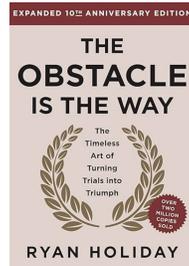


Your Kindle Notes For:



The Obstacle Is the Way: The Timeless Art of Turning Trials into Triumph

Ryan Holiday

50 Highlight(s) | 1 Note(s)

Location: 152

“Bad companies are destroyed by crisis. Good companies survive them. Great companies are improved by them.”

Location: 212

“The Things which hurt,” Benjamin Franklin wrote, “instruct.”

Location: 229

It’s three interdependent, interconnected, and fluidly contingent disciplines: Perception, Action, and the Will.

Location: 284

You will come across obstacles in life—fair and unfair. And you will discover, time and time again, that what matters most is not what these obstacles are but how we see them, how we react to them, and whether we keep our composure.

Location: 365

In other words, through our perception of events, we are complicit in the creation—as well as the destruction—of every one of our obstacles.

Location: 367

There is the event itself and the story we tell ourselves about what it means.

Location: 398

When we aim high, pressure and stress obligingly come along for the ride.

Location: 447

This is the skill that must be cultivated—freedom from disturbance and perturbation—so you can focus your energy exclusively on solving problems, rather than reacting to them.

Location: 544

The right perspective has a strange way of cutting obstacles—and adversity—down to size.

Location: 570

How we interpret the events in our lives, our perspective, is the framework for our forthcoming response—whether there will even be one or whether we'll just lie there and take it. Where the head goes, the body follows. Perception precedes action. Right action follows the right perspective.

Location: 609

So what if you focused on what you can change? That's where you can make a difference.

Location: 660

Focus on the moment, not the monsters that may or may not be up ahead.

Location: 785

It's a beautiful idea. Psychologists call it adversarial growth and post-traumatic growth. "That which doesn't kill me makes me stronger" is not a cliché but fact. The struggle against an obstacle inevitably propels the fighter to a new level of functioning. The extent of the struggle determines the extent of the growth. The obstacle is an advantage, not adversity.

Location: 821

WHAT IS ACTION? Action is commonplace, right action is not. As a discipline, it's not any kind of action that will do, but directed action. Everything must be done in the service of the whole. Step by step, action by action, we'll dismantle the obstacles in front of us. With persistence and flexibility, we'll act in the best interest of our goals. Action requires courage, not brashness—creative application and not brute force. Our movements and decisions define us: We must be sure to act with deliberation, boldness, and persistence. Those are the attributes of right and effective action. Nothing else—not thinking or evasion or aid from others. Action is the solution and the cure to our predicaments.

Location: 888

We have an obstacle we have to lean into and transform. No one is coming to save you. And if we'd like to go where we claim we want to go—to accomplish what we claim are our goals—there is only one way. And that's to meet our problems with the right action. Therefore, we can always (and only) greet our obstacles with energy with persistence with a coherent and deliberate process with iteration and resilience with pragmatism with strategic vision with craftiness and savvy and an eye for opportunity and pivotal moments

Location: 1,007

Remember and remind yourself of a phrase favored by Epictetus: “persist and resist.” Persist in your efforts. Resist giving in to distraction, discouragement, or disorder.

Location: 1,011

So temporary setbacks aren't discouraging. They are just bumps along a long road that you intend to travel all the way down.

Location: 1,015

It's okay to be discouraged. It's not okay to quit.

Note:What a great reminder of overcoming all challenges.

Location: 1,020

It's going to take a lot out of you—but energy is an asset we can always find more of. It's a renewable resource. Stop looking for an epiphany, and start looking for weak points. Stop looking for angels, and start looking for angles.

Location: 1,042

Action and failure are two sides of the same coin.

Location: 1,078

opportunity. Failure shows us the way—by showing us what isn't the way.

Location: 1,114

The unordered mind loses track of what's in front of it—what matters—and gets distracted by thoughts of the future. The process is order, it keeps our perceptions in check and our actions in sync.

Location: 1,185

In every design predicament, Jobs knew his marching orders: Respect the craft and make something beautiful.

Location: 1,195

Because all we need to do is those three little duties—to try hard, to be honest, and to help others and ourselves. That's all that's been asked of us. No more and no less.

Location: 1,198

How you do anything is how you can do everything. We can always act right.

Location: 1,241

Pragmatism is not so much realism as flexibility. There are a lot of ways to get from point A to point B. It doesn't have to be a straight line. It's just got to get you where you need to go. But so many of us spend so much time looking for the perfect solution that we pass up what's right in front of us.

Location: 1,251

Don't think small, but make the distinction between the critical and the extra. Think progress, not perfection.

Location: 1,410

We act out, instead of act.

Location: 1,415

To be physically and mentally loose takes no talent. That's just recklessness. (We want right action, not action period.) To be physically and mentally tight? That's called anxiety. It doesn't work, either. Eventually we snap. But physical looseness combined with mental restraint? That is powerful.

Location: 1,479

Run it through your head like this: Nothing can ever prevent us from trying. Ever.

Location: 1,487

Problems, as Duke Ellington once said, are a chance for us to do our best.

Location: 1,501

True will is quiet humility, resilience, and flexibility;

Location: 1,558

Lincoln was strong and decisive as a leader. But he also embodied the Stoic maxim: *sustine et abstine*. Bear and forbear. Acknowledge the pain but trod onward in your task. Had the war gone on even longer, Lincoln would have lead his people through it.

Location: 1,572

It's much easier to control our perceptions and emotions than it is to give up our desire to control other people and events.

Location: 1,606

Nobody is born with a steel backbone. We have to forge that ourselves.

Location: 1,631

It's almost a cliché at this point, but the observation that the way to strengthen an arch is to put weight on it—because it binds the stones together, and only with tension does it hold weight—is a great metaphor.

Location: 1,655

Mike Tyson, who, reflecting on the collapse of his fortune and fame, told a reporter, "If you're not humble, life will visit humbleness upon you."

Location: 1,674

Not everything is as clean and straightforward as the games they play in business school. Be prepared for this.

Location: 1,685

It's better to meditate on what could happen, to probe for weaknesses in our plans, so those inevitable failures can be correctly perceived, appropriately addressed, or simply endured.

Location: 1,717

"True genius," as the infamous Dr. Samuel Johnson once said, "is a mind of large general powers accidentally determined in some particular direction."

Location: 1,725

When a doctor gives you orders or a diagnosis—even if it's the opposite of what you wanted—what do you do? You accept it. You don't have to like or enjoy the treatment but you know that denying it only delays the cure.

Location: 1,761

It's time to be humble and flexible enough to acknowledge the same in our own lives. That there is always someone or something that could change the plan. And that person is not us. As the saying goes, "Man proposes but God disposes."

Location: 1,820

Your obstacle may not be so serious or violent. But they are nevertheless significant and outside your control. They warrant only one response: a smile.

Location: 1,830

We don't get to choose what happens to us, but we can always choose how we feel about it. And why on earth would you choose to feel anything but good? We can choose to render a good account of ourselves.

Location: 1,864

Persistence is an action. Perseverance is a matter of will. One is energy. The other, endurance.

Location: 1,896

Determination, if you think about it, is invincible. Nothing other than death can prevent us from following Churchill's old acronym: KBO. Keep Buggering On.

Location: 1,954

Start thinking: Unity over Self. We're in this together.

Location: 2,039

Passing one obstacle simply says you're worthy of more. The world seems to keep throwing them at you once it knows you can take it. Which is good, because we get better with every attempt.

Location: 2,074

We can turn even this to our advantage. Always. It is an opportunity. Always. And if our only option—as was the case with Marcus—because of someone else's greed or lust for power, is simply to be a good person and practice forgiveness? Well, that's still a pretty good option.

Location: 2,099

There's a saying in Latin: *Vires acquirit eundo* (We gather strength as we go). That's how it works. That's our motto.