

Raw Nerve

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This is a series of pieces on getting better at life.

1. [Take a step back](#)
2. [Believe you can change](#)
3. [Look at yourself objectively](#)
4. [Lean into the pain](#)
5. [Confront reality](#)
6. [Cherish mistakes](#)
7. [Fix the machine, not the person](#)

The best posts are probably 2 and 4.

Bonus pieces:

- [What are the optimal biases to overcome?](#)

Related reading:

- [The Flinch](#) (for part 4)
- [Everything is Obvious](#)
- Ray Dalio's [Principles](#)