

THE OBSTACLE IS THE WAY

By Ryan Holiday

“The impediment to action advances action. What stands in the way becomes the way”.

Perception:

The way we perceive and interpret obstacles is crucial. Holiday emphasizes the Stoic idea that we have control over our perceptions and reactions. Instead of viewing obstacles as insurmountable barriers, we should see them as opportunities for growth and learning. By changing our perspective, we can turn challenges into advantages.


Action:

The Stoics believed in taking decisive action in the face of challenges. Instead of being paralyzed by adversity, Holiday argues that we should actively engage with obstacles. This involves breaking down problems into manageable parts and taking systematic steps to overcome them. By taking intentional and persistent action, we can make progress and find solutions.

Will:

Developing inner strength and resilience is a key theme in the book. Stoicism teaches that we cannot always control external events, but we can control our responses. Cultivating a strong will allows us to endure difficulties and setbacks. By maintaining our composure and determination, we can navigate through obstacles and emerge stronger on the other side.

“Every obstacle is unique to each of us. But the responses they elicit are the same: Fear. Frustration. Confusion. Helplessness. Depression. Anger.”



“Bad companies are destroyed by crisis. Good companies survive them. Great companies are improved by them.”—Andy Grove

