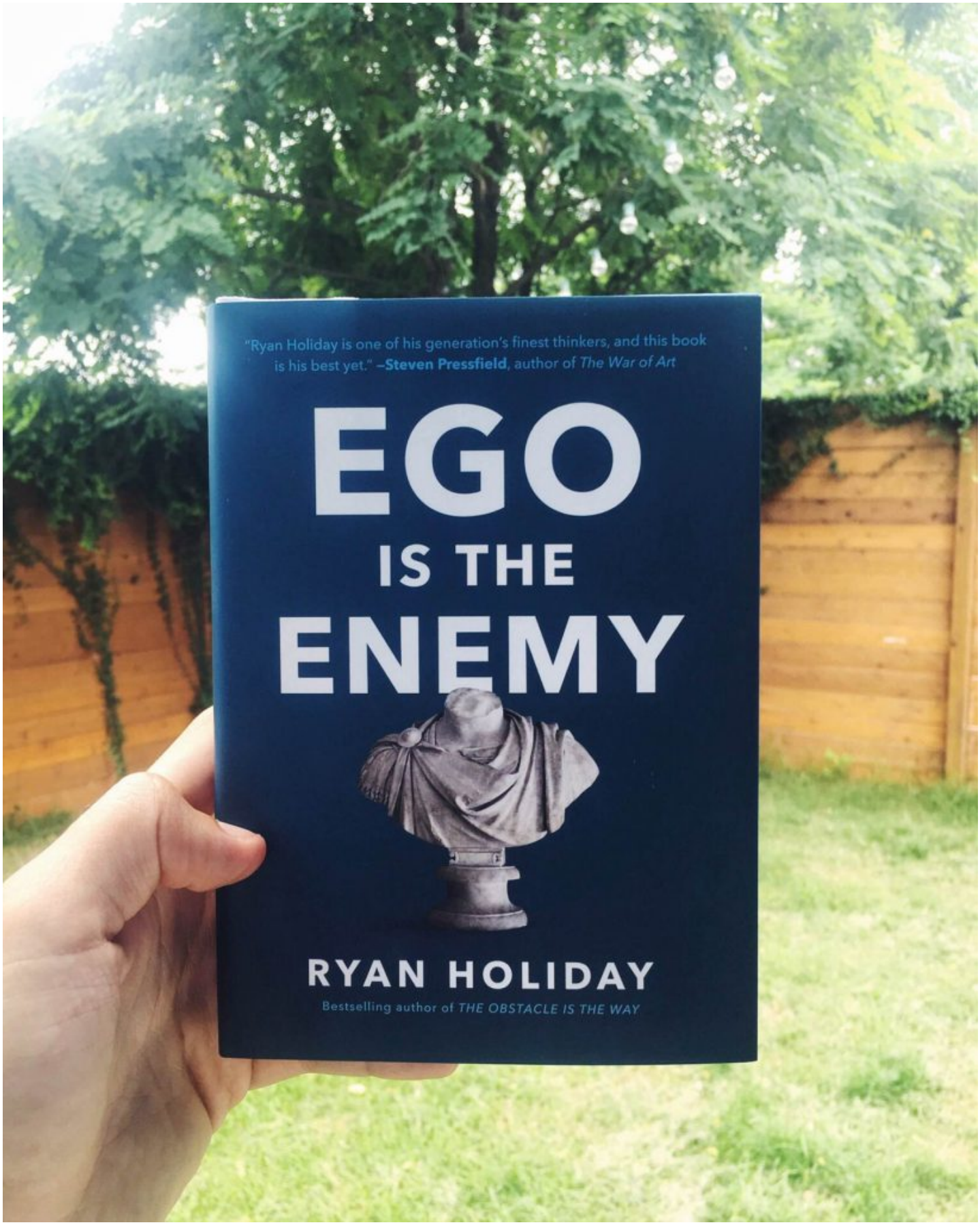


**Deep Note**
@1DeepNote



### 10 Insightful Lessons From the Book “Ego is the Enemy”

### ■■Book Review■■




1: Your worst enemy lives in you

It is true that all of us, with no exemption, harbors a certain level of pride and ego.

Since pride is in us, it is either we feed it or starve it.

■How you deal with your pride makes the big difference.

2: Manage your pride

As soon as you feel you are becoming egoistic, boastful, and proud – you can tell yourself to stop.

■Instead of directing people's attention to you, choose to direct attention to others.

3: Pride tells you to talk, humility tells you to listen

Ego encourages you to lift yourself and base your worth on nothing or false worth.

On the other hand, humility tells you how important it is to listen to people.

■So, we listen twice as much as we talk.

4: Become a student

Ego tells you not to listen to anyone. As a result, you stop learning. You stop growing.

So, if you want to keep on learning, learn to be humble first.

■That's how you become Great.

5: Help people become great

Ego focuses on self. Humility focuses on others.

■If you want to become great, you need to help other people become great.

6: Don't be afraid to take the low position

■Ego drives you to make certain decisions just to please others, causing a lot of problems along the way.

■Instead, do what other people refuse to do simply because they think they are too important to do it themselves.

7: Don't look down on people

Looking down on people will prevent you from seeing what's above you.

■Every person's worth is not based on their wealth, position, and job.

8: Ego sways us from our ultimate goal

Pride tells us that we deserve better. It tells us to get what others have because we are better than them.

■Don't let ego dictate which goal you need to accomplish.

9: Ego kills what we love

Whether it is in our career or relationship, ego has its harsh way of killing what we love.

■When we put ourselves first and not considering other people’s feelings and needs, there’s a good chance that you will lose them.

10: Ego is the wicked sister of success and failure

Whether we succeed or fail, ego is always there. Even if we are only aspiring and dreaming, ego is still there.

■Own up the responsibility.
■Endure and work harder to achieve your goal.
■Don’t let ego get in the way.

Unwanted thoughts cause plenty:
- distress
- frustrations

You’re not alone in wanting to make them go away.

Work on your mental models:
• control of the mind
• focus on what matters
• understand how the world works

Grab yours■■■https://t.co/GDcvG9APiD

Thanks for reading■

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