

## Twitter Thread by Deep Note

Deep Note

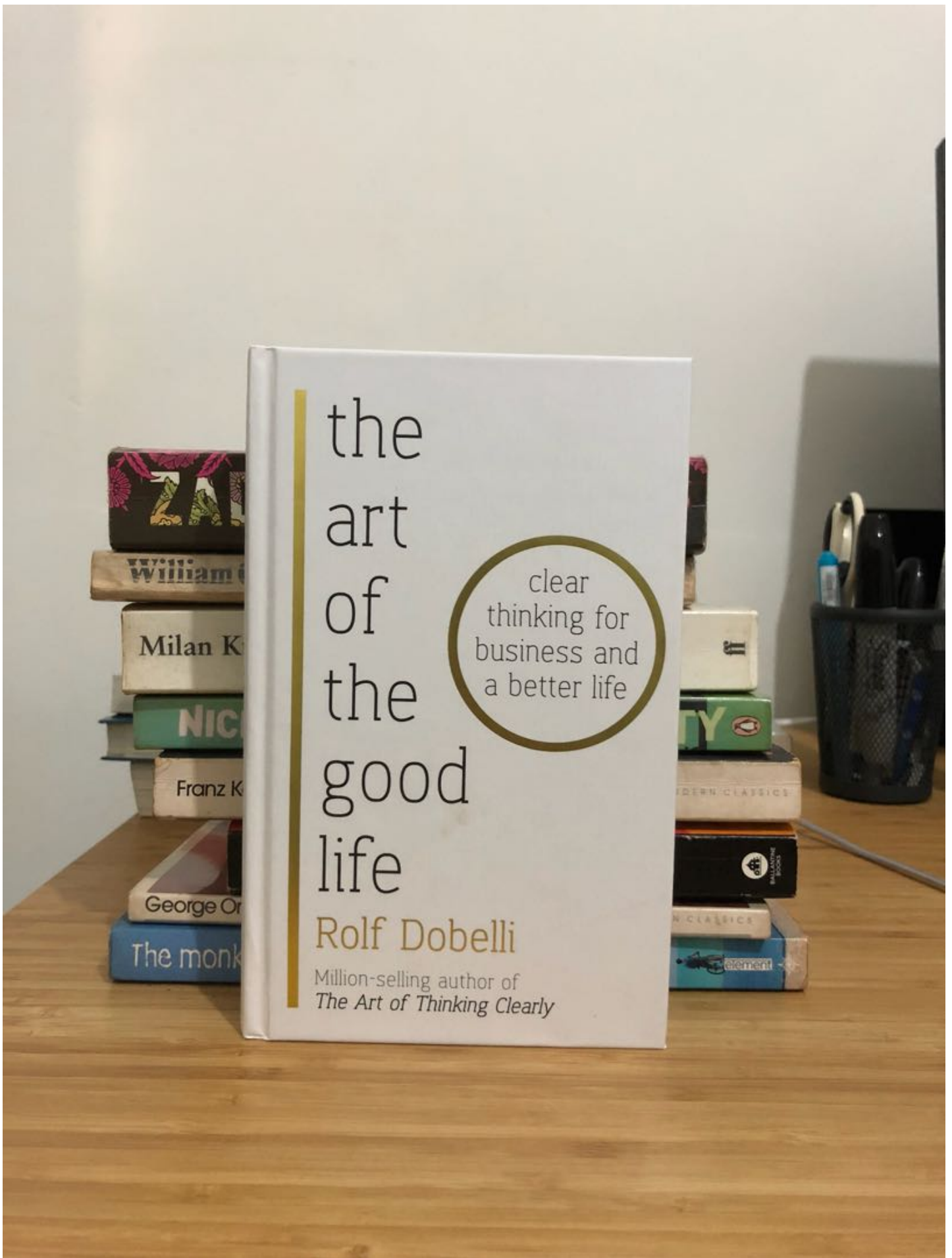
@1DeepNote



**10 Life-changing Lessons From the Book “The Art of the Good Life”**

**■■Book Review■■**

**- By Million-selling author of The Art Of Thinking Clearly**



1. Peak-end Rule:

You remember the high point and the end point of your holiday, but the rest is forgotten.

■Remind to make them as sweet as possible.

## 2. Plans are nothing. Planning is everything.

A good life is not a stable state or condition.

■The good life is only achieved through constant readjustment.

## 3. Inflexibility as a Stratagem

When it comes to important issues, flexibility isn't an advantage – it's a trap.

■Use radical inflexibility to reach long-term goals that would be unrealizable if their behavior were more flexible.

## 4. Reality Doesn't Care About Your Feelings

■Accepting reality is easy when you like what you see, but you've got to accept it even when you don't – especially when you don't.

## 5. Counter-productivity

A basic rule of the good life is as follows: if it doesn't genuinely contribute something, you can do without it.

■Next time, try switching on your brain instead of reaching for the nearest gadget.

## 6. Do Nothing Wrong and the Right Thing Will Happen

So do your best to systematically eliminate the downside in your life – then you'll have a real chance of achieving a good life.

■There are old pilots and there are bold pilots, but there are no bold old pilots.

## 7. Why You Didn't Earn Your Successes

Your successes are fundamentally based on things over which you have no control whatsoever.

■Stay humble. Remind yourself daily that everything you are, everything you have and can do, is the result of blind chance.

## 8. Don't make your emotions your compass.

■Because our emotions are so unreliable, a good rule of thumb is to take them less seriously – especially the negative ones.

## 9. THE AUTHENTICITY TRAP

■Restrict authenticity to keeping your promises and acting according to your principles.

The rest is nobody else's business.

#### 10. THE FIVE-SECOND NO

Once Seneca said: "All those who summon you to themselves, turn you away from your own self."

■ So give the five-second no a trial run. If you cannot say 'Yes' to something in five seconds, the answer is 'No'.