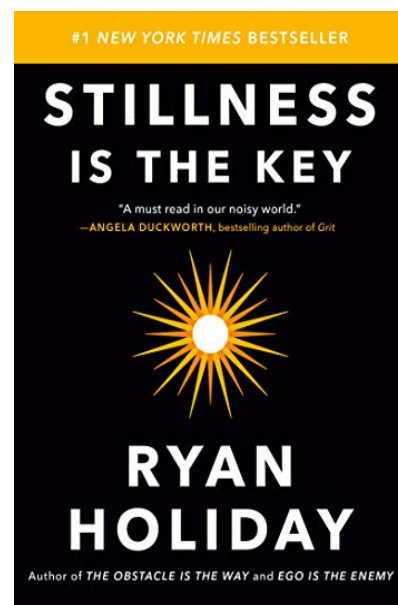


# Stillness Is the Key Book Summary (PDF) by Ryan Holiday

Ready to learn the most important takeaways from Stillness Is the Key in less than two minutes? Keep reading!



## Why This Book Matters:

Stillness is the Key explains to readers that if you want to enjoy success in your life, you must be consistent in your approach.

## The Big Takeaways:

1. **One cannot deny the importance of consistency, as it can change the course of life.**
  1. If No matter what happens around the world, if a person is consistent and dedicated to their dreams, they will prosper.
2. **If you want to avoid problems in your life, don't compete against your gut feelings.**
  1. The issues in one's life generally occur when he tries to avoid his instincts.
3. **Writing down your daily schedule and how each part of the day made you feel will help you enjoy clarity in**

**your life.**

1. Writing about your daily routines and analyzing your situations can help you better understand what you can do to make tomorrow more successful.
4. **If you want to learn something, you must first pay close attention without interruption.**
  1. You must pay attention to what is going on around you to learn. This is something you cannot achieve if you live a life of solitude.
5. **The real happiness of one's life is dependent on how he perceives life.**
  1. If a person is content with what they have in life, they would be the happiest version of themselves.

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