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10 Powerful Lessons From The Book "Tao Te Ching" by Lao Tzu, A New English Version By Stephen Mitchell

1. Master your stories

- a. Storytelling is a powerful tool.
- b. The stories you tell yourself either empower you or defeat you.
- c. Don't let stories of fear and negativity run your life.

2. Chronic business is the death of productivity

- a. Many of us are busy but few of us are productive.
- b. Prioritize work that gets you the most results.

3. Perfection is for amateurs

- a. Embrace the imperfections of being human.
- b. You'll be seen as more authentic, courageous, and charismatic.

4. Weaknesses are the path to your potential

- a. We hide from our weaknesses because they make us feel bad about ourselves.
- b. But it's in our weaknesses that we find room for improvement.

5. Letting go is the path to mastery

- a. Much of life is outside of your control.
- b. Accept this and you will find great peace.
- c. Even when things don't go your way.

6. Challenge your own thoughts

- a. People don't have ideas, ideas have people.
- b. Regularly, challenge your thoughts and beliefs.
- c. They may no longer be serving you.

7. Embrace the inevitable

- a. Loss and sadness are an inevitable part of life. But they aren't bad.
- b. They mean you found something important and worth grieving for.

8. Make peace with what you can't control

- a. Focus on what you can control.
- b. If you have no control, let it go.

9. Seek inner power

- a. Trying to become the master of others will give you strength.
- b. But to become a master of yourself gives you true power.

10. There is happiness in solitude

- a. Ordinary people don't enjoy being alone with their own thoughts.
- b. To become truly happy, you must enjoy your own company as much as the company of others.

Very nice teaser to the book. Though, to really get the benefits of the Tao Te Ching, you need to read it.

Read it multiple times for an extended period of time, without skipping a day to really form & strengthen those neural connections.

Then you will move calmly & decisively.