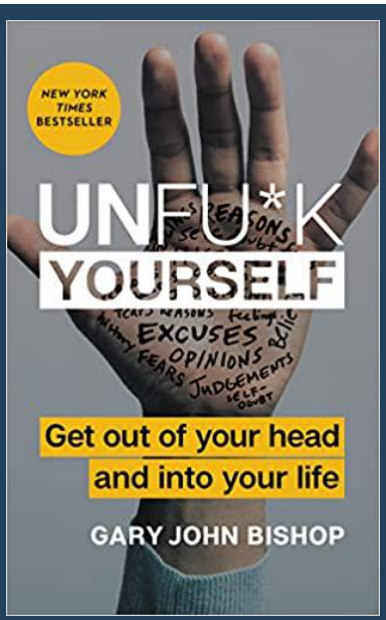

Unfu*k Yourself

Des Foda-se
Year of publication: 2017
Author: Gary John Bishop
224 pages
Link for purchase: https://amzn.to/2R8lriS

Gary Bishop's "Unfu * k Yourself: Getting Out of Your Head and into Your Life," is composed of 155 pages and 9 enlightening chapters that will make you understand what to do to change the history of your existence once and for all.

Score

8

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

Main ideias of the book

- Positive internal dialogue dramatically improves the quality of life;
- Are you ready to change your life?
- Be careful what you are up to;
- Understand how perseverance can lead you to success.
- Turn off autopilot and control once and for all your life;
- Makeup with uncertainty;
- Persistence is one of the characteristics of a victorious person;
- Get rid of self-imposed expectations;
- Your past is not your enemy. Accept it;

For whom is this book suitable?

This work is totally recommended for people who decided to go against the problems and focus on the realization of dreams.

Recommended for visionaries who want to change the way they see the world and change the trajectory of their lives.

The fine line between thought and reality

That dialogue is part of our lives, we already know. But what we really need to take into consideration right now is about the internal dialogues.
How do we see our problems? And how do we reflect on them to the point of transforming the reality for which we live?
Well, the author explains that there is positive internal dialogue and negative internal dialogue and both influence their performance regardless of the area in which their speech is intended.
Positive words spoken to oneself act directly from motivation and emotional well-being.
As a result, negative speech, in addition to bringing moodiness, greatly zooms in on problems, making them much larger than they really are.
Understand that even though the thoughts that motivate these speeches are unconscious, they can impact our lives. This is due to the connection between emotion, thought, and speech.

How much weight does internal dialogue have in your life?

The internalization of language is real. Understand that your life will not change if you see only the downside and stress it all the time.
If your view is limited to a given situation, your optical prism will always be limited to everything that concerns it.
Now answer me: How much weight does internal dialogue have in your life?
Think about it.

Change your thinking

Do you know what neuroplasticity is?
Neuroplasticity can be understood as the ability of the brain to change. That is, the reorganization of the neural pathways that control our thoughts and behaviors, for example.
We understand that when we want to learn something new and bring it into our routine, we need to practice. Be it a physical exercise, a content for evaluation or even a diet.
The continuity, the practice, that leads us to add that new choice to the routine, in such a way that the execution becomes something automatic or intrinsic of everyday life.
And why would thought be any different?
We learn that emotions are tied to thoughts that are directly influenced by our words. So what we really need to do is change our language.
Instead of framing our problems in a negative box, how about trying to see them on a broader bias?
Understand that you can build your own reality according to the way you see the world, the way you communicate, but especially the way you talk to yourself.
The people around you are important, but controlling your emotions and having healthy thinking is critical.

Be enthusiastic

The first thing you need to know when deciding to change your life is whether you are willing to face change.
John calls us to reflection by pointing out that if you are living a life that you do not like but still stagnate in the same situation, it is a sign that you are putting up with what you are living.
Be careful with that.
There is no point in presenting several blame vectors for our problems. This will in no way minimize them.
One of the main obstacles to real-life change is personal victimization.
The individual who becomes the victim at no time is the protagonist of his own history and urgently needs to take over the reins of his existence.
It takes a willingness to do that and, especially, sincerity to face the facts.
You have to be true to yourself.
Do you really want to change focus, situation, life?
What actually caused this personal stagnation?
Take stock, and see if the desire for change is still alive in you, otherwise, admit the real situation and try to look at the problem from a broader bias.
We often cannot find ways out of the simple fact that we are trying to solve adversity by being at the center of it.
This is the need to take a little distance, analyze the powders and cons, try to understand the root of suffering and finally find a light at the end of the tunnel.
We speak of the danger of victimization but understand that it is not for you to blame yourself.
What is needed is to face reality as it is.
Reassess your path, restructure your route, map your road and let the best of life reach you.

Understanding Domains

What would you tell me if I said that you are already a winner?
Although you may be unhappy or disagreeing with any situation, you are victorious and I will explain why.
In our daily lives, we are bombarded by activities, tasks, things that we work to do, but in the end everything works out.
We can exemplify with simple things, from tidying up some room in your house or going to the grocery store for the month's shopping, running a marathon or hitting goals in your work environment.
Every area of our lives through which we can execute commands and succeed in that action can be considered successful.
We can also make a reflection:
How many people would want the least skill to do what we do so masterfully?
We often find it simple, but for others who may have some limitations, it may be complex.
In each area we can call the domain. The domains are infinite. When it comes to financing, you may be considering increasing your income or getting promoted in the company.
But, what keeps you from achieving this?
Initially, it is necessary to loosen the bonds of self-limitation or limitation imposed by others. And this breakdown of the barriers that hinder its success requires significant changes in its automatic mode.
This automatic mode is part of the daily, everyday, and frequent activities you perform.

The changes take place from the outside. Get out of your head, get in your life. Do not let negative thinking control you. The mind's negativity spectrum destroys dreams and brings down possibilities.

The changes take place from the outside. Get out of your head, get in your life. Do not let negative thinking control you. The mind's negativity spectrum destroys dreams and brings down possibilities.
Understand, if you want to reach a different level, innovate and change the situation you live in, you need to get out of comfort.
Being comforted with the situation will not make you change it.
What do you need? Discomfort and motivation.
Being uncomfortable with something motivates a sense of change in us and motivation, in turn, is the fuel for all this to happen.
Be engaged with your causes, be engaged with you.

Insist on your success

Do you consider yourself a persistent person?
How far are you willing to go to achieve your dreams?

Understand that the further you want to go, the more necessary the insistence will be.
You need to shield yourself against the negative thoughts, the skeptics around you, and especially against the adversities that will appear to divert your focus.
Unfortunately, people tend to make a stereotype by framing or limiting us to a certain trait.
So whenever we have a transformation project or any indication of change, attention will be drawn from this group of people. Attention such that it will lead to criticism and demonstrations of unbelief that will surely be transmitted to us.
Now is the time for persistence to be used.
Persistence has to do with moving on, seeking focus despite hardship and adversity. It has to do with going against the tide, jumping obstacles, seeing far away.
True persistence is for winners.
Real persistence is not straw fire or a passing excitement.
Those who really have a dream as their focus fight for it, regardless of the time, people or physical space in which it is inserted.
You can't just buy the negative ideas out there and think that's the final verdict.
It is up to you to disagree with all this superficial and skeptical opinion of yourself or accept and become a victim of your own history.
Gary points out that those who love persistence do not complain about obstacles and do not limit time to the realization of their dreams.
The real insistent is not concerned with deadlines or difficulties, let alone the problems that are blocking his path. For you understand that these blocks are like stairs to knowledge and these obstacles as keys to success.
How about thinking the same?
How about modifying the way you see the limitations that keep appearing to you?
Seek success, and understand that the success manual is within you. Start as often as you need, focus on your dreams and aim where you want to go.

Be friend with inaccuracy

If you want to change your life, you need to embrace uncertainty.
Always being in control of everything prevents you from daring and experiencing the new in your life.
Learn that the person who wants to know everything, to know the future, to plan and to determine everything always, blocks himself to the uncertain.
We are not saying that accomplishing goals is wrong. But from the moment you become framed in living only what you already know, afraid of the unknown, you are surely missing out on many opportunities.
Understand that those with great potential for success carry the ability to take risks.
The book points out that this heightened fear has a lot to do with our ancestors' way of life and the survival instinct the era demanded. That needs to change.
One of the main reasons for the obsession with certainty is the fear of approval.
The real story is that we are all afraid of judgment, criticism, disagreement, but above all of not being accepted by the other.
You need to be willing to be judged if you really want to have a successful life. We know that we need to innovate, open our minds, take the reins of the situation, and embrace uncertainty so that in fact fullness will come.
Is it easy? It isn't.
But understand it is in the unknown that you will find progress.
But how can I start this change?
Start with simple everyday things. Start working on your fear gradually.

- Try a new food;
- Meet new people;
- Discourse in a group of friends;
- Tell an idea to your boss.

And gradually, by training your brain to make better decisions, controlling your emotions through choice, and correctly handling everyday uncertainties, you will be much closer to the goal you achieve and the success you deserve.

Admire your past

We've talked about not finding a relief valve for your problems, haven't you?
Well, likewise, don't blame your past for your miseries.
Understand that everything you experienced was very important in building your story.
Your essence, your self, your personality, and everything that surrounds your existence, owes to your past.
Your most difficult experiences, the losses, the hardships, and the tears have served your growth and made you get where you came.
Admire the moments of joy, live each part, also remember the taste of overcoming each difficulty faced.
You're a winner!
Do not try to forget what you have experienced (as if it were possible), try to recognize learning through each phase, each step, and each lived moment.
Admire your past, but don't come back to it.
Living in the past hinders progress.
We often go back and try to compare either our current life with what we live in or remembering the choices we made and failed to achieve the expected success.

Get away from it!

The reason we are here talking about the past is not due to nostalgia or self-imposed guilt. We are here to tell you to value the stages lived, the choices made and the achievements made.

The author explains that the behavior of returning to the past and not wanting to leave it is an attempt to evade current reality. Don't do it.

Recognize your past, but build your future. Shine it. Make great choices. Do not be afraid to dare. And understand once and for all that your prospects will only be satisfactory if your gaze is projected on what is in front of you.

The reason we are here talking about the past is not due to nostalgia or self-imposed guilt

What other authors say about it?

According to Caio Carneiro, author of the book "Seja foda!", Success is 99% made of failure. Moreover, if you consider failure as the opposite of success, you will not build anything productive, since every failure is just a step on the ladder of your success.

In the book "The Little Book of Ikigai: The Secret Japanese Way to Live a Happy and Long Life", author Ken Mogi tells that the word ikigai is of Japanese origin and means, in free translation, "reason for living." He says that everyone has an Ikigai, just find it, and defines the 5 pillars for it, which are:

1. Start small;
2. Free yourself;
3. Harmony and sustainability;
4. The joy of little things;
5. Be in the here and now.

Finally, in the book " Winning: The Ultimate Business How-To", Jack Welch discusses that we should always seek quality in our professional life. If you are not satisfied with your job, find a job that provides enthusiasm for your career, it is very important that you do not settle and leave the comfort zone.

But as you look for a job, look at the company as a whole: your team, tasks, salary, career path, and more. And when starting a new job, try to exceed all expectations, always give your best.

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

The book gives numerous tips on how to put these theories into practice, among them, we can point out:

- Do not make excuses, create solutions;
- Establish change strategies if you are really willing to achieve something new. Do not stagnate. Get motivated;
- Enjoy your moment, live reality, admire your past, but don't live in it;
- Be true to yourself. Take on your responsibilities and see if you are really willing to change. Disposition is important, but sincerity is fundamental;
- Be positive. Negative experiences exist, but they need not be the specter of your life;
- Automatic actions help in everyday life, but should not limit your learning. Experience is good, but innovation is essential;
- Be persistent. Understand that the difficulty is existing, the obstacle is constant, but the success is real.

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