

10 Lessons from the book "The 4-Hour Workweek" Escape The 9-5, Live Anywhere And Join The New Rich by Timothy Ferriss

- 1. To enjoy life, you don't need fancy nonsense**
 - a. But you do need to control your time and realize that most things just aren't as serious as you make them out to be.
- 2. If you are insecure, guess what? The rest of the world is, too.**
 - a. Do not overestimate the competition and underestimate yourself.
 - b. You are better than you think.
- 3. Learn to be difficult when it counts.**
 - a. In school or in life, having a reputation for being assertive will help you receive preferential treatment without having to beg or fight for it every time.
- 4. Information is useless if it is not applied to something important or you will forget it before you have a chance to apply it.**
- 5. A person's success in life can usually be measured by the number of uncomfortable conversations he or she is willing to have.**
- 6. We are the average of the five people we associate with most, so do not underestimate the effects of our pessimistic and unambitious friends.**
 - a. If someone isn't making you stronger, they're making you weaker.
- 7. It's lonely at the top.**
 - a. 99% of people in the world are convinced they are incapable of achieving great things, so they aim for the mediocre.
 - b. The level of competition is thus fiercest for 'realistic' goals, making them the most time and energy consuming.
- 8. One of the most universal causes of self doubt and depression: trying to impress people you don't like.**
 - a. Stressing to impress is fine, but do it for the right people - those you want to emulate.
- 9. "Someday" is a disease that will take your dreams to the grave with you.**
 - a. If it's important to you and you want to do it "eventually," just do it and correct the course along the way.
- 10. Remember: There is a direct correlation between an increased sphere of comfort and getting what you want.**