Twitter Thread by Deep Note

Deep Note
@1DeepNote

10 Insightful Lessons From the Book ”Man’s Search For Meaning”

(Over 12 Million Copies Sold)

■■Book Review■■



1. He who has a why to live for can bear almost any how.

■You will be able to face hard times way much easier if you manage to find meaning for your life.

2. You can adapt and get used to literally any condition.

It is not the strongest species that survive, nor the most intelligent, but the ones most responsive to change.

■ Stepping out of our comfort zone will make us understand how further we can actually push our limits.

3. Have courage to accept the things you can't control.

While being high in self-control is important in achieving our goals, we must not waste our time with things we can't control.

■What matters is how we react to situations that are beyond our control.

4. Avoid thinking about success

If you focus on making success your target, you are more likely to miss it.

■Dedicate your time and effort to a vision that is more significant than yourself, and let success becomes a by-product of this dedication!

5. The salvation of man is through love and in love.

❤■Love should make you the best version of yourself.

It should motivate you, make you less selfish or judgmental, more positive, in a better mood, and the list can go on.

6. There is only one thing that cannot be taken away from you, your attitude.

■The true test of our character is revealed in how we act, and you have the complete freedom to choose how to respond in any situation.

7. There is meaning in suffering.

If pain and suffering is avoidable, then we should avoid it.

■The moment we make suffering meaningful, we will implicitly make it bearable.

8. You can resist the influence of even the most toxic environments — your actions are your own.

■No matter what the situation, you control what you think, how you respond, and your own state of mind.

Nobody except you has control of your mind.

9. Human kindness can be found in the most surprising places.

The world can be a tough place and people can be really mean, but don't judge a person only by a situation.

■Each of us have a positive side as well.

10. Laughing and having a sense of humor will change the way you look at your life

If you want to be a successful person, note that positive thinking will not only give you more confidence, improve your mood,

■but also help you approach unpleasantness in a more productive way

Can you remember…

- the worst/best decision you've ever made?
- the consequences of it?
- all the possible perspective you had?

Go to an upper level of decision making and make you mind to be on auto pilot mode.

Find More:■■
https://t.co/WmBpYIZa5z

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