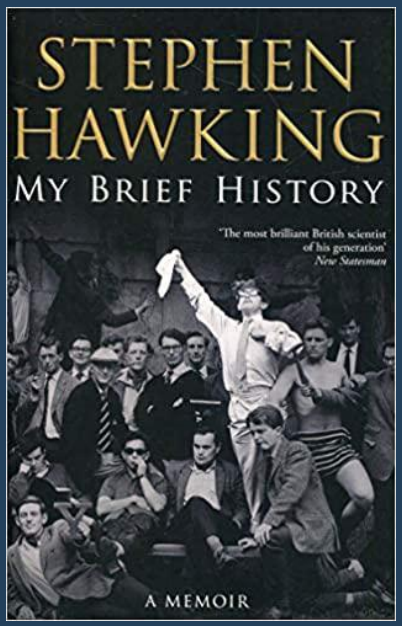

My Brief History

My Brief History
Year of publication: 2013
Author: Stephen Hawking
Link for purchase: https://amzn.to/34osWsx

The book "My Brief History" (2013) tells the story of scientist and physicist Stephen Hawking until the year 2011. There are thirteen chapters summarized in three parts in this summary that tells the trajectory of this remarkable figure, who built a brilliant career, even with a degenerative and incurable disease.
Through the life lessons of this book, we are sure that you will gain new breath to overcome your problems and not give up on the first obstacle.

Score

9

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

Main ideas of the book

- Being curious is a trait that can lead you to big projects;
- Questioning models and systems brings answers and innovation;
- No matter where and how you graduated in a particular subject, what matters is your action and research;
- Adversities (such as serious illnesses) can help you see life differently and enjoy each day as if it were your last;
- The scientist never gave up on his goal, even if weakened. The result: the greatest achievements came after the disease;
- The sacrifices made by the author to continue the work.

To whom is this book indicated?

The work is suitable for everyone: workers, leaders, managers, and students who need encouragement in many areas. In this book, the author makes it clear that the greatest achievements came during and after the arrival of the disease that prevented his speech and movements. All of this was made possible by almost inexhaustible willpower that accompanied him until the last days.

Overview of the book

Overview: The beginning of everything

Stephen Hawking was born on the day Galileo Galilei, another important physicist, died. In the book, he says he was always a curious child. The father, doctor, and researcher won awards and encouraged the whole family to enter the academic world.
Early on, little Stephen wanted to know how things worked and didn't agree with the school system. Moreover, he says that as a child he was thinking of knowing what the mechanism of the universe was like. This will was marked in memory until he reached adulthood and research began.

In adolescence, he had the first signs of the disease that marked him forever: Amyotrophic Lateral Sclerosis. Knowing that he could die in a short time, he decided that he was going to live each day as if he were the last and begin his research journey that would change the history of physics forever.

The first step was the sacrifices. When he chose Oxford College, he was already known for his physics and mathematics skills, and while his family traveled on vacation, he studied and took tests.
As soon as he entered college, he met then-wife Jane, who took care of him during the less aggressive first stage of his illness. In graduate school, he came across the beginning of the concept that would make him popular: Cosmology. He faced the challenge of researching something that was not popular, unprecedented.

"One, remember to look up at the stars and not down at your feet. Two, never give up work. Work gives you meaning and purpose and life is empty without it. Three, if you are lucky enough to find love, remember it is there and don't throw it away."

Overview: The sacrifices

Even as the disease progressed, Stephen never let it be an obstacle and teamed up with other researchers to begin studies on the black hole. With so many advances, he became a member of the Royal Society of England.
What was also growing were his limitations: after a tracheostomy, the scientist could no longer speak and lost all body movements, being trapped in an electric chair and a computer that transmitted his voice. Everyone thought it would be the end of the scientist, but they were wrong.
Under these conditions, he released seven books with the help of computers and wrote articles daily. Blackhole research has made Stephen one of the world's leading researchers to date. Unfortunately, the real breakthrough came only after his death in 2019, but everything was built during his lifetime.

Overview: The victory

Stephen Hawking never won a Nobel Prize because, in life, he could not closely observe a black hole, work that was done after his death. Even so, all the effort and willpower made the world look upon it as an entity.
Over 60, the scientist wanted more. He researched time travel theories and many others. In the book, he stresses how well it was worth not giving up. He points out that "disability did not hinder my scientific work. I have a complete and enjoyable life and I did everything I wanted, even with limitations. "
The work ends with photos of personalities and places that the scientist met.

What other authors say about it?

In "I Am Malala", the activist Malala tells her amazing story. She suffered an attack on her life because she defended the right of girls to go to school and to have the freedom to play a role in society.

The book "Long Walk to Freedom" is an autobiography of Nelson Mandela. He reports in detail about his life, his education and his time in prison. In addition to giving rich details of his inauguration as president of South Africa. Highlighting the political advance and the arduous struggle to rebuild the country's segregated society, earning it international recognition.

In the recommended "Everybody Matters", the authors explore how true leaders must continually study to develop and develop those around them so that they can also become excellent leaders who believe and value people.
In addition, employees should be encouraged to innovate and try new things, even if they fail. This makes them realize that managers have full confidence in their potential and their work. In the book, this practice is called "responsible freedom."

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

It is not easy to set a goal and stick to it with so many obstacles that arise in life, especially with an illness. After this summary, you are almost ready to face adversity with more pleasure and resilience.

- When you disagree, question methods, systems, and things imposed on you: new discoveries and “ways of doing” appear;
- Be curious! Your life goal may arise from your doubt about how something works or why;
- Attitude is everything! If you act, it does not matter who you are or how you have acquired a certain knowledge, but whether the goal has been accomplished or not;
- Try to go through life despite the hardships that will always exist. Seek the real sense of doing what you do, set goals, and live fully;
- With a serious illness, Stephen Hawking decided that he would live every day as if he were the last. Value the moments and evolve each day through hard work and study.

If you like this book, visit our complete collection with hundreds of Pocketbooks of the greatest sucess in the áreas of management, marketing and sales, leadership, strategy, personal development and entrepreneurship!

www.pocketbook4you.com

The content presented above reflects the vision and critical analysis of our writing team, respecting the fundamentals of intellectual property in Brazil (article 8, item I).
No part of the book is being copied. They are unique and exclusive content, always giving credit to the authors and indicating the link to purchase the complete work. PocketBook4You respects the copyright code in accordance with Brazilian law, Law 9.610 / 98.
This content is the exclusive property of PocketBook4You and is protected by Copyright Law in its articles 46, I, (a) and its article 47, because it is not reproduction and do not imply any discredit, on the contrary, The moral right is protected and, as noted earlier, the reader receives a link to acquire the work. Reproduction of this material without permission of the company is prohibited.