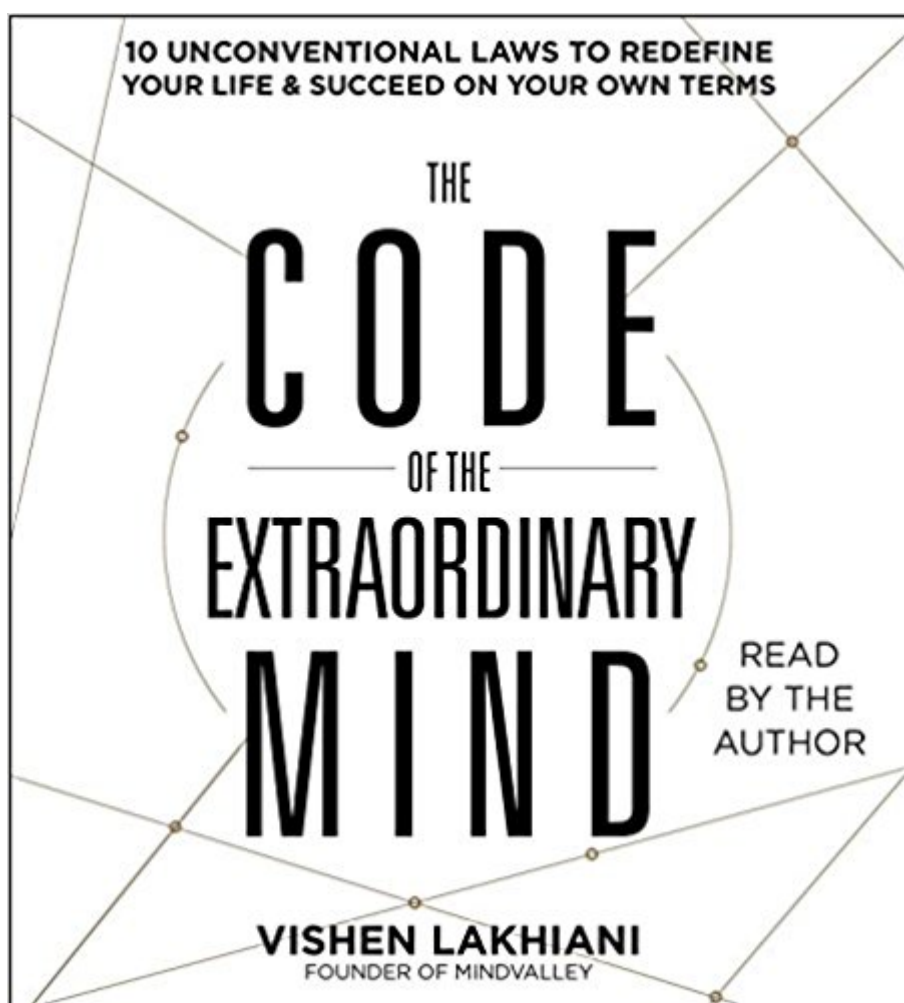


The book was found

The Code Of The Extraordinary Mind: 10 Unconventional Laws To Redefine Your Life And Succeed On Your Own Terms



Synopsis

What if everything we think we know about how the world works – our ideas of love, education, spirituality, work, happiness, and love – are based on Brules (bullsh*t rules) that get passed from generation to generation and are long past their expiration date? This book teaches you to think like some of the greatest non-conformist minds of our era, to question, challenge, hack, and create new rules for YOUR life so you can define success on your own terms. The Code of the Extraordinary Mind is a blueprint of laws to break us free from the shackles of an ordinary life. It makes a case that everything we know about the world is mostly decided not by rational choice – but instead by conditioning and habit. And thus, most people live their lives based on limiting rules and outdated beliefs about pretty much everything – love, work, money, parenting, sex, health, and more – which they inherit and pass on from generation to generation. But what if you could remove these outdated ideas and start anew? What would your life look like if you could forget the rules of the past, and redefine what happiness, purpose, and success mean for you? Not just a Book, but a Movement Blending computational thinking, integral theory, modern spirituality, evolutionary biology, and humor, personal growth entrepreneur Vishen Lakhiani provides a revolutionary 10-point framework for understanding and enhancing the human self. He developed this framework based on his personal experiences, the five million people he’s reached through Mindvalley, and two hundred hours of interviews and questions posed to incredible minds, including Elon Musk, Richard Branson, Peter Diamandis, Ken Wilber, Dean Kamen, Arianna Huffington, Michael Beckwith, and other legendary leaders. This book challenges conventional ideas of relationships, goal-setting, work, success, happiness, and meaning. In a unique fusion of cutting-edge ideas, personal stories, irreverence, and his brilliant teaching style, Lakhiani reveals the ten powerful laws that form a step-by-step process that you can apply to life to shed years of struggle and elevate yourself to exceptional new heights. The 10 Laws to an Extraordinary Life This book challenges conventional ideas of relationships, goal setting, mindfulness, happiness, and meaning. In a unique fusion of cutting-edge ideas, personal stories, and humorous irreverence and not to mention humor and napkin diagrams, Lakhiani gives you the tools you need combines computational thinking with personal growth to provides a powerful framework for re-coding yourself – and replacing old, limiting models that holds you back with new, empowering beliefs and behaviors that set you on the path toward an extraordinary life. A life of more happiness and achievement than you might have dared to dream possible. As you learn to integrate the 10 Laws into your daily life, you’ll never again be fooled into following a rule that doesn’t serve your best interest. You will learn about bending reality. You will learn

how to apply unique models like consciousness engineering to help you learn and grow at speeds like never before. You will learn to make a dent in the universe and discover your quest. Once you discover the code, you will question your limits and realize that there are none. Step into a new understanding of the world around you and your place in it, and find yourself operating at a new, extraordinary level in every way...happiness, purpose, fulfilment, and love. This Book is a Living, Breathing Manifesto that goes Beyond a Traditional Publication The Code to the Extraordinary Mind was not just written by Lakhiani. The experiences involved some twenty designers, programmers, and developers. Since this book is about questioning, Lakhiani questioned why books are one-way communications devices. Why can't listeners interact with the author and with one another? Or, dive into particular chapters to unlock additional videos or training. The Code of the Extraordinary Mind comes with a full on immersive experience including ways for listeners to connect with each other and the author to learn via peer-to-peer learning networks.

Book Information

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Customer Reviews

Vishen Lakhiani will make you question everything you thought you knew about your life. From happiness and health to purpose and power, this book is a revolutionary roadmap to become the best, most extraordinary version of yourself period." Dave Asprey, Bio-Hacker and founder of Bulletproof Exec and Bulletproof Coffee"Entertains while teaching, succinctly explaining how to shed the cultural baggage that has been holding you back, so you can free your life and become the extraordinary person you were meant to be. JJ Virgin, Celebrity Nutrition and Fitness Expert, "New York Times" bestselling author Vishen Lakhiani's knowledge base and his ability to present it clearly

and to actually put it into practice is above anyone I have ever seen in this field. Jack Canfield, coauthor of the "New York Times" bestselling series "Chicken Soup for the Soul" (r)" --This text refers to an out of print or unavailable edition of this title.

Vishen Lakhiani is one of the most influential personalities in personal growth today. A computer engineer and entrepreneur in education technology, he is the founder and CEO of Mindvalley, a 200-person strong company that specializes in learning experience design, creating digital platforms and apps that power online academies in personal growth, mindfulness, wellbeing, productivity and more. He also a member of the Transformational Leadership Council and sits on the Innovation Board for XPRIZE Foundation. An internationally recognized speaker on personal growth and transformation, Vishen s mission is to revolutionize the global education system by bringing new models of enhancing human potential to people everywhere and building a school for Humanity 2.0." --This text refers to an out of print or unavailable edition of this title.

This book is a little hard to review because I have mixed opinions. I found the discussion of how much our thinking is influenced by cultural and societal rules to be very helpful, as was the discussion of the importance of balance in life. On the other hand, the constant name dropping got old, as did the repeated plugs for Mr. Lakhiani's company. The many description of his business success and his perfect wife and perfect life and how you can emulate him also started to sound like an old Kathie Lee Christmas special (for those old enough to remember her), although in his defense he was suggesting approaches that other people can follow. Many of the main themes of the book- meditation, gratitude, forgiveness, compassion, love, looking inward, being resistant to the turmoil of life- are not original and seem to come right out of ancient Buddhist, Stoic, or Epicurian teachings. So overall I think people's opinion of this book will vary a lot and will depend on how useful they find the valuable parts, how familiar they already are with Buddhism and Stoicism, and how much they want to learn about Mr. Lakhiani's life and company.

I was fooled by all the 5 star reviews and chose this book, thinking it was really something interesting and different that would inspire me. While the book does have some good content, I did not find it to be original at all, and did find it to be annoyingly fluffed up with hype and repetition. The first three chapters are almost 100% "how this book is structured and wow is this book amazing" kind of fluff, which you should simply skip. The rest of the book still contains an annoying amount of self-praising hype, repetitive stories about Richard Branson, Tony Robbins, etc, which I did not find

inspiring or interesting at all, and an overall emphasis on entrepreneurial "how to succeed in business without really trying" ideas. In some parts of the book, the level of repetition is almost insulting. There's a part where he says, almost verbatim about 5 times, that you have to become happy before you can really achieve your goals. You can't just sweat and stress your way to success. I felt increasingly frustrated by all this repetition until I just gave up and decided I was not going to continue with the book.

I guess that if you've never read anything on the Law of Attraction, goal setting, mindfulness or business success, this book may be of some benefit to you. The author is occasionally witty but for a person who has a half-million subscribers, this book is remarkably dull and lacking fresh insights. It was also a bit annoying to keep reading (six times?) about the invitation-only retreat he attended on Branson's private island as if he needs to convince us (and maybe himself) that others regard him as credible. As an alternative, I suggest Elisha Goldstein's "Uncovering Happiness." Lastly, I wish that some of these Internet millionaires would just be honest and emphatically state that unexplainable luck also had a good part to do with their success instead of crafting elaborate cause and effect narratives in retrospect which supposedly explain how they did it. (On this, read Taleb's "Black Swan.") Yes, there are principles to be followed, mindsets to be embraced and disciplines that will push you in the right direction, but sometimes you also just get lucky (regardless of your ability to "bend reality"). That doesn't mean that the typical reader will ever be able to replicate it in their lives.

I am going to get trolled for this. Rich dude writes book and talks a lot of spiritual experiences which are supposedly validated by the fact that he is a successful rich dude.

I found the book highly useful. In fact I have put many of the exercises outlined in the book into practice with positive results. Also what I loved about the book is that it also gives you access to loads of content on the Mind Valley web site. I found the content really valuable. Yes you might be able to find most of the stuff on youtube if you looked hard enough. But over here it is curated perfectly and conveniently placed in an easy to access and systematic manner. The first few chapters were a bit repetitive but still it was well worth the money I spent.

The most thought provoking intelligently introspective understanding of the ways and means of how to grasp the workings of thoughts for personal development and the power of intuition. I recommend

this book for all serious minded people who are trying to understand how to help themselves organize that internal battle for control, peace and equilibrium.

Lakhiani presents his ideas in a clear, logically sequential and easily grasped format. Although I've studied this topic for years I learned several new ways of seeing especially relating to shaping goals. Fresh. Insightful. Inspired. Highly recommended.

Vishen has a great way of connecting on a personal level. He inspires people to start learning and growing, he does this by giving people tangible tools to get started. Knowing that you can be successful begins with believing that you can and following through. I absolutely love his wisdom and lessons. Thanks Vishen! Kristen.

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