

CONTENTS



The Four Virtues	xi
Introduction	xvii

Part I: THE EXTERIOR (THE BODY)

Ruling Over the Body . . .	2
Attack the Dawn	18
The Strenuous Life Is the Best Life	23
Quit Being a Slave	29
Avoid the Superfluous	34
Clean Up Your Desk	38
Just Show Up	43
Sweat the Small Stuff	47
Hustle, Hustle, Hustle	50
Slow Down . . . to Go Faster	54
Practice . . . Then Practice More	58

Just Work	62
Dress for Success	66
Seek Discomfort	71
Manage the Load	75
Sleep Is an Act of Character	81
What Can You Endure?	85
Beyond the Body . . .	90

Part II: THE INNER DOMAIN (THE TEMPERAMENT)

Ruling Over Yourself . . .	96
Look at Everything Like This	111
Keep the Main Thing the Main Thing	116
Focus, Focus, Focus	122
Wait for This Sweet Fruit	127
Perfectionism Is a Vice	131
Do the Hard Thing First	135
Can You Get Back Up?	138
The Battle Against Pain	143
The Battle Against Pleasure	149
Fight the Provocation	154
Beware This Madness	159

Silence Is Strength	165
Hold, Hold Your Fire	169
Temper Your Ambition	174
Money Is a (Dangerous) Tool	180
Get Better Every Day	187
Share the Load	192
Respect Time	198
Put Up Boundaries	203
Do Your Best	209
Beyond the Temperament . . .	214

Part III: THE MAGISTERIAL (THE SOUL)

Elevating Yourself . . .	220
Tolerant with Others. Strict with Yourself.	238
Make Others Better	244
Grace under Pressure	248
Carry the Load for Others	253
Be Kind to Yourself	257
The Power of Giving Power Away	261
Turn the Other Cheek	266
How to Make an Exit	270
Endure the Unendurable	276

Be Best	281
Flexibility Is Strength	286
Unchanged by Success	291
Self-Discipline Is Virtue. Virtue Is Self-Discipline.	296

Afterword	301
What to Read Next?	313
Acknowledgments	315

