

On top of her literacy and oratory skills, one of the secrets to the success of Oprah's daytime TV shows is the empathy, compassion and emotion she brings to them, which her traumatic childhood probably helped her develop.

**Her own turbulent childhood enabled her to convert that first-hand experience into heartfelt compassion and powerful emotional intelligence.**

This is an example of an important concept that's at the heart of this book: every disadvantage can have a corresponding advantage, and vice versa.

**Your circumstances and unfair advantages, whether apparently positive or negative, can be double-edged swords.**



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Oprah's life has been documented well enough that we can see the connection: **without the natural talent she was born with, she wouldn't be where she is today.** That combination of innate talent and the parental nurturing of that talent is outside of our control, and therefore part of the randomness and luck of life.

We use Oprah's example because it also clarifies what we mean by luck – it's not always 'lucky', as in positive. **Oprah had difficult experiences that were as inseparable from her life as the good ones, and both combine to make her who she is today. That is luck.** Equally, luck alone was not enough – it's what she did with it, the way she chose to take those chance elements of her life and make them central to her ambition and practice.