

YOUR KINDLE NOTES FOR:

The Happiness Equation: Want Nothing + Do Anything = Have Everything

by Neil Pasricha

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48 Highlights | 12 Notes

Highlight (Yellow) | Location 110

A hundred years before neuroplasticity became a buzzword, American philosopher William James said, “Plasticity, in the wide sense of the word, means the possession of a structure weak enough to yield to an influence but strong enough not to yield all at once.”

Highlight (Yellow) and Note | Location 289

Be content with what you have. Rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you. —LAO TZU

Good one via @neilpasricha

Highlight (Yellow) | Location 314

Harvard Business Review reports that happy people are 31% more productive, have 37% higher sales, and are three times more creative than their counterparts. So what’s the first thing you must do before you can be happy? Be happy. Be happy first.

Highlight (Yellow) | Location 318

American philosopher William James says, “The greatest discovery of any generation is that a human being can alter his life by altering his attitude.”

Highlight (Yellow) | Location 432

We scan the world for problems because that led to our survival. And our current design of the world only reinforces and grows these negative-lens feelings.

Highlight (Yellow) | Location 444

Rather than find good results and make them better, our brains do this: Look for problem. Find problem. Improve problem. That’s what our brains have been trained to do for two hundred thousand years. But because we scan the world for problems, sometimes that’s all we see.

Highlight (Yellow) | Location 463

“I am convinced that life is 10% what happens and 90% how I react to it.”

Highlight (Yellow) and Note | Location 504

“The richest, happiest and most productive lives are characterized by the ability to fully engage in the challenge at hand, but also to disengage periodically and seek renewal,” say Jim Loehr and Tony Schwartz in *The Power of Full Engagement*.

Via @neilpasricha

Highlight (Yellow) | Location 519

Find a book or a journal, or start a website, and write down three to five things you're grateful for from the past week. I wrote five a week on 1000awesomethings.com. Some people write in a notebook by their bedside. Back in 2003, researchers Robert Emmons and Michael McCullough asked groups of students to write down five gratitudes, five hassles, or five events that happened over the past week for ten straight weeks. Guess what happened? The students who wrote five gratitudes were happier and physically healthier.

Highlight (Yellow) | Location 552

Happy people don't have the best of everything. They make the best of everything. Be happy first.

Highlight (Yellow) and Note | Location 619

4 simple words that block all criticism Do It For You

Well said, @neilpasricha

Highlight (Yellow) | Location 635

First, remember there are two types of motivation: intrinsic and extrinsic. Intrinsic is internal. You're doing it because you want to. Extrinsic is external. You're doing it because you get something for it. Guess which gets better performance? Studies show that when we begin to value the rewards we get for doing a task, we lose our inherent interest in doing the task. Like, we literally lose interest—as in, the interest we have becomes truly lost in our minds, hidden away from our own brains, as the shiny external reward sits front and center and becomes the new object of our desire.

Highlight (Yellow) | Location 675

Want to hear an old joke? An old man enjoyed sitting on his front porch every day until the elementary school bell rang and neighborhood kids walking past his porch stopped to taunt him from the sidewalk. Finally, the old man came up with a plan. He offered the children a dollar each if they'd return the next day and yell their insults. They were excited, so they returned, yelled their insults, and he paid each of them a dollar. He then said

he'd like them to come back the next day and yell their insults, but he could pay them only 25 cents. So they returned, yelled their insults, and he paid them a quarter each. Before they left, he said that he could only afford to pay them a penny on Wednesday. "Forget it," they said. "That's not worth it." And they never bothered him again.

Highlight (Yellow) | Location 768

What do the truly confident people have? They have a high opinion of themselves. And! They have a high opinion of others. That is the true definition of confidence. Buddha says, "You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection."

Highlight (Yellow) | Location 867

"If—" by Rudyard Kipling
 If you can keep your head when all about you
 Are losing theirs and blaming it on
 you, If you can trust yourself when all men doubt you,
 But make allowance for their doubting too; If you can
 wait and not be tired by waiting, Or being lied about,
 don't deal in lies, Or being hated, don't give way to hating,
 And yet don't look too good, nor talk too wise: If you can
 dream—and not make dreams your master; If you can
 think—and not make thoughts your aim; If you can meet
 with Triumph and Disaster And treat those two
 impostors just the same; If you can bear to hear the truth
 you've spoken Twisted by knaves to make a trap for
 fools, Or watch the things you gave your life to,
 broken, And stoop and build 'em up with worn-out tools:
 If you can make one heap of all your winnings
 And risk it on one turn of pitch-and-toss, And lose,
 and start again at your beginnings And never breathe
 a word about your loss; If you can force your heart
 and nerve and sinew To serve your turn long after
 they are gone, And so hold on when there is nothing
 in you Except the Will which says to them: "Hold
 on!" If you can talk with crowds and keep your
 virtue, Or walk with Kings—nor lose the common touch,
 If neither foes nor loving friends can hurt you,
 If all men count with you, but none too much; If
 you can fill the unforgiving minute With sixty
 seconds' worth of distance run, Yours is the Earth
 and everything that's in it, And—which is more—
 you'll be a Man, my son!

Highlight (Yellow) | Location 910

John Lennon was one of the most fiercely independent artists of all time. Do it for you? He did. Most people who experienced his level of sales and social success would never walk away from the Beatles—but he privately told Paul, George, and Ringo in September 1969 that he was leaving the group. More than a decade later, just weeks before his death, John Lennon was asked in a famous Playboy interview if he thought his post-Beatles music would ever have the lasting imprint of his work with the Beatles. Tough question. What did he say? "I'm not judging whether 'I Am the Walrus' is better or worse than 'Imagine.' It is for others to judge. I am doing it. I do. I don't stand back and judge . . . I do." Say "I do." Do it for you.

Highlight (Yellow) | Location 933

None of us can control our emotions. We can only control our reactions to our emotions.

Highlight (Yellow) and Note | Location 1002

Greek philosopher Epictetus says, “Wealth consists not in having great possessions, but in having few wants.”

Nice one, @neilpasricha

Highlight (Yellow) and Note | Location 1068

There are about 7 billion people on Earth today and 115 billion people who have ever lived in the history of the world. That means 108 billion people are dead. Most people have already lived their lives. Put another way: Fourteen out of every fifteen people who have ever lived will never see another sunset again, have a bowl of chocolate ice cream, or kiss their kids good night. Fourteen out of every fifteen people will never stroll by the smell of their neighbor barbecuing, flip to the cold side of the pillow before sleeping in on a Sunday, or blow out the flickering candles of a birthday cake in a dark kitchen surrounded by their closest friends. Being alive means you've already won the lottery. You are among the wealthiest people in the entire world. The average world income is five thousand dollars. Are you higher than that? Then you're in the top 50%. And if you're higher than fifty thousand dollars you're in the top 0.5%. Do you need much more than 99.5% of people alive? You either have the money to buy this book or you have the time to read it. Either way, you have it good! You already have more than almost everybody on the planet. On your very worst days, you have to push your negative thoughts. You have to take a step back. You have to remember the lottery. Because you've already won.

Well said, @neilpasricha -->

Highlight (Yellow) | Location 1083

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important. 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

Highlight (Yellow) and Note | Location 1114

Thomas Jefferson said, “Determine never to be idle. No person will have occasion to complain of the want of time, who never loses any.” Teddy Roosevelt said, “The best prize that life has to offer is the chance to work hard at work worth doing.”

Sounds lots like @dalecarnegie too @neilpasricha -->

Highlight (Yellow) | Location 1136

Instead, they have the word ikigai (pronounced like “icky guy”), which roughly means “the reason you wake up in the morning.” You can think of it as the thing that drives you most.

Highlight (Yellow) and Note | Location 1157

One day Alice came to a fork in the road and saw a Cheshire cat in a tree. “Which road do I take?” she asked. “Where do you want to go?” was his response. “I don’t know,” Alice answered. “Then,” said the cat, “it doesn’t matter.”

So true via @neilpasricha -->

Highlight (Yellow) and Note | Location 1205

Retirement is a new concept. It didn’t exist before the twentieth century anywhere in the world except Germany. It didn’t exist before the nineteenth century anywhere. Retirement is a Western concept. It doesn’t exist in Okinawa or much of the developing world. Old people in those places don’t play golf every day. They contribute to their families and societies. Retirement is a broken concept. It is based on three assumptions that aren’t true: that we enjoy doing nothing instead of being productive, that we can afford to live well while earning no money for decades, and that we can afford to pay others to earn no money for decades.

Agree w/ @neilpasricha -->

Highlight (Yellow) | Location 1277

The number one reason why work is important is because it is social. It’s what adds richness to our days.

Highlight (Yellow) | Location 1362

Mr. Wilson taught me that retirement, as we think of it today, isn’t a dream we actually want. We don’t actually want to do nothing. We just want to do something we love.

Highlight (Yellow) | Location 1375

Fortune magazine published a report saying the two most dangerous years of our lives are the year we’re born . . . and the year we retire.

Highlight (Yellow) and Note | Location 1546

Creativity researchers sometimes refer to places ideas suddenly pop into our heads as the three B’s: “When we take time off from working on a problem, we change what we’re doing and our context, and that activates different areas of our brain,” says Keith Sawyer, author of *Explaining Creativity*. “If the answer wasn’t in the part of the brain we were using, it might be in another. If we’re lucky, in the next context we may hear or see something that relates—distantly—to the problem we had temporarily put aside.”

Via @neilpasricha -->

Highlight (Yellow) and Note | Location 1560

Trouble struck NASA in 1993 when their revolutionary Hubble Space Telescope broke down. There it was, spinning around Earth, way up in the sky, with a busted ninety-six-inch mirror—unable to do the thing it was blasted up there to do, which was take pictures of the universe to figure out how big and old our starry home is. Pretty important job. NASA was reeling from the Challenger disaster of 1986 and completely losing a Mars Observer the year before. Whoops! Those only cost 813 million dollars. Now their telescope was flying around broken. They were a laughingstock. They were stressed. “We all feel extra pressure,” Joseph Rothenberg, NASA’s associate director of flight projects, said at the time. What if funding was cut? Programs chopped? So they did what many organizations do when they’re scared and in trouble: Double down. Bet it all. Go for broke. NASA opened the purse strings and spent a year training their most experienced astronauts with two hundred custom-made tools to go up and actually try to fix the distorted mirror inside the Hubble Space Telescope while it flew around outer space. They had to save their reputation. But there was just one problem. As the months went on, as scientists burned cash, nobody could figure out how they were actually going to attach this new mirror inside the telescope. Where did the solution eventually come from? Creating space. One day NASA engineer Jim Crocker was taking a shower in a hotel in Germany and he noticed the European-style showerhead mounted on adjustable rods with folding arms. A brain wave occurred, and Jim pictured using the same rods to mount the new mirrors inside the Hubble. Flash-forward and this moment of clarity was the secret to fixing the telescope and allowing it to function to this day. Jim wasn’t working late on Friday. He wasn’t in the lab all weekend. He was in the shower on vacation, allowing his brain the space to relax. When it wasn’t told what to do, it did its own thing. Today the Hubble routinely pulls back colorful, mind-bending images that expand imaginations around the world. All from a German shower.

Cool story via @neilpasricha -->

Highlight (Yellow) | Location 1630

What does President Obama tell us about making every decision at twice the speed? “You’ll see I wear only gray or blue suits,” he said in a 2012 Vanity Fair article. “I’m trying to pare down decisions. I don’t want to make decisions about what I’m eating or wearing. Because I have too many other decisions to make. You need to focus your decision-making energy. You need to routinize yourself. You can’t be going through the day distracted by trivia.” You can’t be going through the day distracted by trivia.

Highlight (Yellow) | Location 1849

John Tierney is the New York Times–bestselling coauthor of *Willpower: Rediscovering the Greatest Human Strength*. He says: “Decision fatigue helps explain why ordinarily sensible people get angry at colleagues and families, splurge on clothes, buy junk food at the supermarket and can’t resist the dealer’s offer to rustproof their new car. No matter how rational and high-minded you try to be, you can’t make decision after decision without paying a biological price. It’s different from ordinary physical fatigue—you’re not consciously aware of being tired—but you’re low on mental energy.”

Highlight (Yellow) | Location 1935

You look at decisions you make on a daily basis and decide which ones to automate, regulate, effectuate, and debate.

Highlight (Yellow) | Location 1972

Automate—Buying toilet paper and detergent. Paying the phone bill. Deciding your route to work. Picking your workout routine. If it's low in time and low in importance, your goal is to automate.

Highlight (Yellow) | Location 1979

Regulate—Checking email. Managing your calendar. Doing chores. If it's high in time and low in importance, your goal is to regulate. Make rules and follow them. Set an email window. A single calendar review meeting.

Highlight (Yellow) | Location 1982

Debate—Buying a house. Picking a spouse. Applying for a job. Moving. High-importance, high-time decisions are the ones to spend the most time on.

Highlight (Yellow) | Location 2023

Work expands to fill the space available and the result is lower quality.

Highlight (Yellow) | Location 2061

We said no and shared this quote from a Harvard Business Review interview with former GE CEO Jack Welch: “For a large organization to be effective, it must be simple. For a large organization to be simple, its people must have self-confidence and intellectual self-assurance. Insecure managers create complexity. Frightened, nervous managers use thick, convoluted planning books and busy slides filled with everything they've known since childhood. Real leaders don't need clutter. People must have the self-confidence to be clear, precise, to be sure that every person in their organization—highest to lowest—understands what the business is trying to achieve. But it's not easy. You can't believe how hard it is for people to be simple, how much they fear being simple. They worry that if they're simple, people will think they're simpleminded. In reality, of course, it's just the reverse. Clear, tough-minded people are the most simple.”

Highlight (Yellow) | Location 2168

The world's most powerful supercomputer has been compacted into a three-pound pile of flesh in your skull, so no wonder it needs so much energy. Yes, nearly a full third of all the food you eat goes straight to powering your brain.

Highlight (Yellow) | Location 2204

The single greatest misconception of every employee is that they can multitask. That their brains can do two things at once. But they can't. This is the illusion of parallelism.

Highlight (Yellow) | Location 2262

Remove access. Close the doors. Lock the windows. And pick the bell you will answer and focus on.

Highlight (Yellow) | Location 2305

When I was five years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "happy." They told me I didn't understand the assignment. I told them they didn't understand life. —ATTRIBUTED TO JOHN LENNON

Highlight (Yellow) | Location 2472

What's the worst thing that happens if you speak up at the company meeting? You fail miserably. But, as Kevin says, at least you know. Then you don't have to be afraid anymore. And then you can try doing it again or do something else. What are the chances of failing miserably? Very low. The greatest leaders just try and try and try. They try. And then they try. And then they try some more. Sure, you will fail at some things. But you'll keep moving.

Highlight (Yellow) | Location 2507

There is nothing more satisfying than being loved for who you are and nothing more painful than being loved for who you're not but pretending to be.

Highlight (Yellow) | Location 2535

The Mad Hatter in Alice's Adventures in Wonderland asked, "Have I gone mad?" and Alice responded, "I'm afraid so. You're entirely bonkers. But let me tell you a secret: All the best people usually are." Be you. Be you and be cool with it.

Highlight (Yellow) and Note | Location 2586

Dale Carnegie said, "Are you bored with life? Then throw yourself into some work you believe in with all your heart, live for it, die for it, and you will find happiness that you had thought could never be yours."

Good @dalecarnegie quote via @neilpasricha

Highlight (Yellow) | Location 2665

The 5 Greatest Regrets of the Dying are:

Highlight (Yellow) | Location 2679

“Many people suppressed their feelings in order to keep peace with others. As a result, they settled for a mediocre existence and never became who they were truly capable of becoming. Many developed illnesses relating to the bitterness and resentment they carried as a result.”

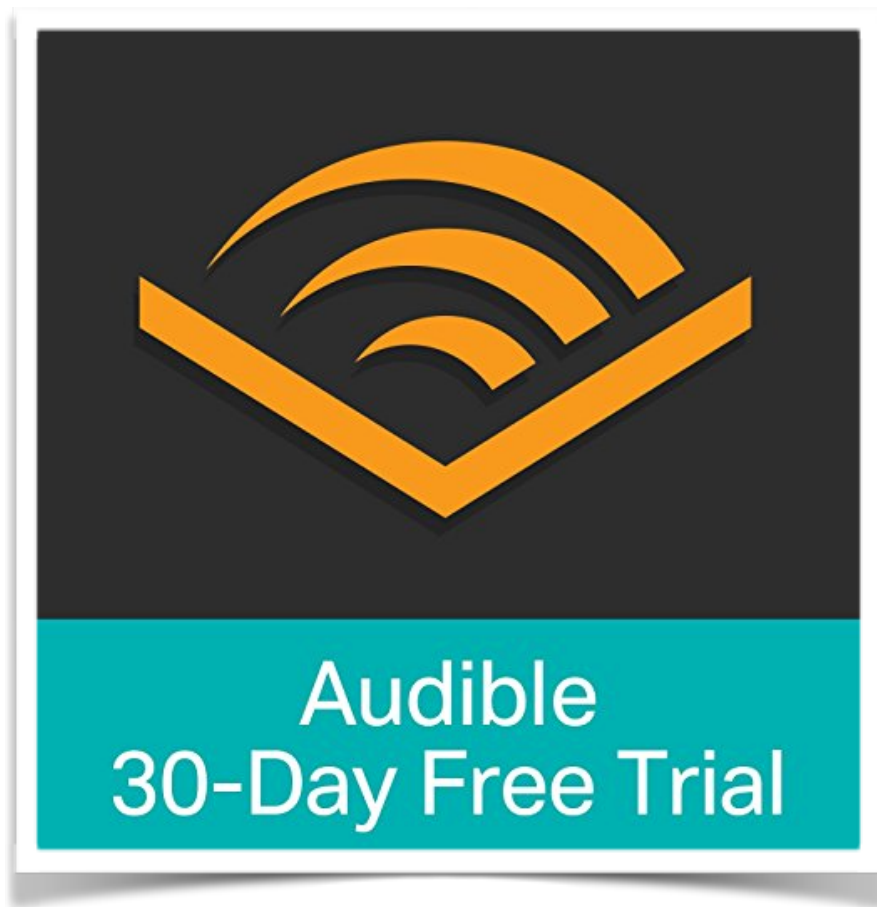
Highlight (Yellow) and Note | Location 2703

An ancient African proverb says, “When there are no enemies within, the enemies outside cannot hurt you.”

Well said @neilpasricha

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