

Path to Happiness and Success

My jottings from blogs of Maria Popova



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Have you ever pondered the secret to true happiness and success? In a world where societal norms and expectations often guide our choices, it's easy to lose sight of what truly matters. Today, I invite you on a journey through the wisdom of philosophers, visionaries, and thought leaders, as we explore the unconventional yet profound insights shared by Maria Popova in her thought-provoking blog.

Philosopher Dan Dennett once revealed the secret of happiness: "Find something more important than you are." In a society that often glorifies self-centered

pursuits, this counterintuitive advice reminds us of the transformative power of purpose beyond ourselves.

Popova challenges the pursuit of prestigious positions and mere external validation. She encourages us to eschew the time-consuming endeavors of climbing corporate ladders or chasing titles on committees. Instead, she reminds us of the timeless wisdom of Steve Jobs: “The only way to do great work is to love what you do.” If you haven’t found your passion yet, don’t settle — keep searching.

The future is shrouded in uncertainty, and rather than fearing it, Popova urges us to embrace the present moment. She reminds us that life unfolds in the now, and by living immediately, we open ourselves to endless possibilities.

In her blog, Popova emphasizes the importance of avoiding preoccupation in our pursuits. No activity can be successfully undertaken if we are consumed by distractions and external judgments. By freeing ourselves from the opinions of others, we gain the freedom to explore and grow authentically.

Reflecting on Popova’s seven learnings, we discover a path toward a more fulfilling existence. Firstly, she encourages us to allow ourselves the uncomfortable luxury of changing our minds, for it is through introspection and adaptability that we evolve.

Popova challenges the notion of pursuing prestige, status, money, or approval alone. Instead, she urges us to cultivate goals that align with our passions and values, realizing that true fulfillment lies beyond external markers.

Being generous with our time is another vital lesson Popova imparts. By investing in meaningful connections and contributing to the lives of others, we forge lasting relationships and find fulfillment in the act of giving.

Popova reminds us to build pockets of stillness into our lives, recognizing the significance of rest and rejuvenation. By prioritizing sleep and creating moments of quiet contemplation, we nourish our minds and unlock our full potential.

She encourages us to reject the opinions and expectations of others, recognizing that our true essence can only be defined by ourselves.

Popova emphasizes that presence is an art in itself, far more rewarding than mere productivity. By fully immersing ourselves in the present moment, we savor the richness of life and form deeper connections with ourselves and those around us.

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Summary