



# Antifragile: Things That Gain from Disorder

Nassim Nicholas Taleb

The central theme behind Antifragile is a investigation on things that gain from disorder, or hermetic stressors. Nassim argues that many things benefit. This aspect as coined by Taleb is called Antifragility. This argument in favour of antifragility builds upon the fractal nature of risk. Utilizing black swans we can increase the upside of events while decreasing the downside of an event, utilizing black swans as antifragility. This is because antifragile things can survive the black swan event. Some example of things that are Antifragile in real life include: Banned Books which we seen as more attractive due to a phenomenon known as the Streisand Effect. There are also antifragile jobs which, daily have much volatility, but in the overall they ~~are much~~ can be argued as safer due to the adaptability of the jobs as opposed to "safer" jobs which are at the peril of the induction. There is a heuristic approach to this problem, People that seem to care a bout their ~~ette~~ attire will generally be fragile whereas those that don't will be antifragile and robust. Taleb also takes about the prevalence of domain dependence within antifragility. This is that we are great at utilizing antifragiles. Taleb also touches on the concept of the premodern bed, in which we are doing more harm than good by decreasing small variations and having an overdependence on induction. Continuing on this problem in regards to an overdependence on induction is the turkey



problem? This is a story of a turkey who  
lived a great life till he was brutally murdered on thank-  
sgiving. This tells you that you should not base past  
events on future events too much. ~~is~~ Overdependence of  
induction. Taleb also articulates the utility of  
randomness when making decisions and how it can lead to  
greater outcomes. There is also antifragility is the act of  
stoxism as this is evident that you will have happiness  
given less than ideal circumstances. Taleb goes  
on to talk about the importance of homeotic stressors  
when it comes to things like competition, white noise,  
your mood, language. All of these gain from stress  
under a certain threshold. This also ties into the lack  
of homeotic stressors within modernity. Compounded  
upon this problem is the problem of iatrogenesis  
which means harm caused by the healer. One  
aspect of this problem is a ~~conflict~~ <sup>conflict</sup> of interest.  
Taleb also teaches on the concept of optionality. This optionality and  
increase to more freedom which will lead to increase robust-  
ness and antifragility. This comes in many forms whether it  
be thinking through trial and error. An example of this is  
the Teleological fallacy which is where believing that you  
know where you are going, and you know exactly where you  
were going in the past by knowing where they are going.  
The green timber fallacy is basically the overdependence on ~~what~~ <sup>what</sup> and into  
Some Rules for Optionality. Rank things based on optionality, look for open  
ended payoffs, Invest in people not business, make sure you  
are battle tested. To end off we talk about the true test  
of antifragility, time, and the importance of gaining  
the negative this can be seen in many  
aspects of life where there is much more  
to be gained from remaining ~~inconsistent~~ rather than ~~risk~~ <sup>risk</sup>  
something new