

Goals

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August 2022

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Chapter 1

Introduction

Why bother rigorously structuring your life? The practices to follow may seem "extreme" or "superfluous." That's because they are. They are—if you are so arrogant as to think you can passively tame your own psyche, and be more than a spitting image of your predecessors. If you find such things futile, you should read something else.