



BOOK NOTES

The Almanack of Naval Ravikant

by Eric Jorgenson

- Cultivate unique skills that society cannot easily train for, making you irreplaceable.
- LT gains > ST wins; compounding in wealth, relationships, and personal development.
- Happiness is not a trait, but a choice.
- Be a perpetual learning machine. Microeconomics, psychology, and philosophy.
- Read daily and focus on quality over quantity.
- Meditation is 'intermittent fasting for the brain'.
- History was built by young people, they just got credit when they were older. The only way to learn something is by doing it.
- Utilize leverage: Use capital, people and products with low to zero marginal replication cost (code, media, etc)
- Follow your intellectual curiosity more than whatever is 'hot' right now.
- To win the status game, you have to put somebody else down - avoid it at all costs.
- Sharks eat well, but live a life surrounded by sharks.
- In a LT game, it seems everybody is making each other rich. In a ST game, it seems like everybody is making themselves rich.

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