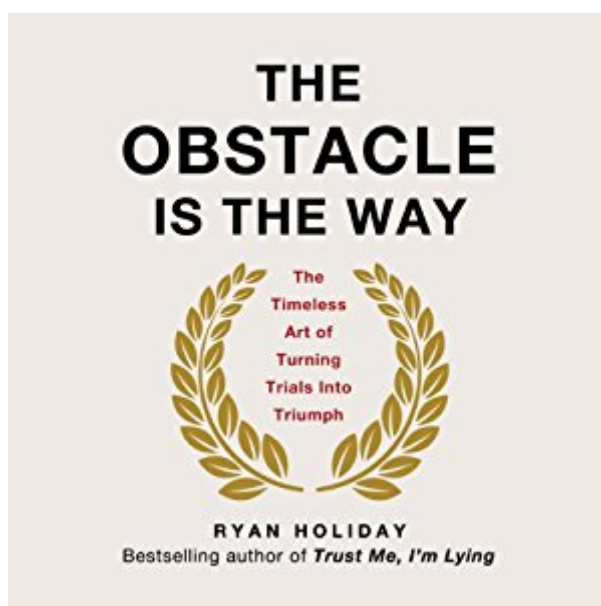


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The Obstacle Is The Way: The Timeless Art Of Turning Trials Into Triumph



Synopsis

"The impediment to action advances action. What stands in the way becomes the way." (Marcus Aurelius) We are stuck, stymied, frustrated. But it needn't be this way. There is a formula for success that's been followed by the icons of history - from John D. Rockefeller to Amelia Earhart to Ulysses S. Grant to Steve Jobs - a formula that let them turn obstacles into opportunities. Faced with impossible situations, they found the astounding triumphs we all seek. These men and women were not exceptionally brilliant, lucky, or gifted. Their success came from timeless philosophical principles laid down by a Roman emperor who struggled to articulate a method for excellence in any and all situations. This book reveals that formula for the first time - and shows us how we can turn our own adversity into advantage.

Book Information

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Customer Reviews

Outstanding. I used to have a practice. Each year, at the end of the year, I would take about 20 minutes to write a list of all of the "bad" things that happened that year. Then, I would take the list outside, burn it and bury the ashes. Kind of a release from the burdens or pain that came from the tough times. They were over. I could move on. Now, I make the same list, but instead of burning it, I go back over the list and beside each "bad" thing, I write a positive development that came from it. I think about what I learned or how I worked through the challenge. This empowers me to actually appreciate and show gratitude for the tough things that happen. Positive change of mindset from reading this book. Thanks.

~ "Whatever we face, we have a choice: Will we be blocked by obstacles, or will we advance through and over them? We might not be emperors, but the world is still constantly testing us. It asks: Are you worthy? Can you get past the things that inevitably fall in your way? Will you stand up and show us what you're made of? Plenty of people have answered this question in the affirmative. And a rarer breed still has shown that they not only have what it takes, but they thrive and rally at every such challenge. That the challenge makes them better than if they'd never faced the adversity at all. Now it's your turn to see if you're one of them, if you'll join their company. This book shows you the way." ~ Ryan Holiday from *The Obstacle Is the Way*

Learning to turn our biggest challenges into our biggest opportunities is what this book is all about--"The timeless art of turning trials into triumph." Marcus Aurelius tells: "The impediment to action advances the action. What stands in the way becomes the way." In short, the obstacle is the way. Ryan Holiday is a brilliant writer (and guy) and this book is a **really** smart, lucid, compelling, inspiring manual on the art of living invincibly. Ryan masterfully integrates ancient Stoic wisdom from Marcus Aurelius + Seneca + Epictetus and brings that wisdom to life via inspiring stories featuring everyone from John D. Rockefeller, Ulysses S. Grant and Theodore Roosevelt to Amelia Earhart and Steve Jobs. My book is all marked up and peppered with "wow"s and "YES!"s. If you're enjoying this Note, I think you'll really dig it. The book has three parts: Perception + Action + Will. Some Big Ideas from this book:

1. Perception - Key #1: Think clearly.
2. Action - Key #2: Act correctly.
3. Will - Key #3: Accept + endure reality.
4. Panic Button - Don't hit it.
5. Post-Traumatic Growth - Is much better than PTSD.

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This is overall a really good book and it was a great introduction to Stoic philosophy for me. However, the tone is very focused on promoting modern busy culture instead of stepping back from it. More like a book to help you use Stoic techniques to do better at what you are already doing instead of figuring out what is really important. It seems very focused on doing big things in life and most of the examples given are the same old tired people we've heard about a million times, mostly rich people, military generals and CEO's. I guess for pop culture, those examples are fitting. I would have preferred something more introspective in tone, but that's just me.

If Ryan Holiday was Robert Green's apprentice, then he has outshone the master (in clear violation of one of Green's principles in the masterpiece *The 48 Laws of Power*). I have always been attracted to philosophy but didn't dwell deeply into Stoicism...but after reading this book I will dig

deeper. Ryan's writing style is superb, keeps you engaged and goes to the point. He doesn't write more than he needs to without leaving the reader wishing he explained his points better. That is the trait of a master writer.

Ryan Holiday is a very young man, born when I was graduating from high school, yet he writes with a lot of wisdom and spirit. His writing style is no-fluff, concise, and easy to read yet profound and deeply insightful. I only wish I had half his wisdom when I was his age, and he's nearly half MY age! I've been thinking about passages from his book ever since I finished reading it on a long plane ride recently. Holiday's book had more of an impact on me than the excellent *War of Art* by Stephen Pressfield. I have to admit, I never had any curiosity for reading any of the Stoics, but now I'm hoping to grab some Marcus Aurelius at my local library, thanks to Holiday's inspiration. It was such a good read that I ordered a copy for a friend right when I finished reading it.

Excellent. I gained much from the content of this book. It helps provide a new, empowering, perspective to problems, challenges and issues of everyday life. Well written and with meaningful anecdotes and historical references make it an easy enjoyable read but one that resonates long after putting it down. This book provides practical advice which can be immediately implemented and has certainly helped me on my life journey. Thank you, Ryan Holiday.

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