

10 Powerful Lessons From The Book "The Laws Of Human Nature" by Robert Greene

- 1. Self sabotage is more common than you think.**
 - a. Break free of defeating patterns of behavior by developing a positive attitude towards your situation.
 - b. No matter how bad, you can always change it.
- 2. Learn to see through the masks people are wearing.**
 - a. Not only will you be able to better understand them, you will also be able to present yourself optimally to the world.
- 3. Be honest with yourself about your own character.**
 - a. Come to terms with your negative traits, to better overcome them and leverage people who offset your weaknesses.
- 4. Take a step back instead of always reacting in the moment.**
 - a. Train yourself to always look at the bigger picture.
- 5. The best offense is indirect.**
 - a. Break through people's defenses by validating their self opinion and aligning your ideas with it.
- 6. We hide our greed, anger, and jealousy to fit in and be likable.**
 - a. Learn to channel your negative energy in productive ways.
 - b. You overcome your darkness by integrating it into your daily life.
- 7. Every person has both masculine and feminine energies.**
 - a. Learn to embrace both to become a more balanced and effective individual.
- 8. Overcome your immediate impulses by finding purpose.**
 - a. With a strong why and reason to act, instant gratification will no longer rule you.
- 9. We all conform to groups to fit in.**
 - a. It's difficult to resist their downward pull.
 - b. Realize that some groups are better for you than others.
- 10. Think about death regularly.**
 - a. It sounds paradoxical but thinking about death gives urgency and meaning to life.
 - b. Leverage an awareness of death to increase the quality of your life.