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Preface

If a simple change of mindset could help you improve the quality of your relationships, your work and your day-to-day life…Would you be willing to try it?

If you said yes, then you're in luck, because that is precisely what I will be telling you about in this book.

Before we get started, I would like to introduce myself in order to give you some context about where the main principle behind this book comes from. My name is Émile, and I am a web developer. I have been playing around with computers since the early 2000s; my parents and relatives often like to mention the fact that I could browse the Internet by myself before I learned to read or write. Therefore, it is no wonder that early in my childhood, I got interested in programming and started learning everything I could about the subject.

Don't let me fool you: I was not an expert or a prodigy by any stretch of the imagination. To this day, I still consider myself to be at the same skill level as your average developer. I did, however, do well enough to create websites and programs on my own, starting in primary

school. This helped me quite a bit in high school and college, because as it turns out, you could build programs on the TI-83 Plus calculators that were required to attend most math and science classes. As you might have guessed, I used that to my advantage by creating programs in which I could simply input the information from the question prompt and get the answers I needed in return. With a little skill and creativity, you could also create games on those calculators – that is what I ended up doing during most of my classes.

Once I was done with college, I started working in a small web and design agency, where I still work to this day, over 4 years later. I have also worked on many personal projects, some of which proved to be useful and remain up and running to this day, while others have been terminated for lack of interest, usefulness or popularity.

The point that I am trying to get across with this introduction is that I am not a seasoned and successful entrepreneur or a top dog working in a well-known tech company. However, I truly believe that the principle that this book is about can help you in most aspects of your life, and that therefore, you will find more than enough value in the pages to come to justify the time and money you spend

on them. This is based on both my personal experience, and the experience of people I know who also apply this mindset.

Obviously, this book will not make you instantly successful, rich or popular. What I will be sharing with you is not magic or wizardry. However, the principle you will find in this book, if applied correctly, may help you improve your relationships. It may help you get that raise that you are hoping for. It may help you increase your quality of life on a day to day basis - not by giving you more money, popularity or material goods, but solely by changing the way you think and react to the events that happen around you.

You do not have to know anything about programming or technologies in general to apply what I will be sharing with you in the upcoming pages. I simply extracted a thought process that I use on a daily basis when I am programming, and found that it could be applied to improve my daily activities. It is incredibly simple and helpful, and yet quite unintuitive.

Have I piqued your curiosity yet? Good, then let us get started.

The Basic Principle

Over thousands of years, the human race has evolved to be the most powerful species on Earth. We have spread our kind across the entire globe and developed incredible tools that allow us to communicate with one another. Those tools ensure that we remain the supreme leaders of this planet.

Now, however grandiose that might sound, most of us are actually quite simple beings: we work to get enough money to live, save a little to allow ourselves to take a break towards the end of our lives, and we try to enjoy the ride on our way there. We are creatures of habit, and just like many species, we look for the path of least resistance. After all, it is what many species have evolved to do: get the most "reward" while spending as little time, effort and energy as possible. We do the same, except we often value our efforts and energy much more than we do our time. There is nothing wrong with that, it is simply something we have evolved to do, and it allows us to live in a society that functions fairly well.