

the  
art  
of  
the  
good  
life



Rolf Dobelli

Million-selling author of  
The Art of Thinking Clearly

## **The Art of the Good Life: Clear Thinking for Business and a Better Life**

*Rolf Dobelli*

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# The Art of the Good Life: Clear Thinking for Business and a Better Life

Rolf Dobelli

**The Art of the Good Life: Clear Thinking for Business and a Better Life** Rolf Dobelli

**#1 European bestseller: the indispensable new work from the author of the international and *Sunday Times* bestseller *The Art of Thinking Clearly***

Have you ever...

- Spent too long on a powerpoint presentation?
- Lost sight of what makes you happy?
- Failed to reach a long-term goal?
- Become infuriated by queuing, tax or parking tickets?
- Broken a promise you knew you'd keep?

Since the dawn of civilization, we've been asking ourselves what it means to live a good life: how should I live, what will truly make me happy, how much should I earn, how should I spend my time? In the absence of a single simple answer, what we need is a toolkit of mental models, a guide to practical living.

In *The Art of the Good Life*, you'll find fifty-two intellectual shortcuts for wiser thinking and better decisions, at home and at work. They may not guarantee you a good life, but they'll give you a better chance.

## The Art of the Good Life: Clear Thinking for Business and a Better Life Details

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Author : Rolf Dobelli

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Genre : Nonfiction, Philosophy, Psychology, Self Help, Business



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## From Reader Review The Art of the Good Life: Clear Thinking for Business and a Better Life for online ebook

### Tineke says

Ja. Dit is er weer een. Zo een die je niet weglegt, maar die blijft rondzwerven in huis om af en toe weer eens vast te pakken en een stuk te herlezen.

Wijsheden, inzichten, sommige nieuw (voor mij), sommige bekend en andere zo oud als de straat. Maar allemaal (of toch zo goed als) bruikbaar.

Achterin ook een mooie lijst verwijzingen en bronvermelding voor nog meer inspiratie.

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### Maddelline says

M? a?teptam s? fie o lectur? de vacan??, mi-a dep??it cu mult a?tept?rile. pe scurt, este un ghid cu pa?i simpli de urmat astfel s? ai cea mai frumoas? via?a pe care o po?i avea.

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### Doug says

It started out a little slow but grew on me the more chapters I read. I found it enjoyable to start my day with 1-3 chapters and started looking forward to reading them and thinking about applications or examples in my own life. I am sure I will revisit it later as he suggested in one of his chapters! Good read! Now get on to the good life!

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### Khulood Saeed says

The book provides vital and practical tools on how to cope with life stress. I have to mention that I did not agree with few points discussed in the book; nevertheless, it is a good and recommended book.

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### Hossein says

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### **Vadim Sviridovich says**

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### **Mor?TeZa says**

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## **Sambasivan says**

The life is a pack of cards and you do not seem to have a control over it. Therefore there is a need for a toolkit if you want to play well. Appropriately a 52 point tool kit is proposed by the author based on his life experiences. Each one is a gem. Even though one may not agree with all of them, they are worth pondering. Must read.

**Randy says**

A quick read that summarizes how one person implemented many of the ideas from behavioral economics, evolutionary psychology and stoicism. You could do yourself a lot of good implementing even half of the author's 52 ideas. I would also recommend reading the "source" material: Thinking, Fast and Slow, The Moral Animal: Why We Are the Way We Are: The New Science of Evolutionary Psychology, Why Buddhism is True: The Science and Philosophy of Enlightenment, and The Antidote: Happiness for People Who Can't Stand Positive Thinking

**Seiran says**

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Parisa says

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## **Huda Yahya says**

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### **Catherine Kubiak says**

I almost gave this book 3 stars but after reading the authors note at the end of the book I changed my mind. In the authors note Dobelli explained the sources behind each of the different ways of thinking he described in this book which gave the concepts more substance for me. I felt that a few of the ways of thinking Dobelli described may result in people limiting themselves in what they try to achieve but I also think that it depends on your character and life experiences. I think this book is worth a read, particularly if you're someone who finds that you put too much emphasis on things that don't matter, put too much value in materialistic things, or generally have high expectations of yourself which may cause you to be competitive or have a big ego. I really liked how Dobelli started each chapter with an analogy to help you to understand the concepts behind the ways of thinking he was describing. That made each chapter a little funner and easy to understand.

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### **Donya says**

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### **Edward says**

This book contains lots of wisdom, advice and short-cuts to living a life with happiness, wealth and success. One might not agree with all the advice but I am sure everyone will gain a handful or more good advice from the author.

The book contains 52 pieces of advice. Each of them are written in a short, easy-to-read chapters. The author, Rolf Dobelli, is an entrepreneur (co-founder of getAbstract), novelist and was an executive at a multi-national. He drew his ideas from three main sources: psychological research in the last forty years, Stoicism and philosophy of value investing.

This book stands out from other self-help book in the author's unique philosophy. While a lot of other books advocate the readers to chase happiness, success and wealth, this book provides another take at achieving a good life. As the author said: "You can't say exactly what the good life is, but you can safely say what it's not. If you're not leading a good life, you'll know it. If one of your friends doesn't have a good life, you'll know it."

While there are many good points out of the 52 listed in the book, if I were to list my top five, it would be the following:

**- Chapter 14, "THE CIRCLE OF COMPETENCE - Why It's Important to Know Your Limits".**

Everybody is unique and has his or her set of skills and expertise. If we are very clear about what they are, we can focus our energy and time in that uses our competency. At the same time, stay away from areas that are outside of it. Quoting from the author:

*What matters is that you're far above average in at least one area—ideally, the best in the world. Once that's sorted, you'll have a solid basis for a good life. A single outstanding skill trumps a thousand mediocre ones. Every hour invested into your circle of competence is worth a thousand spent elsewhere.*

**- Chapter 45, "IF YOU RUN YOUR OWN RACE, YOU CAN'T LOSE - Why General Knowledge Is Only Useful as a Hobby".** Unlike in the Stone Age, where one could only survive as a generalist, in modern times, we can only survive as a specialist. And due to technology and network, the "winner takes it all" effect makes it even more important to if you carve out your niche and become the best - worldwide. The author argues that in today's age, the only way to emerge as a winner is to run your own race.

**- Chapter 6, "THE NEGATIVE ART OF THE GOOD LIFE - Do Nothing Wrong and the Right Thing Will Happen".** On the surface, this advice seems counter-intuitive and appears conservative. However, reading this chapter makes me realize there is a lot of wisdom in it. I like the quote

*There are old pilots and there are bold pilots, but there are no bold old pilots.*

He author uses the analogy to amateur tennis, where matches aren't won, they are lost. Players just make mistakes (unforced errors) instead of hitting winners. So, those who make the fewest mistakes win at the end. This is true for life. Another reason is that it is hard to describe and equate to what is a good life, one can easily pinpoint and identify the negative ones, such as chronic stress, poverty, depression, poor sleep, dysfunctional marriage, addiction (all kinds), etc. (there are many more). If we can systematically eliminate the downside in our lives, we will have a good chance of achieving a good life.

**- Chapter 47, "MAKING FRIENDS WITH WEIRDOS - Get to Know Outsiders but Don't Be One Yourself".** Outsiders, those that do not conform with the establishments, tend to be quicker and earlier to make an impact than insiders. They also tend to have ideas and knowledge that are ahead of the curve. It is therefore wise to make friends with outsiders. Here's a bit good advice from the author - keep one foot firmly planted in the establishment, while let the other foot wander. This way, you get the advantage of the being part of the establishment but at the same time have the connection to the very next disruption.

**- Chapter 35, "THE FOCUS TRAP - How to Manage Your Most Important Resource".** The fact that we have to manage our time and attention to focus on our high priority work and do to deep work is not a new idea (see books like Deep Work by Cal Newport and Irresistible by Adam Alder). However, at this day and age of constant interruption by emails, Facebook updates, tweets, text, WeChat moments, news, Instagrams and any other notifications that pops up on your smartphone, this idea resonates with me so much that I have to put it in my top 5 list. According to the author, focus, time and money are our three most important resources. Yet, we seem to be able to (or at least put a priority) to manage our money and time but most of us are so slack about managing our focus and very often fall into the focus trap. We shouldn't confuse what's new with what's relevant. Quote from the author:

*If you deliberately focus your attention, you'll get more out of life. Be critical, strict and careful when it comes to your intake of information—no less critical, strict and careful than you are with your food or medication.*

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