

Chapter 1 : The Art of The Good Life by Rolf Dobelli (also, a Book Review)

*The Art of the Good Life: 52 Surprising Shortcuts to Happiness, Wealth, and Success [Rolf Dobelli] on calendrierdelascience.com *FREE* shipping on qualifying offers. Since antiquity, people have been asking themselves what it means to live a good life.*

Hence, unlike my previous reviews, I am not going to talk in detail about them. However, I will note my key lessons from the book: Tax up your expenses. Be mindful of your negative emotions. This advice is surprising coming from a largely cynical book. Know when and where not to play. Rarely have I seen an example better described than when Rolf Dobelli quotes Dylan Evans description of professional backgammon player by the name of J. If the other guy played well, J. In other words, J. Use the right idols to drive your own change. The most efficient way to steer your personal development is to use your idols. So be careful how you choose the people you admire. Avoid situations where you have to change other people. The motivation for personal change must come from within. Prevention is better than the cure. We systematically overemphasize the role of heroes while underemphasizing the role of people who help society and individuals from veering into catastrophe. They are the true heroes, the truly wise: Take preventive measures on catastrophic risks. I recommend spending fifteen minutes a week focusing intently on the potentially catastrophic risks in your life. Then forget all about it and spend the rest of the week happy and carefree. You are not as important as you think you are. If you died today, in less than 10 years you will not be a subject of discussion even among the majority of people who know you. The more important you think you are, the more enemies you will make. Not a good life. Focus on your input, and not the output. This one comes straight from the Bhagavad Gita. All in all, a good book. To finish this review, here is another practical takeaway for all those who are suffering from the Steve Jobs aka outsiders syndrome: Keep one foot firmly planted in the establishment. But let your other foot wander. I know that sounds like a bit of a challenge, flexibility-wise; in practice, however, it works well. Make friends with outsiders. Here are the rules for getting along with them: Just be genuinely interested in their work. Outsiders are rarely on time. Give them something back:

Chapter 2 : The Art of the Good Life Audiobook | Rolf Dobelli | calendrierdelascience.com

Rolf Dobelli's The Art of the Good Life is a self-help book. I am not a fan of the average self-help book (and any I've read have come my way not because I bought them, but because I was gifted them) as was Dobelli's book, which was part of a Hachette India swag bag).

Chapter 3 : The Art of the Good Life by Rolf Dobelli

The Art of The Good Life by Rolf Dobelli (also, a Book Review) The Art of Good Life "Clear Thinking for Business and a Better Life by Rolf Dobelli is an excellent book. Keeping the traditions of his previous book, The Art of Thinking Clearly, this book too has 52 chapters "one for each of the weeks in a calendar year.

Chapter 4 : The Art of the Good Life: the 52 shortcuts to achieving happiness

Rolf Dobelli--successful businessman, founder of the TED-style ideas conference Zurich Minds, bestselling author, and all-around seeker of big ideas--has made finding a shortcut to happiness his life's mission.

Chapter 5 : The Art of the Good Life : Rolf Dobelli :

*'Rolf Dobelli is brilliant at converting evidence from scientific research into practical steps that improve personal outcomes.' * Robert Cialdini, author of the international bestseller INFLUENCE * "Rolf Dobelli has a gift for identifying the best ideas in the world and then putting them together.*

Chapter 6 : The Art of the Good Life by Rolf Dobelli ~ à!-à!‡ à!%à§Žà!_à!-!

The book's author is Rolf Dobelli and he uncovers the 52 surprising shortcuts to happiness, wealth, and success. In this episode, Preston and Stig review the newly released book, The Art of the Good Life.

Chapter 7 : Person â€“ Rolf Dobelli

"good life is a stable state or condition. Wrong. The good life is only achieved through constant readjustment. Then why are we so reluctant to correct and revise? Because we interpret every little piece of repair work as a flaw in the plan. Obviously, we say to ourselves, our plan isn't working.

Chapter 8 : The Art of the Good Life | Rolf Dobelli | | NetGalley

A novelist, thinker, and entrepreneur, Rolf Dobelli deftly shows that in order to lead happier, more prosperous lives, we don't need extra cunning, new ideas, shiny gadgets, or more frantic hyperactivity - all we need is less irrationality.

Chapter 9 : Rolf Dobelli - Wikipedia

The Art of the Good Life: the 52 shortcuts to achieving happiness but these are some of the counter-intuitive lessons of Rolf Dobelli's new book exploring The Art of The Good Life.