

A Philosophers Notes On Optimal Living Creating An Authentically Awesome Life And Other Such Goodness Vol 1 Brian Johnson

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Life itself – when you play the game, it does not enhance its challenges, or you wake up?

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I'm the founder and leader of Optimize. I love studying and embodying wisdom while helping people Optimize their lives so we can change the world together. Before we talk more about me, let's talk...

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Philosopher's Notes - Optimal Living 101

Brian is a serial-entrepreneur, deep-thinker, relentless-reader and modern-day philosopher. If you like the book summaries on Faster To Master, you will love his "Philosopher's Notes ". But his best works (so far) are his Optimal Living 101 course and his Master Classes. They're a synthesis of all he's read and discovered.

Optimal Living 101 Summary - Brian Johnson

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Brian Johnson

The Class We Never Had Isn't it a bit odd that we went from Science to Math to History but somehow missed the class on how to live? For some wacky reason "Optimal Living 101" didn't make the schedule... But imagine if that class did exist—and the teachers included everyone from the old school philosophers like Socrates, Marcus Aurelius, Emerson, Nietzsche and the Buddha to modern gurus like Joseph Campbell, Dan Millman, Deepak Chopra, Eckhart Tolle and Wayne Dyer plus the world's leading positive psychologists like Sonja Lyubomirsky, Tal Ben-Shahar and Martin Seligman who are *scientifically* establishing how we can live with more happiness, meaning and mojo. Think of this book as the nerd in the class a Philosopher's notes on that awesome class. From "Spiritual Farts" and "110-Year Old You"s to "The Tolle Trap" and "Blissipline," you'll have fun getting your wisdom on in this inspiring, playful, wise and practical little book as Brian Johnson shares one hundred of his favorite Big Ideas on how to create a life brimming with a radiant enthusiasm only discovered when we align with the fundamentals of Optimal Living.

A practical, refreshingly optimistic guide that uses centuries-old wisdom to help us better cope with the stresses of modern living. Some people bounce back in response to setbacks; others break. We often think that these responses are hardwired, but fortunately this is not the case. Stoicism offers us an alternative approach. Plumbing the wisdom of one of the most popular and successful schools of thought from ancient Rome, philosopher William B. Irvine teaches us to turn any challenge on its head. The Stoic Challenge, then, is the ultimate guide to improving your quality of life through tactics developed by ancient Stoics, from Marcus Aurelius and Seneca to Epictetus. This book uniquely combines ancient Stoic insights with techniques discovered by contemporary psychological research, such as anchoring and framing. The result is a surprisingly simple strategy for dealing with life's unpleasant and unexpected challenges—from minor setbacks like being caught in a traffic jam or having a flight cancelled to major setbacks like those experienced by physicist Stephen Hawking, who slowly lost the ability to move, and writer Jean-Dominique Bauby, who suffered from locked-in syndrome. The Stoics discovered that thinking of challenges as tests of character can dramatically alter our emotional response to them. Irvine's updated "Stoic test strategy" teaches us how to transform life's stumbling blocks into opportunities for becoming calmer, tougher, and more resilient. Not only can we overcome everyday obstacles—we can benefit from them, too.

This is the first book to give a collective treatment of philosophical issues relating to tax. The tax system is central to the operation of states and to the ways in which states interact with individual citizens. Taxes are used by states to fund the provision of public goods and public services, to engage in direct or indirect forms of

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redistribution, and to mould the behaviour of individual citizens. As the contributors to this volume show, there are a number of pressing and thorny philosophical issues relating to the tax system, and these issues often connect in fascinating ways with foundational questions regarding property rights, public justification, democracy, state neutrality, stability, political psychology, and other moral and political issues. Many of these deep and fascinating philosophical questions about tax have not received as much sustained attention as they clearly merit. The aim of advancing the debate about tax in political philosophy has both general and more specific aspects, ranging across both over-arching issues regarding the tax system as a whole and more specific issues relating to particular forms of tax policy. Thinking clearly about tax is not an easy task, as much that is of central importance is missed if one proceeds at too great a level of abstraction, and issues of conceptual and normative importance often only come sharply into focus when viewed against real-world questions of implementation and feasibility. Serious philosophical work on the tax system will often therefore need to be interdisciplinary, and so the discussion in this book includes a number of scholars whose expertise spans across neighbouring disciplines to philosophy, including political science, economics, public policy, and law.

"The tools Barry and Phil teach in *Coming Alive* gave me the courage and clarity to align myself with the truth—no matter how hard or painful it seemed at the time."—Gwyneth Paltrow

Tap into the Life Force with this critical and contemporary guide to unlocking our most powerful selves—from the bestselling authors of *The Tools* (and *Goop's* resident shrink). Phil Stutz and Barry Michels's tools will be featured in an upcoming Netflix original documentary directed by Jonah Hill and co-produced by Joaquin Phoenix. In *The Tools*, Michels and Stutz revolutionized the world of personal growth. Now, in *Coming Alive*, they guide readers toward a wellspring of positive energy: the source of creativity, renewal, and engagement. The first step in gaining mastery over one's life—in deepening both emotional and spiritual experiences—is identifying the enemy within, which Michels and Stutz have named Part X. This formidable adversary is a shape-shifter: it may be the voice in your head that is a torrent of negativity; it may take the form of outside forces that conspire against you. In whatever guise it appears, Part X aims to derail your progress, keep you small and stuck, and defeat hope. The four vital tools in *Coming Alive* help you connect to the Life Force—a wellspring of positive energy that is the source of creativity, renewal, confidence, and engagement—and harness the energy and will to combat Part X. Drawing insights from their decades of psychotherapeutic practice, their lived experience, and their moving and generous understanding of our interconnectedness, Michels and Stutz have created a paradigm-shifting guide to achieving optimal mental health and spiritual well-being. Praise for *Coming Alive* "What a gift! A riveting exploration of four (bone-chillingly relatable) modern

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ailments and their thrillingly practical solutions . . . Singular in its approach and deeply spiritual in its concerns, *Coming Alive* is a book I'll be pressing on friends and foes alike."—Maria Semple, author of *Where'd You Go*, Bernadette

A group biography of seven enduring and beloved games, and the story of why—and how—we play them. Checkers, backgammon, chess, and Go. Poker, Scrabble, and bridge. These seven games, ancient and modern, fascinate millions of people worldwide. In *Seven Games*, Oliver Roeder charts their origins and historical importance, the delightful arcana of their rules, and the ways their design makes them pleasurable. Roeder introduces thrilling competitors, such as evangelical minister Marion Tinsley, who across forty years lost only three games of checkers; Shusai, the Master, the last Go champion of imperial Japan, defending tradition against "modern rationalism"; and an IBM engineer who created a backgammon program so capable at self-learning that NASA used it on the space shuttle. He delves into the history and lore of each game: backgammon boards in ancient Egypt, the Indian origins of chess, how certain shells from a particular beach in Japan make the finest white Go stones. Beyond the cultural and personal stories, Roeder explores why games, seemingly trivial pastimes, speak so deeply to the human soul. He introduces an early philosopher of games, the aptly named Bernard Suits, and visits an Oxford cosmologist who has perfected a computer that can effectively play bridge, a game as complicated as human language itself. Throughout, Roeder tells the compelling story of how humans, pursuing scientific glory and competitive advantage, have invented AI programs better than any human player, and what that means for the games—and for us. Funny, fascinating, and profound, *Seven Games* is a story of obsession, psychology, history, and how play makes us human.

This is the first book to explain how the fundamentals of marketing strategy must change in response to this broad-based increase in wealth. The authors specifically address how to fine tune a mass marketing approach that captures the value created from greater consumer affluence. After years of expensive and largely ineffective attempts at one-to-one marketing and other complex varieties of microsegmentation, the business environment is ripe for a switch back to the relative simplicity of a mass marketing mindset. Flouts conventional wisdom: the authors' in-depth research uncovered that today's moneyed masses are completely different than the mass market of decades past in terms of how much they have to spend and what they are willing to spend it on. Reveals the mass marketing strategies a range of companies have already successfully used to hit pay dirt with products ranging from oral care to laundry detergent to exotic automobiles.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of

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Give and Take)

Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep—spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In *Deep Work*, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, *Deep Work* takes the reader on a journey through memorable stories—from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air—and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. *Deep Work* is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Economic inequality is one of the most divisive issues of our time. Yet few would argue that inequality is a greater evil than poverty. The poor suffer because they don't have enough, not because others have more, and some have far too much. So why do many people appear to be more distressed by the rich than by the poor? In this provocative book, the #1 New York Times bestselling author of *On Bullshit* presents a compelling and unsettling response to those who believe that the goal of social justice should be economic equality or less inequality. Harry Frankfurt, one of the most influential moral philosophers in the world, argues that we are morally obligated to eliminate poverty—not achieve equality or reduce inequality. Our focus should be on making sure everyone has a sufficient amount to live a decent life. To focus instead on inequality is distracting and alienating. At the same time, Frankfurt argues that the conjunction of vast wealth and poverty is offensive. If we dedicate ourselves to making sure everyone has enough, we may reduce inequality as a side effect. But it's essential to see that the ultimate goal of justice is to end poverty, not inequality. A serious challenge to cherished beliefs on both the political left and right, *On Inequality* promises to have a profound impact on one of the great debates of our time.

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Brian Johnson
The columnist for Slate's popular "Do the Math" celebrates the logical, illuminating nature of math in today's world, sharing in accessible language mathematical approaches that demystify complex and everyday problems.

Hägglund argues that a faith not in God or eternal life, but in the finite, temporal life we lead here on earth is one that gives that life far greater depth of meaning. In contrast to the traditional religious faith in eternity, he proposes a secular faith in the value of living in time. His book provides not only a critique of religious ideals, but also a positive, alternative understanding of the beliefs and values that can motivate us to live lives of meaning in the here and now. -- adapted from jacket

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