How To Use This Book

This book is not a linear narrative. Therefore, it is not meant to be read from cover to cover. Instead, I suggest that you pick and choose subjects that you find especially interesting, with the intention of finding a tool or two that could help you today in any area of your life. Apply these tools and assess the results. Then, try to incorporate them as long-term habits, or if you don't find them useful, drop them and experiment with others.

Occasionally, you might pass over a tool thinking it will not work for you, then return to it at a different point in your life and find that it is perfect for your new situation. Similarly, a tool may be dynamite today but gradually lose relevance as your life evolves. These tools are not presented dogmatically, as the answers to particular dilemmas in your life; they are offered in a spirit of flexibility, for you to explore and apply according to your needs. I recommend that you stay open to the tools in this book and be willing to give them a second chance if they don't work the first time. But please understand that no tool can replace your wisdom and intuition on when to use which tool and how to apply it.

One final note about the tools: they are always evolving. Feel free to tweak them to fit you and allow them to shift in ways that suit you. This is not only a book—it is also both a podcast and an open-source project, and the latest version of the tools is always available at whateverworks.me. You are encouraged to send in any suggestions, feedback, or new tools that you think can work.

Now, if you're ready, turn the page, and let's explore the fundamental Meta principle of continuous improvement that underlies this entire endeavor.