

Why I don't read Self-Improvement Books



The problem with most self-help books is they are designed to help you become better by making you more like the author.

In other words, they are instruction manuals for being better at being 'them', but not necessarily for being better at being 'you'.

The solution is to study you.

If you want to know why you look the way you look, act the way you act, or weigh the amount you weigh, then you must observe yourself and your habits, how you think, and how you react.

Never stop observing yourself.

Your attention determines the experiences you have, and the experiences you have determine the life you live.

Your attention is the lens through which you view your life.

And some of that attention should be spent on viewing yourself.

Health, fitness, weight loss - they are all easier when you understand why it is you do the things you do.

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