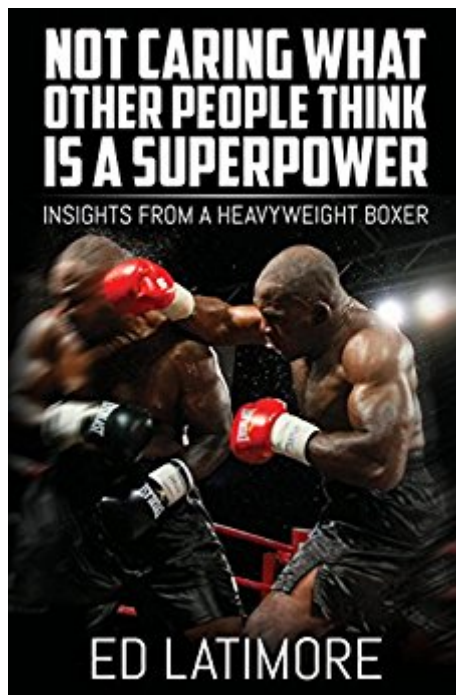




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Not Caring What Other People Think Is A Super Power: Insights From A Heavyweight Boxer



Synopsis

Not caring what people think is a superpower that will allow you to get what you want out of life. Most people worry about what others will think, so they suffocate their actions. As a result, they never live up to their potential. Within this book are insights about life and living to the fullest in 7 categories. You Will Learn: -The real reason the ability to work hard is so highly valued. -How to identify where to invest your emotional energy for the greatest return -Why you can't afford to have low standards for anything you do or the company you keep. -The greatest source of motivation that's untapped by most. -Vital paradigm and mindset shifts that will allow you to get more out of life. -The difference between strategy and tactics and how to develop a mindset for both. -How to select the best people to have a relationship with and get the most out of it.

Book Information

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Customer Reviews

I love this book! Ed tells it like it is! I first ordered the kindle edition, and then ordered the paper back for my personal library. Read this book with a highlighter, and take notes.

The title alone should get you interested in reading this book. If you follow Ed on Twitter, you'll notice he drops a lot of wisdom. His profound tweets stay within the 140 character limit and that isn't easy! This book is a collection of his tweets and each are explained in enough detail that a seven-year-old can understand. I recommend anyone of any age to read this!

Great book. Wish I would have had this when I was younger. Ed is to the point and the book is very clear. Showed book to my college age son and he thought the book was great also. Would highly recommend this book for anyone.

Ed doesn't hold back. He cuts straight to the chase. Although I don't agree with everything he says. He has some very valid points that when applied will be very useful to anyone looking to improve.

Great book.

I became aware of Ed like many on twitter. At first I was skeptical of the book because at 56 years old I am pretty set in my ways and as a baby boomer, simply not connected with a lot of the masculinity and "red pill/blue pill" type conversation that goes on in the Twittersphere. I however found Ed's book to go far beyond that and have not only a lot of great advice that can be applied at any age, but I found quite a few of his "actionable advice" points things that I will try and "try again" on things I have done before earlier in my life. Even on advice I have heard before, to hear something again that I may not have thought about in a while and re-evaluate in a different way based on where I sit now in my life is important. Ed's book has a way of making things relatable and things I don't find impactful in my life, I simply move on to the next chapter in the book.

I bought this on a whim browsing recommended books, and I am glad I did. The format of this book is my personal favorite- insights/thoughts/concepts that are extrapolated on within a couple of pages or less, such as The Art of Worldly Wisdom or Aesop's Fables (the insights in this book are aimed toward the modern man). The author also gives "real world" examples to try out to apply his concepts, like Robert Anton Wilson in Prometheus Rising. One could pick this up, flip to any page, and read something within a single described section, that they could meditate on all day.

Laugh if you want, but reading this makes me think of the song "Xplosive" by Dr. Dre. (YouTube that song, it's pretty cool.) Coming from someone who walks the walk, talks the talk, and continues to

aspire for more--I learned a lot. I would like to think I am of the same caliber as Ed, despite not having the same experience and fighting pedigree. I practiced many types of martial arts from age 7-19 and was always in the top 10%. But I did not compete consistently--which is one of my life's greatest regrets. My key actionable takeaways from the book. *Become better at Twitter. It is a powerful tool & I'm not using it enough (see first pages). *Improve at networking. Write people you like/admire. Yes = Could go somewhere. No = so what. *Improve self-discipline. No matter how good you are, it's a force multiplier. There are more, but these are probably the top ones. At least for me... It's almost always the stuff you already know (but don't follow through on sufficiently) that you need to upgrade.

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