

10 Powerful Lessons From The Book "101 Essays that will Change the way You Think"  
by BRIANNA WIEST

**1. More Is Not Better**

- a. Happiness is not about experiencing more of something.
- b. It's about experiencing what you love in new and interesting ways.

**2. Embrace Fear**

- a. You assume happiness is good, and fear is bad.
- b. Fear is an indicator that you're doing something worthwhile.
- c. Change your story around fear.
- d. Bad feelings are not always bad.

**3. Seek New Experiences**

- a. It's difficult to change your beliefs through thought alone.
- b. Seek new and novel experiences that make new beliefs real to you.

**4. Problems Are Pathways**

- a. You view problems as roadblocks to your success.
- b. Truth is, they're pathways.
- c. "What stands in the way becomes the way." - Marcus Aurelius

**5. Your Past Does Not Define You**

- a. We believe the past is set in stone, but in reality, your perception of the past changes as you do.
- b. Change your future, change your past.

**6. Tame Your Mind**

- a. An untamed mind is a minefield.
- b. Impulsive sub-conscious thinking is disastrous in the long term.
- c. Learn to let your conscious mind make decisions.

**7. Avoid Fear with Routines**

- a. Habits and routine turn off your "fight or flight system" by making the unknown known.
- b. This is why people with strong, healthy habits experience so much joy.

**8. Emotional Intelligence**

- a. You can't control your emotions, but you can control your reaction to them.
- b. Gain control of your life by being aware of your emotions.

**9. Choose Your Thoughts**

- a. Recognize that social conditioning forms your thoughts.
- b. Reflect on your beliefs to figure out if they're your own.
- c. Let go of any thoughts that no longer serve you.

## **10. Validate Feelings, Not Ideas**

- a. Build stronger relationships by validating their feelings.
- b. Everyone's feelings deserve to be felt, seen, and respected.
- c. Even if you disagree, validate their feelings to show you accept them for who they really are.