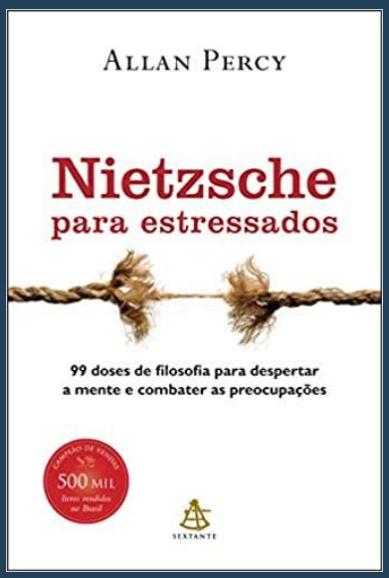

Nietzsche For Stressed Out People

Nietzsche para estressados
Year of publication: 2011
Author: Allan Percy
112 pages
Link for purchase: https://amzn.to/3dPV1Nu

The book The Power of Now (1948), authored by Eckhart Tolle, features 156 pages and 10 interesting chapters in which you will understand the secret of wholeness and the importance of knowing your inner self.

Score

8

9 Aplicability
8 Inspiration
8 Innovation
9 Impact on results
8 Structure

Main ideias of the book

- There are several sources of stress, but they can be eliminated with an internal work of self-knowledge and understanding of thoughts and emotions.
- Self-knowledge gives the necessary tools for the person to develop, grow and improve their quality of life;
- A person's quality of life increases when he has good relationships. These are easy to cultivate once you understand the needs and feelings of others and yourself;
- Philosophy is capable of treating some psychological and emotional afflictions such as depression, stress, and anxiety without medications.

For whom is this book suitable?

This book is intended for those suffering from stress. As well as those who want to live a quieter life, improve self-esteem, have better relationships, and also those who want to know a little more about Nietzsche's thinking.

Overview of the book

Sources of Stress

In the book, the author will guide you through Nietzsche's philosophy and his teachings to deal with stress. In this section are gathered the main sources of stress that the author exposes in his book.

One source of stress, according to Nietzsche, is the misconception that one should always seek to be happy, thus forgetting the ephemeral nature of happiness.

Not have a goal

In Percy's view, when you lose sight of your goal, you get stressed. If you have a big life goal that can keep you motivated, you can overcome any obstacle, including stress.

Search for happiness, Always

One source of stress, according to Nietzsche, is the misconception that one should always seek to be happy, thus forgetting the ephemeral nature of happiness. If instead of getting frustrated because you failed to stay happy, you should use the flashes of happiness to propel you, you would avoid unnecessary stress.

Losing touch with nature

Nietzsche argued that losing touch with nature is a source of stress. Those who live in the city have to play a role to fit into society, but in nature, they can be who they really are. Therefore, Percy recommends regular contact with nature.

Complain

Another source of stress, according to the philosopher, is the complaint, a trademark of today's society. People come together to complain. Speaking badly about the economy, taxes, health care, politics, lack of justice, time, work and so many other issues.
In the philosopher's view, people often complain about doing nothing to change the situation, only speak because they like to complain. This generates stress and anguish, explains the author.

The stress inside us

For Nietzsche, stress does not come from external situations, but from one's own interpretation of what happens to him. It's not that the world is stressful, it's your reading of it that can stress you or not. The author suggests you stop worrying about things that are independent of you and have more fun.

The misapplied silence

Another source of stress, Percy explains, is silence. Although it is a powerful tool for self-knowledge and personal development, it can also be the main weapon of a psychological war between two people. For this reason, Nietzsche recommended that you speak your feelings even if you did not find the right words. It was better for him than silence.

The lie

According to Nietzsche, lying to yourself will cause you stress. This prevents you from seeing your own mistakes, so the world will seem more hostile and stressful than it is.

Hurry

Hurry is another source of stress. Walk slowly in life, enjoy every detail and enjoy the journey, are recommendations of the author.

Runaway from the gift

Percy explains that stress comes from thinking of the past or the future, but affects its present. So focus on the here and now, which is the only place you can do something for your past and your future.

Work too much

Too much work is a source of stress, says the author. Not having at least two-thirds of the day to yourself is unhealthy. Productivity does not increase because you work longer hours, wear does.

Futile Needs

Creating needs deemed useless by the author is stressful. Like changing your car every five years, having a beach house or putting your kids in expensive extracurricular activities will cause you stress. You have the realization that you can only be happy if you can achieve those achievements.

Bad relationships

Lastly, bad relationships generate stress. According to Percy, you will often want to force a friendship or impose on a debate. He recommends letting it flow, that is, if someone doesn't like you, doesn't fight it, or if the person thinks differently from you and is determined, don't try to change their opinion. Heated discussions are a source of stress, avoid them. The author recommends in a debate keep calm, listen to the other party without interrupting and try to be kind instead of showing that you are right.

How to live happily and without stress

Have a dream

The author recalls that the happiest people are those who have a life purpose. Therefore, he advises putting your life in perspective. See what you have done so far and where you want to go. Thus, mistakes made lose importance, motivation increases and stress disappears.

For Nietzsche, dreams are one's most valuable possessions. If you believe in them, set the goal of reaching them; you will achieve great achievements.

Another advice Percy gives is that these goals should be true dreams. For Nietzsche, dreams are one's most valuable possessions. If you believe in them, set the goal of reaching them; you will achieve great achievements.

Work your self-esteem

The author suggests a sequence of steps for you to develop self-esteem.
First, you must live for yourself and not for others. This is made easier if you do not compare yourself with the rest. The human being is not perfect, so do not look for perfection. It is important to forgive one's mistakes. And finally, analyze less, act more. Evolution is in motion.
In the author's view, wanting to appear is a sign of low self-esteem, so he exposes some practical activities for you to increase it. They are: let your actions speak for you; recognize the strengths; get rid of self-sabotaging elements; seize the opportunities and do physical exercises.
Lastly, he advises not to base self-esteem on what others think of you.

Cultivate good relationships

In the author's view, having friends around is something that improves the quality of life. According to him, friends are those who pity our trials, something easy to find and rejoice in our successes, something rare and valuable.
Percy adds that a good friend is also the one who says what you should hear, even if it's hard. These are the friends who will allow you to grow.
In the author's view, good relationships are not stressful. If you can love without expecting anything in return, you can build a healthy relationship in which you do not lose your freedom and thus be stress-free.

Catalog your problems

The author shares an easy-to-follow recipe for stress-free living. This consists of cataloging the problems. Everyone has problems, this is part of life. However, it is important to know how to separate them by a degree of importance. Once this is done, you will find that most of them do not have a lasting impact and therefore are no longer problems.

Learn how to handle successes and failures

Percy warns of the dangers of success. Success massages the ego and can lead to problems such as substance abuse, bad relationships and taking unnecessary risks.
On the other hand, failure brings many often-overlooked benefits, such as humility; the creativity to see alternatives; prudence through further reflection before acting; the invitation to reinvent itself; resilience; and the vision of new opportunities.
However, for the stress that failure can bring you, the author suggests you see that it is your needs that teach you how to grow creatively. Use these failures as a development path.

Embark on a journey of self-awareness

Self-knowledge is an arduous task, but you must do it if you want to live a full life. Having a quiet space where you can listen to your thoughts without judging them will let you know and understand your needs, fears, desires, and frustrations, allowing you to handle your challenges effectively.
The author argues that both peace and torment live in the heart. It depends on the focus you give it. Knowing the lenses through which you see - lenses with judgment and prejudice filters - will prevent you from suffering.
Percy recommends meditating to lessen the effect of these lenses on us.
Another benefit of self-awareness is that it will allow you to broaden your potential by connecting you with something superior.
For Nietzsche, the human being is a bridge and not a final destination, that is, there is something in each of us that goes beyond the earthly. In the author's view, this perspective expands one's capabilities and allows one to overcome one's own limitations.

Have spaces of silence

The author explains that the human being needs silence and retreat. It is in these moments of introspection that creativity comes to you and you take the reins of your life making the right choices.
A period of isolation also has other benefits. It lowers blood pressure, heart rate and breathing rate; neutralizes stress; strengthens the immune system; Stimulates brain activity and improves muscle tension.

Live in the here and now

You have to live in the present, or at least not in the distant future, not to be a prisoner of your fantasies; not in the distant past, but the burden will be great and with it will come melancholy and grudge.

Be careful what you think

Percy teaches that the universe is a mirror that reflects what you think. If you are negative, you will have difficulties; if you are optimistic, things will flow easily. To cultivate gratitude and enthusiasm and ask the Universe you want to receive.
According to the author, there are two states of mind that you must cultivate: be humorous, laugh; and forgiveness. They bring a number of benefits to your health as well as reducing stress.

Have a good time

The author believes that life should not be tedious. To remove boredom from your life, he suggests that you eliminate all activities that bring you nothing but boredom and moodiness; move away from all uninteresting people; try to work on something motivating; change the routine; know new places; Learn something new every day and do some madness every once in a while.

Philosophy as Therapy

Based on Lou Marinoff's book More Plato, less Prozac, the author explains that most psychological afflictions can be dealt with the philosophy and help of a therapist philosopher.
This professional, Percy explains, is able to guide the patient through the most appropriate philosophical thinking so that he can solve his problem for himself.
It is true that there are people who need medicines, but most do not, argues the author. Most are not sick, just having a hard time. However, people feel the need to label what they feel, so they are diagnosed with diseases that do not exist.
Therapist philosophers are opposed to this tendency. They focus on the present and the future, setting aside past traumas. They understand that anyone can be distressed when trying to understand the world, but they are not sick because of it.

We are moving into the so-called Conceptual Age. Thanks to the fusion of wealth, technology, and the increased connection of people through phones and the internet, the world is transitioning to a new era.

Percy believes there is a philosophy to the problems you may have. There are philosophers who will help you with your love relationships; others with their work; some overcome their fears, and dealing with various other issues.

What other authors say about it?

The book "The Things You Only See When You Slow Down," author Haemin Sumin develops a guide to mindfulness and meeting with our inner wisdom. The simple messages expounded in the work directly meet the anxieties that have become part of modern life.

Author Dale Carnegie teaches in his book, "How to Avoid Worries and Start Living," how to shield your mind, get around worries, and strengthen yourself in the face of everyday problems.

Finally, in "Anxiety - How to face the evil of the century", Augusto Cury addresses important topics related to mental health. He explains clearly and objectively the accelerated thinking syndrome (SPA) and brings the reflection that slowing down our thoughts and knowing how to manage our mind is fundamental to a healthier life.

Okay, but how can I apply this in my life?

So now that you've seen the concepts about Nietzsche For Stressed Out, how about recapping some practical tips?

- Dream big! Have goals! Have goals. They will be your best weapon against any challenge that life puts in your way;
- Do self-awareness activities. You will realize your full potential and better understand your times and your pace. Your self-esteem will improve and you will be able to live the life you want and build healthy relationships.
- Have a space to meet with nature and time of retreat and silence. That way your mind will calm down, your stress will go away and you will have creative ideas for solving your problems.
- Remember that most people do not have a sick mind, they are just wondering about life's trials. This is normal. Interestingly, great minds have asked themselves the same questions and found answers, and through philosophy, you have access to them.

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