

EL OBSTÁCULO ES EL CAMINO de Ryan Holiday

Recordatorio: son las palabras del autor que más me han marcado. Destaco las siguientes citas.

1. Prólogo

Most of us spend our time dodging the hard stuff. Tragic fallacy.

What stands in the way becomes the way.

They took it as a challenge, practiced harder and found weak spots.

Making certain that what impedes us can empower us.

Every obstacle is an opportunity to practice some virtue.

We have two options: we can be blocked by obstacles, or will advance through and over them.

2. Introducción

Page: 2: Only one thing is at fault: our attitude and approach.

Page 3: "Bad companies are destroyed by crisis. Good companies survive them. Great companies are improved by them"- Andy Grove, former CEO of intel.

Find a way to transform weakness into strength.

Don't just be optimistic, learn to be ceaselessly creative and opportunistic.

Part I: Perception

Page 12: Our perceptions can be a source of strength or of great weakness.

Page 14: He watched what others did wrong.

Page 15: Be fearful when others are greedy, and greedy when others are fearful.

Page 26: They want you thinking and acting under their terms and not yours.

Page 27: Panic is suicide.

Page 29: Don't let the negativity in, don't let those emotions even get started. Just say: No thank you, I can't afford to panic.

Page 29: Focus your energy on solving problems rather than reacting to them.

Page 23: When you worry, ask yourself, what am I choosing to see right now ? Remember, perception is the key and the problem. Learn to see things as what they are, no as we're made up in our minds.

Page 38: What's actually causing the problem ? Suddenly, when we feel weak, we realize we are strong.

Page 48: Without getting into deep struggles we won't know how much we are able to overcome. We will discover more about ourselves than if we're sitting at home watching TV. Remember that this moment is not your life, it's just a moment in your life.

Page 51: When we believe in the obstacle more than the goal.

Page 52: An entrepreneur is someone with faith in their ability to make something where there was nothing before.

Page 56: We close our eyes to the gift.

Page 57: That which doesn't kill me, makes me stronger.

Page 57: The obstacle is an advantage, not adversity.

Page 60: Problems are precisely as bad as we think.

Part II: Action

Page 66: The sound of his voice and the strength of his ideas.

Page 80: It's okay to be discouraged. It's not okay to quit.

Page 81: Edison once said, the first step is an intuition-and comes with a burst-the difficulties arise.

Start working at weak points. We respond by working twice as hard.

Page 96: In every situation life is asking us a question and our actions are the answers.

Page 99: It's better to focus on making due with what we've got. On focusing on results instead of pretty methods.

Page 101: Pragmatism is not so much realism as flexibility. There are a lot of ways to get from point A to point B. But so many of us spend so much time looking for a perfect solution that we pass up what's right in front of us.

Page 117: We don't want right action, not action, period.

Parte III: Will

Page 130: Leaders need to provide strength in terrible times.

Page 141: your world is ruled by external factors. Promises aren't kept. You don't always get what is rightfully yours, even if you earned it. Not everything is as clean and straightforward as the games they play in business school. We are dependent on other people, and that means people are going to make mistakes and screw up your plans. If it comes as a constant surprise each and every time it occurs, you're not only going to be miserable, you are going to have a much harder time accepting it and moving on to attempts.

Page 143: We are prepared for failure and ready for success.

Page 178: He would not say an ill word.

Page 178: Nothing stands on their way. Rather, everything guides their way.

First, see clearly

Next, act correctly

Finally, endure and accept the world as it is.

Referencias a otros libros y autores:

- ❖ Ryan Holiday, autor de ``Trust me I'm lying`` (confía en mí, estoy mintiendo).
- ❖ Gavin de Becker, autor de ``The gift of fear`` (El regalo del temor).
- ❖ Marco Aurelio.
- ❖ Theodore Roosevelt.
- ❖ Publius Syrus.
- ❖ Epictetus.
- ❖ Viktor Frankl.
- ❖ Chuck Palahniuk.
- ❖ F. Scott Fitzgerald.
- ❖ Séneca.
- ❖ Shakespeare.
- ❖ Wendell Phillips.
- ❖ Heráclito.
- ❖ Sir Henry Royce.
- ❖ Plutarch.
- ❖ E.H. Chapin.

- ❖ Nietzsche.
- ❖ Winston Churchill.
- ❖ Cleanthes.
- ❖ Leroy Percy.
- ❖ Dr. Johnson.
- ❖ Virgil.