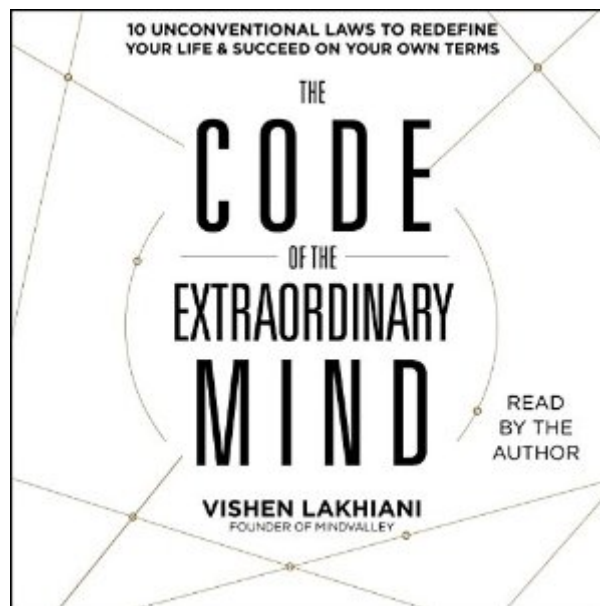


The book was found

The Code Of The Extraordinary Mind: 10 Unconventional Laws To Redefine Your Life And Succeed On Your Own Terms



Synopsis

What if everything we think we know about how the world works - our ideas of love, education, spirituality, work, happiness, and love - are based on brules (bullsh*t rules) that get passed from generation to generation and are long past their expiration date? This book teaches you to think like some of the greatest nonconformist minds of our era, to question, challenge, hack, and create new rules for your life so you can define success on your own terms. The Code of the Extraordinary Mind is a blueprint of laws to break us free from the shackles of ordinary life. It makes a case that everything we know about the world is mostly decided not by rational choice but instead by conditioning and habit. And thus most people live their lives based on limiting rules and outdated beliefs about pretty much everything - love, work, money, parenting, sex, health, and more - that they inherit and pass on from generation to generation. But what if you could remove these outdated ideas and start anew? What would your life look like if you could forget the rules of the past and redefine what happiness, purpose, and success mean for you? Not Just a Book but a Movement

Blending computational thinking, integral theory, modern spirituality, evolutionary biology, and humor, personal growth entrepreneur Vishen Lakhiani provides a revolutionary 10-point framework for understanding and enhancing the human self. He developed this framework based on his personal experiences, the five million people he's reached through Mindvalley, and 200 hours of interviews and questions posed to incredible minds, including Elon Musk, Richard Branson, Peter Diamandis, Ken Wilber, Dean Kamen, Arianna Huffington, Michael Beckwith, and other legendary leaders. The 10 Laws of an Extraordinary Life In a unique fusion of cutting-edge ideas, personal stories, irreverence, and his brilliant teaching style, Lakhiani reveals the 10 powerful laws that form a step-by-step process that you can apply to life to shed years of struggle and elevate yourself to exceptional new heights. This book challenges conventional ideas of relationships, goal setting, mindfulness, happiness, and meaning. Lakhiani combines computational thinking with personal growth to provide a powerful framework for recoding yourself and replacing old, limiting models that hold you back with new, empowering beliefs and behaviors that set you on the path toward an extraordinary life - a life of more happiness and achievement than you might have dared to dream possible.

Book Information

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Customer Reviews

I was fooled by all the 5 star reviews and chose this book, thinking it was really something interesting and different that would inspire me. While the book does have some good content, I did not find it to be original at all, and did find it to be annoyingly fluffed up with hype and repetition. The first three chapters are almost 100% "how this book is structured and wow is this book amazing" kind of fluff, which you should simply skip. The rest of the book still contains an annoying amount of self-praising hype, repetitive stories about Richard Branson, Tony Robbins, etc, which I did not find inspiring or interesting at all, and an overall emphasis on entrepreneurial "how to succeed in business without really trying" ideas. In some parts of the book, the level of repetition is almost insulting. There's a part where he says, almost verbatim about 5 times, that you have to become happy before you can really achieve your goals. You can't just sweat and stress your way to success. I felt increasingly frustrated by all this repetition until I just gave up and decided I was not going to continue with the book.

This book is a little hard to review because I have mixed opinions. I found the discussion of how much our thinking is influenced by cultural and societal rules to be very helpful, as was the discussion of the importance of balance in life. On the other hand, the constant name dropping got old, as did the repeated plugs for Mr. Lakhiani's company. The many description of his business success and his perfect wife and perfect life and how you can emulate him also started to sound like an old Kathie Lee Christmas special (for those old enough to remember her), although in his defense he was suggesting approaches that other people can follow. Many of the main themes of the book- meditation, gratitude, forgiveness, compassion, love, looking inward, being resistant to the turmoil of life- are not original and seem to come right out of ancient Buddhist, Stoic, or Epicurian

teachings. So overall I think people's opinion of this book will vary a lot and will depend on how useful they find the valuable parts, how familiar they already are with Buddhism and Stoicism, and how much they want to learn about Mr. Lakhiani's life and company.

I guess that if you've never read anything on the Law of Attraction, goal setting, mindfulness or business success, this book may be of some benefit to you. The author is occasionally witty but for a person who has a half-million subscribers, this book is remarkably dull and lacking fresh insights. It was also a bit annoying to keep reading (six times?) about the invitation-only retreat he attended on Branson's private island as if he needs to convince us (and maybe himself) that others regard him as credible. As an alternative, I suggest Elisha Goldstein's "Uncovering Happiness." Lastly, I wish that some of these Internet millionaires would just be honest and emphatically state that unexplainable luck also had a good part to do with their success instead of crafting elaborate cause and effect narratives in retrospect which supposedly explain how they did it. (On this, read Taleb's "Black Swan.") Yes, there are principles to be followed, mindsets to be embraced and disciplines that will push you in the right direction, but sometimes you also just get lucky (regardless of your ability to "bend reality"). That doesn't mean that the typical reader will ever be able to replicate it in their lives.

I bought the audio book on Dave Asprey's recommendation, whom I highly regard, but may have only been pushing because he is highlighted in the book. I'm listening to the entire thing to punish myself for not doing more research on it before buying. There are some good reminders in the book, nothing new, and dishearteningly in my opinion it can be summed up as a guy combining two words to make a stupid sounding word and then acting like he gave a mind-blowing gift to humanity. Also he has a very strange obsession with Richard Branson. But again, I am only listening to the entire thing to hammer into my brain to do just a little bit of background checking before making purchases.

I have gone through the first 3 chapters. There is no substance; just rehashing of an old hype which has been around for a long time. I tried to like this book mainly because it was recommended by my favorite radio host, Dave Asprey, the Bulletproof radio. I am so disappointed of Dave because I had really good experience of his radio before. I was very happy about the "The Neurogenesis Diet and Lifestyle: Upgrade Your Brain, Upgrade Your Life" book that Dave recommended before. I also liked the author during the interview; sounds very motivated, smart man. Sad, his book is so

unoriginal hype with little substance in it. I am giving up. It is much similar to another total crap called "The secret", a mega-seller in the credulous America.

I've read most of the books and people Lakhiani heavily quotes. This book is a summary for the uninitiated. A heavy dose of selfish vs. thoughtful appreciation of family values. This rejection is probably due to the restricted way Vishen grew up. This does not apply to the way most people are raised now a days, and certainly should not be called a "rule", let alone a "brule". People have accomplish much by incorporating their history into their dreams, and without calling other people's measures BS.

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