



333
TIMELESS
MAXIMS

EL JEFE

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Introduction

Aristotle said that “it’s unbecoming for young men to utter maxims.” F*** you Aristotle. I like writing my own maxims.

And anyways, all 333 maxims in this book aren’t even from me. They’re from the most brilliant thinkers, philosophers, writers, entrepreneurs, athletes, musicians, poets, and comedians I’ve yet discovered.

So I hope you, and that punk Aristotle, can enjoy the wisdom that is overflowing in this book. It has twelve parts. Each part has 30 maxims. (Except for the first part, which has 3 maxims *about* maxims).

You don’t need to read this order. You can start in the middle. You can read it backwards! Skip around. It doesn’t matter.

The only thing that matters is that you remember and apply the maxims that resonate with you most. They will change your life.

I recommend reading no more than ~6 maxims (1 page) at a time. The words are concise but the ideas are deep. Except for the ones that are jokes. Actually, those might be the most profound ones.



I
TIMELESS?
MAXIMS?

Time • less

(adjective)

not affected by the passage of time or changes in fashion; not restricted to a particular time or date; eternal

Max • im

(noun)

a short, pithy statement expressing a general truth or rule of conduct; a proverbial saying.

333

Maxims help compress my learnings and recall them.

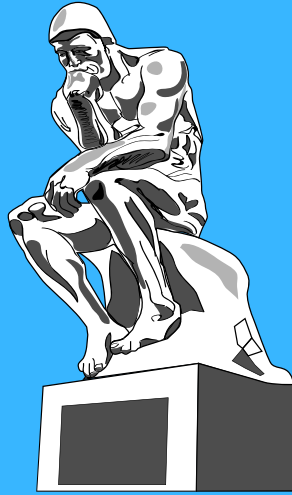
Naval Ravikant

Maxims are rich treasures to the man of the world.

Johann Wolfgang von Goethe

There are plenty of maxims in the world; all that remains is to apply them.

Blaise Pascal



II

LOVE OF WISDOM

The only true wisdom is in knowing you know nothing.

Socrates

I have no special talent. I am only passionately curious.

Albert Einstein

The first principle is that you must not fool yourself, and you are the easiest person to fool.

Richard Feynman

Every man has two lives, and the second begins when he realizes he only has one.

Confucius

Could a greater miracle take place than for us to look through each other's eyes for an instant?

Henry David Thoreau

Time is a sort of river of passing events, and strong is its current; no sooner is a thing brought to sight than it is swept by and another takes its place, and this too will be swept away.

Marcus Aurelius

No great mind has ever existed without a touch of madness.

Aristotle

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked.

There is no reason not to follow your heart.

Steve Jobs

I would never die for my beliefs because I might be wrong.

Bertrand Russell

Putting things off is the biggest waste of life: it snatches away each day as it comes, and denies us the present by promising the future.

Seneca

The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.

Thich Nhat Hanh

He who has a why can bear almost any how.

Friedrich Nietzsche

Know thyself.

Greek Maxim

To the mind that is still, the whole universe surrenders.

Lao Tzu

Fiction is the lie through which we tell the truth.

Albert Camus

To me, every hour of every day is an unspeakably perfect miracle.

Walt Whitman

No man ever steps in the same river twice, for it's not the same river and
he's not the same man.

Heraclitus

True philosophy consists not in the speculation of books, but in the
faithful practice of honor and virtue according to the dictates of that
inmost voice which is, in some mystic sense, the word of God in the heart
of every man.

Will Durant

However many holy words you read, however many you speak, what good will they do you if you do not act on upon them?

Buddha

The more unintelligent a man is, the less mysterious existence seems to him.

Arthur Schopenhauer

The art of knowing is knowing what to ignore.

Rumi

For life to be really fun, what you fear should line up with what you desire.

Nassim Taleb

Those who do not weep do not see.

Victor Hugo

Tell me what you pay attention to and I will tell you who you are.

Jose Ortega Y Gasset

Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!

Viktor Frankl

Tell me, what is it you plan to do, with your one wild and precious life?

Mary Oliver

So I say to you: Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.

Jesus Christ

Any moment might be our last. Everything is more beautiful because we are doomed. You will never be lovelier than you are now. We will never be here again.

Homer

Never identify yourself as a philosopher or speak much to non-philosophers about your principles; act in line with those principles.

Epictetus

Resentment and cynicism suffocate the human spirit. Choose optimism and fight for the best possible future you can imagine.

Lex Fridman



III

LEARNING READING WRITING

The foundation of learning is reading.

Naval Ravikant

There's nothing to writing. All you do is sit down at a typewriter and bleed.

Ernest Hemingway

Just write every day of your life. Read intensely. Then see what happens.

Ray Bradbury

My favorite moments reading non-fiction are when a book bitchslaps my brain and reconfigures my entire understanding of reality and my place within it. I love that. It's like a mind orgasm.

Mark Manson

I don't journal to 'be productive.' I don't do it to find great ideas or to put down prose I can later publish. The pages aren't intended for anyone but me. It's the most cost-effective therapy I've ever found.

Tim Ferriss

A good book gets better on the second reading. A great book on the third. Any book not worth rereading isn't worth reading

Nassim Taleb

If you can't read and write, you can't think. Your thoughts are dispersed
if you don't know how to read and write. You've got to be able to look at
your thoughts on paper and discover what a fool you were.

Ray Bradbury

Good writing is always about things that are important to you, things
that are scary to you, things that eat you up.

John Edgar Wideman

I believe that reading and writing are the most nourishing forms of
meditation anyone has so far found.

Kurt Vonnegut

A reader lives a thousand lives before he dies. The man who never reads
lives only one.

George RR. Martin

And the idea of just wandering off to a cafe with a notebook and writing
and seeing where that takes me for awhile is just bliss.

J. K. Rowling

I've never known any trouble that an hour's reading didn't assuage.

Arthur Schopenhauer

One of the greatest thrills in literature is when a voice from across the centuries comes and seems to leave a handprint.

Douglas Murray

Knowledge is not enough, we have to apply it; wanting is not enough, there has to be action.

Johann Wolfgang von Goethe

There is no greater agony than bearing an untold story inside you.

Maya Angelou

I cannot remember the books I've read any more than the meals I have eaten; even so, they have made me.

Ralph Waldo Emerson

In my whole life, I have known no wise people (over a broad subject matter area) who didn't read all the time - none, zero.

Charlie Munger

If you want to be a writer, you must do two things above all others: read a lot and write a lot.

Stephen King

We shrink the world to fit our minds, and think we've expanded our
grasp to fit the world.

Gurwinder Bhogal

The more you know, the more you know you don't know.

Aristotle

The essence of writing is rewriting.

William Zinsser

All the writing elements are the same. You need to tell a good story.

Suzanne Collins

True glory consists in doing what deserves to be written, and writing
what deserves to be read.

Pliny the Elder

It takes considerable knowledge just to realize the extent of your own
ignorance.

Thomas Sowell

Either you torture yourself to clarify your ideas or your readers will
torture themselves trying to understand them.

David Perrell

A writer is a reader moved to emulation.

Saul Bellow

Isn't it the height of folly to learn inessential things when time's so
desperately short!

Seneca

Education is the ability to listen to almost anything without losing your
temper or your self-confidence.

Robert Frost

Why should you write...do you want to be competent and dangerous or
vague and useless?

Jordan Peterson

You know that if you'd lived in a different place or time, read different
books, had different friends, you'd have different beliefs. And yet, you're
so convinced that your current beliefs are correct. So are you wrong, or
the luckiest person ever?

Gurwinder Bhogal



IV
ART
MUSIC
COMEDY

The language you're about to hear is...disturbing.

Dave Chappelle

No one in the creative process, other than the maker, truly understands the process. And often, even the maker doesn't.

Rick Rubin

Without music, life would be a mistake.

Friedrich Nietzsche

Comedy is the art of telling forbidden truths, without getting beat up.

Naval Ravikant

Artists, writers and people in creative fields are entrepreneurs by necessity.

Steven Pressfield

God is a comedian playing to an audience too afraid to laugh.

H.L. Mencken

Music has an intrinsic meaning, which has always been mysterious to me.

Jordan Peterson

The world is a tragedy to those who feel, but a comedy to those who think.

Horace Walpole

The best art divides the audience.

Rick Rubin

To do things right, first you need love, then technique.

Antoni Gaudí

Humor is mankind's greatest blessing.

Mark Twain

Rich people never go to war. You ask a college kid to go to war, and he's like, 'Umm, I'm taking this sociology class, and I think war is, like, really stupid, and my roommate's, like, half Afghani, so it's going to cause some static.'

Bill Burr

The artist sees what others only catch a glimpse of.

Leonardo da Vinci

Life doesn't make any sense, and we all pretend it does. Comedy's job is to point out that it doesn't make sense, and that it doesn't make much difference anyway.

Eric Idle

I saw the angel in the marble and carved until I set him free.

Michelangelo

Music is the movement of sound to reach the soul for the education of its virtue.

Plato

I call architecture frozen music.

Johann Wolfgang von Goethe

When you're born you get a ticket to the freak show. When you're born in America, you get a front row seat.

George Carlin

If I know that I am the tiniest speck of dust around for a split second only, then why was I so upset when my fantasy football team lost on Sunday?

Tim Urban

I love music. It's freedom, a way of dealing with pent-up frustration.

Ice Cube

Love, love, love, that is the soul of genius.

Mozart

Their savage eyes turned to a modest gaze by the sweet power of music.

William Shakespeare

There is nothing so irresistibly contagious as laughter and good humor.

Charles Dickens

Art is theft.

Pablo Picasso

Music is the mediator between the spiritual and the sensual life.

Ludwig Van Beethoven

Life is a tragedy when seen in close-up, but a comedy in long-shot.

Charlie Chaplin

The essence of all beautiful art, all great art, is gratitude.

Friedrich Nietzsche

Music is the universal language of mankind.

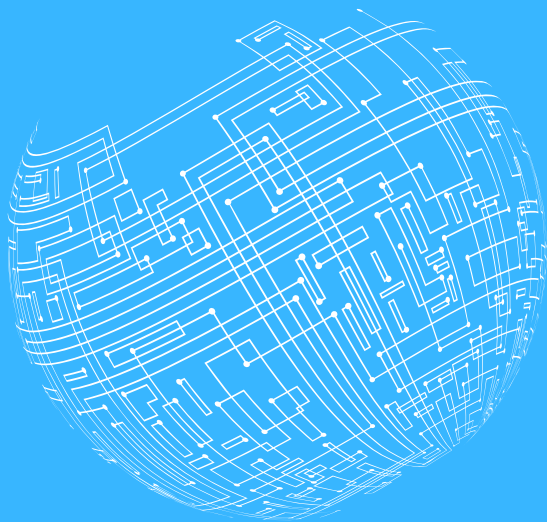
Henry Wadsworth Longfellow

The only intelligent tactical response to life's horror is to laugh defiantly
at it.

Søren Kierkegaard

That's my only goal. Surround myself with funny people, and make sure
everyone has a good time and works hard.

Joe Rogan



V

SCIENCE & TECHNOLOGY

Science is a way of thinking much more than it is a body of knowledge.

Carl Sagan

Man is a tool-making animal.

Benjamin Franklin

Science, testing absolutely all thoughts, all works, has already burst well upon the world—a sun, mounting, most illuminating, most glorious—surely never again to set.

Walt Whitman

I would rather have questions that can't be answered than answers that can't be questioned.

Richard Feynman

The spread of civilization may be likened to a fire; first, a feeble spark, next a flickering flame, then, a mighty blaze, ever increasing in speed and power.

Nikola Tesla

Any sufficiently advanced technology is indistinguishable from magic.

Arthur C. Clarke

We live in a society exquisitely dependent on science and technology in which hardly anyone knows anything about science and technology.

Carl Sagan

If I have seen further than others, it is by standing on the shoulders of giants.

Isaac Newton

AI will kill us all.

Eliezer Yudkowsky

AI will save the world.

Marc Andreessen

Artificial Intelligence will have a more profound impact on humanity than fire, electricity, and the internet.

Sundar Pichai

I like the scientific spirit—the holding off, the being sure but not too sure, the willingness to surrender ideas when the evidence is against them.

Walt Whitman

Machines take me by surprise with great frequency.

Alan Turing

What we know is a drop. What we don't know is an ocean.

Isaac Newton

As technology accumulates and people in more parts of the planet become interdependent, the hatred between them tends to decrease, for the simple reason that you can't kill someone and trade with him too.

Steven Pinker

Technology is a useful servant but a dangerous master.

Christian Lous Lange

Progress that is both rapid enough to be noticed and stable enough to continue over many generations has been achieved only once in the history of our species. It began at approximately the time of the scientific revolution, and is still under way.

David Deutsch

The Internet has always been, and always will be, a magic box.

Marc Andreessen

Technology is the campfire around which we tell our stories.

Laurie Anderson

As a research tool, the internet is invaluable.

Noam Chomsky

All progress, both theoretical and practical, has resulted from a single human activity: the quest for what I call good explanations.

David Deutsch

I have never met a man so ignorant that I couldn't learn something from him.

Galileo Galilei

All living organisms must be related through their common descent from some simple original stock. Further, since all organisms vary, and all reproduce themselves in greater numbers than can survive, there must always be competition between variants; in other words, the principle of natural selection, too, is universally applicable.

Charles Darwin

Scientists have become the bearers of the torch of discovery in our quest for knowledge.

Stephen Hawking

I'm a scientific expert; that means I know nothing about absolutely everything.

Arthur C. Clarke

The Universe is under no obligation to make sense to you.

Neil deGrasse Tyson

What if Mr. Krabs is a robot?

Spongebob Squarepants

There is no place for dogma in science. The scientist is free, and must be free to ask any question, to doubt any assertion, to seek for any evidence, to correct any errors.

Robert Oppenheimer

You may live to see man-made horrors beyond your comprehension.

Nikola Tesla

You are cruising along, and then technology changes. You have to adapt.

Marc Andreessen



VI

WEALTH

CREATION

For what shall it profit a man, if he gains the whole world, and suffers
the loss of his soul?

Jesus Christ

Give me a lever long enough and a fulcrum on which to place it, and I
shall move the world.

Archimedes

He who does not risk does not win.

Spanish Proverb

If you would take, you must first give, this is the beginning of
intelligence.

Lao Tzu

1st rule of career planning: do not plan your career. Career planning =
career limiting. Instead of planning your career, focus on developing
skills and pursuing opportunities.

Marc Andreessen

Extreme people get extreme results.

Sam Altman

The real tragedy of the poor is the poverty of their aspirations.

Adam Smith

The best entrepreneurs I've ever met are all good communicators. It's perhaps one of the very few unifying factors.

Tim Ferriss

The most selfish thing I ever did was give.

Denzel Washington

Compared with the general population, millionaires are high in openness, high in conscientiousness, high in extraversion, low in neuroticism, and low in agreeableness.

Rob Henderson

Beware of little expenses. A small leak will sink a great ship.

Benjamin Franklin

Seek wealth, not money or status. Wealth is having assets that earn while you sleep. Money is how we transfer time and wealth. Status is your place in the social hierarchy. Understand that ethical wealth creation is possible. If you secretly despise wealth, it will elude you.

Naval Ravikant

It is remarkable how much long-term advantage people like us have gotten by trying to be consistently not stupid, instead of trying to be very intelligent.

Charlie Munger

If you are open-minded enough and determined, you can get virtually anything you want.

Ray Dalio

Capitalism is how you take care of people you don't know.

Marc Andreessen

The world belongs to those who can keep doing without seeing the result of their doing.

Alex Hormozi

The lack of money is the root of all evil.

Mark Twain

If we think long-term, we can accomplish things we couldn't otherwise accomplish.

Jeff Bezos

The main thing is to keep the main thing the main thing.

Kevin Kelly

Price is what you pay. Value is what you get.

Warren Buffet

Seize any opportunity, or anything that looks like an opportunity.

Nassim Taleb

If you didn't get a gasp for the price tag - you didn't go high enough.

Raise your prices.

Alex Hormozi

If you do build a great experience, customers tell each other about that.

Word of mouth is very powerful.

Jeff Bezos

You're not going to get rich renting out your time. You must own equity
- a piece of a business - to gain your financial freedom.

Naval Ravikant

You gain authority by selling something.

Dan Koe

Rule number 1: never lose money. Rule number 2: never forget number 1.

Warren Buffet

I have become so much of a hyperrealist that I've learned to appreciate the beauty of all realities, even harsh ones, and have come to despise impractical idealism.

Ray Dalio

The most important skill for getting rich is becoming a perpetual learner.

You have to know how to learn anything you want to learn.

Naval Ravikant

It's far better to buy a wonderful company at a fair price than a fair company at a wonderful price.

Warren Buffett

Learn to sell. Learn to build. If you can do both, you will be unstoppable.

Naval Ravikant



VII

SEX & ROMANCE

We are all a little weird and life's a little weird, and when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love.

Dr. Seuss

The word 'romance,' according to the dictionary, means excitement, adventure, and something extremely real. Romance should last a lifetime.

Billy Graham

One theory is that civilization exists to answer the question of who gets to mate.

Naval Ravikant

A man without ambition is like a woman without beauty.

American Proverb

You like that it ain't easy.

Shakira

To find a good mate, be worthy of a good mate.

Charlie Munger

I wanna dance with somebody.

Whitney Houston

Traits that men find appealing is the classic “hourglass” body shape: large bust, thin waist, and relatively large hips...straight women prefer men with a V-shaped torso, an athletic physique, and a voice like a low pitched rumble.

Steve Stuart-Williams

Oh yeah, all right, take it easy baby.

Tom Petty

If I kissed your neck, what would you do?

Becky G

I can't help but to, notice you, noticing me.

Akon

If you can make a woman laugh, you can make her do anything.

Marilyn Monroe

Wit seduces by signaling intelligence without nerdiness.

Nassim Taleb

Women place more importance on wealth and status, and men more on looks and youthfulness.

Steve Stuart-Williams

The secret to a happy relationship is two happy people.

Naval Ravikant

The consequences of women's attractiveness for a man's social status are critical. Everyday folklore tells us that our mate is a reflection of ourselves. Men are particularly concerned about status, reputation, and hierarchies because elevated rank has always been an important means of acquiring the resources that make men attractive to women.

David Buss

You were always on my mind.

Elvis Presley

Caught in a bad romance.

Lady Gaga

Beauty is mysterious as well as terrible. God and devil are fighting there,
and the battlefield is the heart of man.

Fyodor Dostoevsky

Ladies, let me give you some advice. You can throw all your stupid
fucking chick-lit, self-help, why-doesn't-he-love-me books out, because
this is all you need to know: Men will treat you the way you let them.
There is no such thing as "deserving" respect; you get what you demand
from people... if you demand respect, he will either respect you or he
won't associate with you. It really is that simple.

Tucker Max

You're soul with mine, the two vibrating together.

Bad Bunny

The very essence of romance is uncertainty.

Oscar Wilde

He was contemplation and enthusiasm. Ambition and strong coffee. I
could have looked at him forever.

E. Lockhart

She got eyes that cut you like a knife.

Zac Brown Band

In another life, I would be your girl.

Katy Perry

Most women are unwilling to settle for men who are less educated, less intelligent, and less professionally successful than they are.

David Buss

The seducer is never self-absorbed.

Robert Greene

Between what is said and not meant, and what is meant and not said,
most of love is lost.

Khalil Gibran

Can't you see that I'm the one who understands you?

Taylor Swift

Sex is kicking death in the ass while singing.

Charles Bukowski



VIII

LANGUAGES

CULTURE

TRAVEL

Learning another language is like becoming another person.

Haruki Murakami

If you are ambitious to talk well, you must be as much as possible in the society of well-bred, cultured people. If you seclude yourself, though you are a college graduate, you will be a poor converser.

Orison Swett Marden

Speak a new language so that the world will be a new world.

Rumi

If we spoke a different language, we would perceive a somewhat different world.

Ludwig Wittgenstein

Travel is fatal to prejudice, bigotry, and narrow-mindedness, and many of our people need it sorely on these accounts. Broad, wholesome, charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime.

Mark Twain

Those who know nothing of foreign languages know nothing of their own.

Johann Wolfgang von Goethe

The world is a book, and those who do not travel read only a page.

Saint Augustine

The joy of knowing a foreign language is inexpressible. I find it really difficult to express such joy in my mother tongue.

Munia Khan

Not all those who wander are lost.

J.R.R. Tolkien

Language is largely made to show off, gossip, confuse people, delude them, charm them, seduce them, scare them, and exploit them. And, as a side effect, convey information. Just a side effect, you know.

Nassim Taleb

America is great.

Lex Fridman

If you talk to a man in a language he understands, that goes to his head.

If you talk to him in his own language, that goes to his heart.

Nelson Mandela

A good traveler has no fixed plans, and is not intent on arriving.

Lao Tzu

Speak another language so that you can see more beauty.

El Jefe

Travel far enough, you meet yourself.

David Mitchell

To God I speak Spanish, to women Italian, to men French, and to my
horse—German.

Charles V

You can never understand one language until you understand at least
two.

Geoffrey Willans

Behind the steering wheel has always been my favorite seat, and driving
the highways of America has always been my ideal office.

Matthew McConaughey

To learn a language is to have one more window from which to look at
the world.

Chinese Proverb

When setting out on a journey, do not seek advice from those who have
never left home.

Rumi

Learning another language is not only learning different words for the
same things, but learning another way to think about things.

Flora Lewis

If you want to know the truth of who you are, walk until not a person
knows your name.

Patrick Rothfuss

Learn a language, and you'll avoid a war.

Arab Proverb

Before the development of tourism, travel was conceived to be like study,
and its fruits were considered to be the adornment of the mind and the
formation of judgment.

Paul Fussell

Viewed freely, the English language is the accretion and growth of every dialect, race, and range of time, and is both the free and compacted composition of all.

Walt Whitman

Travel is a fantastic self-development tool, because it extricates you from the values of your culture and shows you that another society can live with entirely different values and still function and not hate themselves.

Mark Manson

People leave the world in droves to come to America, for the culture. The culture of freedom, individual liberty, open-ness, and protection from the greatest slaughterer of mankind, government.

Naval Ravikant

The joy of tasting different cultures is it gives you a broad perspective, and you don't judge people from stereotypical characters you see in films.

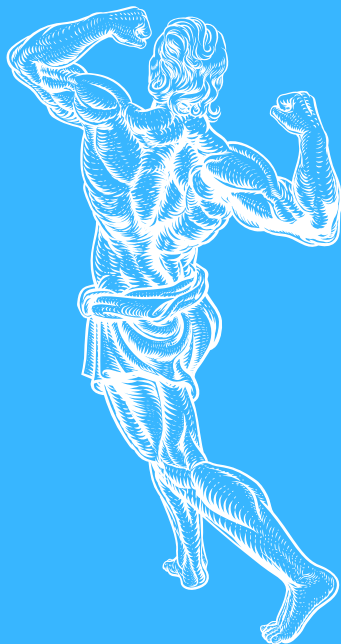
Henry Golding

A new language is a new life.

Persian Proverb

Coffee is a language in itself.

Jackie Chan



IX

PERSONAL

DEVELOPMENT

Knowing who we are is hard. Eliminate who we're not first, and we'll find ourselves where we need to be.

Matthew McConaughey

Stop saying those things that make you weak and ashamed. Say only those things that make you strong. Do only those things that you could speak of with honor.

Jordan Peterson

If you have a dream, don't waste your energies explaining why.

Paulo Coelho

Life is too short to be small.

Tim Ferriss

He who builds a house according to every man's advice will have a crooked house.

Danish Proverb

Don't bend; don't water it down; don't try to make it logical; don't edit your own soul according to the fashion. Rather, follow your most intense obsessions mercilessly.

Franz Kafka

Victorious warriors win first and then go to war, while defeated warriors
go to war first and seek to win.

Sun Tzu

We are what we repeatedly do. Excellence, then, is not an act, but a
habit.

Will Durant

When we conquer our fears, we discover a boundless, bottomless,
inexhaustible well of passion.

Steven Pressfield

Ego is the enemy.

Ryan Holiday

Don't be satisfied with stories, how things have gone for others. Unfold
your own myth.

Rumi

Make mistakes of ambition and not mistakes of sloth. Develop the
strength to do bold things, not the strength to suffer.

Niccolò Machiavelli

What man actually needs is not a tensionless state but rather the striving and struggling for a worthwhile goal, a freely chosen task.

Viktor Frankl

Believe you can and you're already halfway there.

Theodore Roosevelt

You are what you do, not what you say you'll do.

Carl Jung

It's better to be absolutely ridiculous than absolutely boring.

Marilyn Monroe

Always stick to what makes you weird, odd, strange, different. That's your source of power.

Robert Greene

Discipline = Freedom.

Jocko Willink

My exercise routine is horrible. And it makes everything else easier.

Joe Rogan

Everyone has a plan until they get punched in the mouth.

Mike Tyson

You don't become confident by shouting affirmations in the mirror, but by having a stack of undeniable proof that you are who you say you are. Outwork your self doubt.

Alex Hormozi

There are no shortcuts. Everything is reps, reps, reps.

Arnold Schwarzenegger

Life isn't about finding yourself. Life is about creating yourself.

George Bernard Shaw

Whenever you do a thing, act as if the world were watching.

Thomas Jefferson

We must all suffer one of two things: the pain of discipline or the pain of regret and disappointment.

Jim Rohn

The rarest of all human qualities is consistency.

Jeremy Bentham

He who has overcome his fears will truly be free.

Aristotle

You'll stop fearing criticism when you realize it is a gift to make you better.

Mark Manson

No one is coming to save you and it's glorious.

Jack Butcher

Don't fear failure. Not failure, but low aim, is the crime.

Bruce Lee



X PAIN & EVIL

If only it were all so simple! If only there were evil people somewhere insidiously committing evil deeds, and it were necessary only to separate them from the rest of us and destroy them. But the line dividing good and evil cuts through the heart of every human being. And who is willing to destroy a piece of his own heart?

Aleksandr Solzhenitsyn

Ingratitude is the essence of vileness.

Immanuel Kant

Numbing the pain for a while will make it worse when you finally feel it.

J.K. Rowling

Beware that, when fighting monsters, you yourself do not become a monster. For when you gaze long into the abyss, the abyss also gazes into you.

Friedrich Nietzsche

Everybody is a moon, and has a dark side which they never show to any one.

Mark Twain

Hell is empty and all the devils are here.

William Shakespeare

Three temptations torture people: sexual desire, pride, and lust for
wealth.

Leo Tolstoy

People fall so in love with their pain, they can't leave it behind. The same
as the stories they tell. We trap ourselves.

Chuck Palahniuk

There is no hunting like the hunting of man, and those who have hunted
armed men long enough and liked it, never care for anything else
thereafter.

Ernest Hemingway

May the forces of evil become confused on the way to your house.

George Carlin

Knowing your own darkness is the best way to deal with the darkness of
other people.

Carl Jung

Pay attention, above all, even to what is monstrous and malevolent, and
speak wisely and truthfully.

Jordan Peterson

Addiction is a progressive narrowing of the things that bring you
pleasure.

Andrew Huberman

Most human beings have an infinite capacity for taking things for
granted.

Aldous Huxley

Do it or do not do it—you will regret both.

Søren Kierkegaard

The greatest trick the devil ever pulled was convincing the world he
didn't exist.

Unknown

Most of the evil in this world is done by people with good intentions.

T.S. Eliot

Nothing is easier than to denounce the evildoer; nothing is more difficult
than to understand him.

Fyodor Dostoevsky

Men never do evil so completely and cheerfully as when they do it from
religious conviction.

Blaise Pascal

We all have a Monster within; the difference is in degree, not in kind.

Douglas Preston

Evil begins when you begin to treat people as things.

Terry Pratchett

I see men assassinated around me every day. I walk through rooms of the
dead, streets of the dead, cities of the dead; men without eyes, men
without voices; men with manufactured feelings and standard reactions;
men with newspaper brains, television souls and high school ideas.

Charles Bukowski

'Emergencies' have always been the pretext on which the safeguards of
individual liberty have been eroded.

Friedrich August von Hayek

The only thing necessary for the triumph of evil is for good men to do
nothing.

Edmund Burke

In much wisdom is much grief: and he that increaseth knowledge
increaseth sorrow.

Ecclesiastes 1:18

It was books that taught me that the things that tormented me most were
the very things that connected me with all the people who were alive, who
had ever been alive.

James Baldwin

Darkness cannot drive out darkness; only light can do that. Hate cannot
drive out hate; only love can do that.

Martin Luther King Jr.

One word frees us of all the weight and pain of life: That word is love.

Sophocles

If you're going through hell, keep going.

Winston Churchill

We're all going to die, all of us; what a circus! That alone should make us
love each other, but it doesn't. We are terrorized and flattened by
trivialities. We are eaten up by nothing.

Charles Bukowski



XI

THE SOCIAL CREATURE

The most powerful and explanatory element within the human psyche is
our sociality.

René Girard

The family is the nucleus of civilization.

Will Durant

Nobody can do for little children what grandparents do. Grandparents
sort of sprinkle stardust over the lives of little children.

Alex Haley

All happy families are alike; each unhappy family is unhappy in its own
way.

Leo Tolstoy

When I was a boy of 14, my father was so ignorant I could hardly stand
to have the old man around. But when I got to be 21, I was astonished at
how much the old man had learned in seven years.

Mark Twain

All that I am, or hope to be, I owe to my angel mother.

Abraham Lincoln

It is far better to be alone than in bad company.

George Washington

A false friend is more dangerous than an open enemy.

Francis Bacon

Nothing delights the mind as much as loving and loyal friendship.

Seneca

Supposedly if you are uncompromising or intolerant with BS you lose friends. But you will also make friends, better friends.

Nassim Taleb

Abhor flatterers as you would deceivers, for both, if trusted, injure those who trust them.

Isocrates

No one can lead a happy life if he thinks only of himself and turns everything to his own purposes. You should live for the other person if you wish to live for yourself.

Seneca

True friendship multiplies the good in life and divides its evils.

Basltasar Gracián

It never ceases to amaze me: we all love ourselves more than other people, but care more about their opinion than our own.

Marcus Aurelius

Know how to listen, and you will profit even from those who speak badly.

Plutarch

There are no strangers here; only friends you haven't met yet.

William Butler Yeats

It is the peculiar quality of a fool to perceive the faults of others and to forget his own.

Cicero

You need to go digging in other people's heads to unearth riches. Questions are your pickaxes and competitive advantage.

Tim Ferriss

When you say something, you think you're just saying something, but you're largely communicating why you had to say it.

Nassim Taleb

Life's most persistent and urgent question is 'what are you doing for others?'

Martin Luther King Jr.

When people talk listen completely. Don't be thinking what you're going to say. Most people never listen.

Ernest Hemingway

It is not your job to drown yourself by trying to keep others afloat who don't want to change.

Chris Williamson

Tell me with whom you consort and I will tell you who you are; if I know how you spend your time, then I know what might become of you.

Johann Wolfgang von Goethe

I can never fully love someone unless they make me a better person.

Mr. Beast

Be kind, for everyone you meet is fighting a hard battle.

Plato

When you are asked to love everybody indiscriminately, that is to love people without any standard, to love them regardless of whether they have any value or virtue, you are asked to love nobody.

Ayn Rand

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.

Lao Tzu

I speak only when I'm certain what I'll say isn't better left unsaid.

Cato

I want to be around people that do things. I don't want to be around people anymore that judge or talk about what people do. I want to be around people that dream and support and do things.

Amy Poehler

Without friends, no one would want to live, even if he had all other goods.

Aristotle



XII
MIND HEALTH &
PEACE

Don't take yourself so seriously. You're just a monkey with a plan.

Naval Ravikant

There is nothing more important to true growth than realizing that you are not the voice of the mind - you are the one who hears it.

Michael A. Singer

You will never be happy if you continue to search for what happiness consists of. You will never live if you are looking for the meaning of life.

Albert Camus

In a society configured to keep you wanting more, contentment lies not in accumulating possessions but in relinquishing desires.

Gurwinder Bhogal

Above all, don't lie to yourself.

Fyodor Dostoevsky

I have realized that the past and future are real illusions, that they exist in the present, which is what there is and all there is.

Alan Watts

Emotion, which is suffering, ceases to be suffering as soon as we form a clear and precise picture of it.

Viktor Frankl

It is the part of the wise man to resist pleasures, but the foolish man to be a slave to them.

Epictetus

Today I escaped anxiety. Or no, I discarded it, because it was within me, in my own perceptions, not outside.

Marcus Aurelius

Your quest for peace of mind is the same thing as having a disturbed mind.

Alan Watts

Expectation is the root of all heartache.

William Shakespeare

One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important.

Bertrand Russell

Sleep is the best meditation.

Dalai Lama

Stop for a moment and ask yourself, When I am not lost in these mental constructs of memory or imagination, where am I? There can be only one answer to that: the present.

Sadhguru

We suffer more in imagination than in reality.

Seneca

Desire is a contract you make with yourself to be unhappy until you get what you want.

Naval Ravikant

If you abandon the present moment, you cannot live the moments of your daily life deeply.

Thich Nhat Hanh

Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for.

Epicurus

You talk when you cease to be at peace with your thoughts.

Khalil Gibran

If you only wished to be happy, this could be easily accomplished; but we wish to be happier than other people, and this is always difficult, for we believe others to be happier than they are.

Montesquieu

Enlightenment is the space between your thoughts.

Eckhart Tolle

The problem is not thoughts themselves but the state of thinking without being fully aware that we are thinking.

Sam Harris

Concentrate the mind on the present moment.

Buddha

The advantage of meditation is recognizing just how out of control your mind is.

Naval Ravikant

Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation.

Viktor Frankl

It is through gratitude for the present moment that the spiritual dimension of life opens up.

Eckhart Tolle

Nobody ever figures out what life is all about, and it doesn't matter. Explore the world. Nearly everything is really interesting if you go into it deeply enough.

Richard Feynman

Peace comes from within. Do not seek it without.

Buddha

The truth—that love is the ultimate and the highest goal to which man can aspire...The salvation of man is through love and in love.

Viktor Frankl

Smile at the absurdity of it all.

El Jefe

Thank You For Reading

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I hope you enjoyed this book. I appreciate you. Join my [newsletter](#) *Three Pointers* for more thought-provoking content!

About

Jeff Sullivan is a serial language learner, writer, and jump shooter from Massachusetts, U.S.A. He enjoys reading, traveling, and working out, among other things. He agrees with Prince Myshkin that beauty will save the world.

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