



### Emotional Robustification

Fear => Prudence

Pain => Information

Mistakes => Initiation

Desire => Undertaking

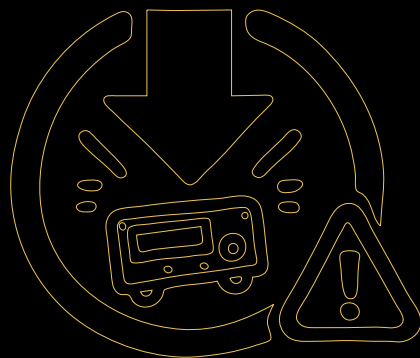
### Domesticating Emotions

Using practical tricks to handle emotions and make sound decisions.

\* Writing off possessions mentally to reduce emotional impact of losses.

\* Traveling with minimal possessions to embrace randomness and reduce stress.

\* Assuming the worst possible outcome to reduce the psychological impact of randomness.



## Seneca's Approach

Mitigate downside and retain upside through emotional robustness.



## Thales and Optionality

### Thales' Olive Press

Thales secured the use of all olive presses, profiting from a bountiful harvest, exemplifying the power of options.

### Optionality

The right but not the obligation to take an action, providing asymmetric benefits.

### Properties

Options benefit from volatility and uncertainty, requiring less precise knowledge and providing more upside.

### Applications

#### Nature and Options

#### Trial and Error

Nature uses trial and error, with small losses and large gains, to achieve optimal outcomes.

#### Bricolage

Recycling and tweaking existing elements to create new solutions.

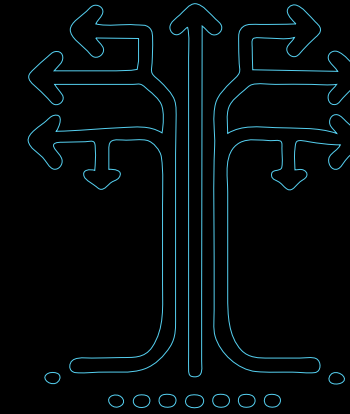
### Social and Political Systems

#### Roman Politics

Developed through trial and error, selecting the best options from experience.

### Business Strategies

Luxury goods and industries benefiting from income inequality and dispersion.



### Free Options

\* Rent-Controlled Apartment

Protection against rent increases with the option to move if rents decrease.

\* Vacation Resort

More options provide a higher chance of satisfaction without needing detailed knowledge.

