

I DON'T WANT TO THINK ANYMORE

- What I Learned Doing Nothing -

What I learned from Nassim Taleb is that almost any stressor (dirt, chaos, pain, etc) can be beneficial up to a certain dose. Once it crosses the threshold, it turns against you: Too much of it is harmful.

What I learned from thinking is that its toxic threshold is very low:

Safe	Beneficial			Toxic				
T	H	I	N	K	I	N	G	

What makes it so dangerous is that the deeper you get into it, the harder it gets to get out. You think, and think, and think, but your hypothesis and scenarios are never really put to the test. It would be great to think, to do, to think, to do; so that the real world can give you some feedback.

But I didn't do that. I was stuck in the toxic zone. And I was in there too long...

What I learned from being in the hell of theories, inertia and dead ends will hopefully keep you out of it. And even better: I hope that my stress will be beneficial to you so that you can get out into the world to do.