



# Liberation Through Simplification

## Key Takeaways

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- 1 The Specialist Generalist Debate
- 2 A Generalist with a Specialized Focus Seems to Be a Powerful Recipe
- 3 Meta Focus = the Overarching Priorities in Your Life
- 4 The Power of Singular Focus
- 5 Sequential vs. Synergistic Processing

### Quote:

“ I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times ”

— *Bruce Lee*

Diagnostic  
N/A

### Exercise

Decide on Your Singular Meta Focus

See next page for details

## Exercise

### Decide on Your Singular Meta Focus

What is the “one thing” you’re doing to pursue mastery within?

What non-synergistic pursuits are you currently engaged in that detract from this?

How can you close them out or wrap them up? If you don’t want to pursue a singular focus, at least you’re informed of the limitations.

## Glossary

**Synergistic:** Doing A plus B in parallel enhances both A and B.

**Sequential:** Doing A plus B in parallel detracts from A and/or B.

## Notes

## Lesson Resources

1. Range: Why Generalists Triumph in a Specialized World,  
by David Epstein
2. The Organized Mind,  
by Daniel Levitin
3. [TED: Emilie Wapnick, Why Some of Us Don't Have One True Calling](#)
4. The Distracted Mind,  
by Adam Gazzaley and Larry D. Rosen