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# A Philosophers Notes On Optimal Living Creating An Authentically Awesome Life And Other Such Goodness Vol 1 Brian Johnson

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#### **A Philosophers Notes On Optimal Living Creating An ...**

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#### **A Philosopher's Notes: On Optimal Living, Creating An ...**

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**Greetings!**

STILL run into sub-optimal attention issues as we move from one meeting/project to another A part of our attention is still focused on the last project There's a "residue" from it that diminishes our capacity to fully focus As Cal advises: "To produce at your peak level you need to work for extended periods with full

### **THE BIG IDEAS The Science of Being Great**

Seeing that I'm giving myself a PhD in Optimal Living with a Specialization in Greatness and Bliss (and Enthusiasm and all things good), I figured I should rock the PhilosophersNote on it It's packed with Big Ideas and I say we jump right in! :) GOD & GREATNESS

### **HERO TRAINING 101 LIVE - Michael Balchan**

HERO TRAINING 101 LIVE w/ Brian Johnson & Optimize A Philosopher's Apprentice's Notes (@michael on The Oasis) "It's time for each of us to step up and express the highest version of ourselves in

### **PHILOSOPHY**

Richard L W Clarke Notes 1 PHILOSOPHY The term Philosophy (M48@-E@M4") is derived from the Greek word M48@F@N\" which means in English 'love' (philos) of 'wisdom' (sophia) Historically, many philosophers have certainly viewed themselves as engaged in a quest to answer profound metaphysical

### **Brian Johnson's 5V[LZ TM 4VYL>PZKVTPU3LZZ;PTL THE BIG ...**

great teachers come back to again and again and again (as I talk about in all these Notes, the Optimal Living 101 class and my book) It's equally clear to me that meditation is one of the most powerful ways to strengthen my mind as I develop the ability to step in between stimulus and 2 PhilosophersNotes | Wherever You Go There You Are

### **Brian Johnson's nd TM ndcndd THE BIG IDEAS Mind Gym**

In my Note on Wealth Warrior, I described my new love for the physics of dominoes Short story: A domino can, by the law of physics, knock over another domino that is 50% bigger than it If you line up 13 dominoes, you can start with one that's about the size of your little pinky

### **Brian Johnson's 5V[LZ TM 4VYL>PZKVTPU3LZZ;PTL THE BIG ...**

Tlmpswstlivw5V[LZ TM 4VYL>PZKVTPU3LZZ;PTL Brian Johnson's "People generally are going about learning the wrong ways Empirical research into how we learn and remember shows that much of what we take for gospel

### **The Study of Language and Language Acquisition**

( )L: (S , E) → S T A learning function or algorithm L maps the initial state of the learner, S , to the terminal state S T, on the basis of experience E in the environment Language acquisition research attempts to give an explicit account of this process

### **The deadlock problem Deadlocks P lock (A); lock (B) lock ...**

The dining philosophers problem n Five philosophers around a table --- thinking or eating n Five plates of food + five forks (placed between each allowing the use of the optimal approach for each of resources in the system n Partition resources into hierarchically ordered classes

### **Chapter 16: Equilibrium in a Macroeconomic Model**

Chapter 16: Equilibrium in a Macroeconomic Model Introduction: When famed British economist John Maynard Keynes published The General Theory of Employment Interest and Money in 1936, he was, as always, supremely confident In a letter to George Bernard Shaw in 1935, he said that

### **Shrink Rap Radio #261, April 8, 2011, Practical Life ...**

distilling the Big Ideas from his favorite Optimal Living Classics into fun, inspiring, and super-practical six-page PDFs, 20 minute mp3s, and ten

minute PNTV episodes His dissertation came in the form of a little book called A Philosopher's Notes, where he distilled his favorite one-hundred Big Ideas on Optimal ...

### **THE BIG IDEAS The How of Happiness**

Now I can: The How of Happiness This is the 87th Note I've worked on and it's been fascinating to see the same Big Ideas repeated by philosophers, mystics and modern-day self-help gurus

### **Achieve Your Goals Podcast #121 - Wisdom from a Modern ...**

also founded something more recently called Optimal Living 101 I'm sure he'll talk more about that to everybody He's the author of a book called A Philosopher's Note He teaches the fundamentals of optimal living which is integrating ancient wisdom, plus modern science, plus common sense, plus virtue, plus mastery, plus fun

### **Brian Johnson's o M o do n PTL THE BIG IDEAS The Element**

really important that we honor our friends and family and communities Jonathan Haidt captures this point really well in his brilliant book, The Happiness Hypothesis (see Notes) where he tells us: "If you want to predict how happy someone is, or how long she will live (and if you are not allowed to ask about her genes or personality), you should find

### **5s[iw TM 4svi >mwhsT mr Piww ;mTi THE BIG IDEAS Flow**

Philosophers5s[iw TM 4svi >mwhsT mr Piww ;mTi %ULDQ FRKQVRQ V "We have called this state the flow experience, because this is the term many of the people we interviewed had used in their descriptions of how it felt to be in top form: 'It was like floating,' 'I was carried on ...

### **Causing Disability (shortened) - Elizabeth Barnes**

discuss the objection to mere-difference views of disability based on causing disability (§2) I look at different ways one could cause disability, and discuss what defenders of a mere-difference view can say about them (§3, §4, and §5), and then address the potential discrepancies between causing and ...

### **UNIT 6: LEARNING**

situations, the optimal interval between a neutral stimulus and the US is ONE-HALF SECOND 6 When the US is presented prior to a neutral stimulus, conditioning DOES NOT (does/does not) occur Explain why learning theorists consider classically conditioned behaviors to be biologically adaptive LEARNING THEORISTS CONSIDER

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