

## **Escaping the Compulsive Cycles of Life**

“How many times am I going to watch a series of videos on YouTube and remember nothing from it? I feel like I’ve invented time travel. I sit down to watch a video and when I look up it’s two hours later. This compulsive lifestyle is exhausting. But what’s the alternative?”

What you just heard [read] is a journal entry I wrote back in 2019. For the past three years, I’ve become single-mindedly obsessed with one thing. And that is: how do I break free from these compulsive cycles?

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In my journey to finding that answer, I’ve read over 100 books, listened to hundreds of hours of lectures and podcasts, and written over 500,000 words in my journals. This channel is an attempt to wake up myself, and others, from our illusions and make forward progress, together.

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I believe there’s a lot of needless suffering in this world. I guess I’m delusional enough to believe that I could make a dent in it. But perhaps my hopes are not completely unfounded.

For I’ve been able to consistently and continuously improve my life, month-over-month, for the last three years. I was able to break free from my compulsive behaviours that imprisoned me.

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How can this channel help you? I’m here to present the tools and ideas I’ve used to systematically achieve my goals and improve my life. You get to look into my arsenal and pick out the tools that interest you. Perhaps a particular tool doesn’t resonate with you now, but it will in 5 months. Or perhaps it never will. And that’s okay.

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Importantly, I’m not here to tell you what to do. One thing I’ve learned about people is that you can’t tell them what they should do and expect them to follow your advice. All you can

do is focus on your own life. If somebody sees you doing something they find interesting, their curiosity will take over and make them wonder if they should do the same.

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I hope you benefit from exploring my tool shed of ideas. I'll end this video with a quote from the writer Henry David Thoreau:

*"The mass of men lead lives of quiet desperation. They honestly think there is no choice left. But alert and healthy natures remember that the sun rose clear. It is never too late to give up our prejudices."*