“Everything you deal with Is one thing and nothing else.”

Everything (every problem) that you come across can be boiled down to one cause. If that one cause is fixed, then the problem ceases to exist. This one thing can be easy to take care of like lack of sleep, or hard to take care of. A good example is if someone was late to work. Maybe they hit all the red lights on the way, or an accident on the highway slowed their journey, but those are just the surface problems. Those are the easily viewable problems, the excuses, and they are not important or helpful because they stop you from seeing the real problem-the worker just left too late. If they had better manage their time, they would have been able to get ready faster and leave early so that they could arrive to work on time. This makes the issues along the way irrelevant to the worker’s arrival time because they are already going to be early. If you find a problem, the best way to get rid of it is by finding the root of the problem and eliminating it.