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An individual doesn't control... I thus had a bad start right there.He then attempted to commandeer the word "intelligence" to mean something other than intelligence. Here and there I thought there was something of worth, but it was buried in material I would as soon not have read. The author just assumes that his readers will not go there, without any clear explanation of why.Now, I am probably not the right audience for this book. Surely if your sojourn on earth is so brief, it ought at least to be pleasing to you. I understand that intelligence, as measured by tests and puzzles and logic problems, is not the be-all and end-all of existence. Similarly, money, growing old, sickness, deaths, natural disasters and accidents are all events which present problems to virtually all human beings. Rather than measuring their intelligence on their ability to solve the problem, they measure it on their capacity for maintaining themselves as happy and worthy, whether the problem gets solved Or not.You can begin to think of yourself as truly intelligent on the basis of how you choose to feel in the face of trying circumstances. Of course it has no value; yet the advice to live life as it comes is not very encouraging to those for whom life comes at you fast, as the insurance commercial said.So maybe it would be helpful for some people, but frankly I did not find it to be advice I would apply in my own life or recommend to others--at least, in the main. This is a radical notion. Everyone who is involved with other human beings in any social context has similar difficulties. I needed a non-fiction book of some sort to balance my reading diet, and this one had somehow found its way into our bedroom and been staring at me from the dresser for--well, I suspect several years--so I decided I would at least see what it said. Tell it to Einstein.Gradually I began to get the overall theory of the book. Obviously, if he is right then much of what he says follows from it--but I am of the view that this life is just the opening chapter of eternity, and that what we do now matters in eternal terms. You must trust in your own ability to feel emotionally whatever you choose to feel at any time in your life. Love.You can fear your death, ineffectually, or you can use it to help you learn to live effectively. People with real problems in the real world are not going to benefit much from this--the advice that worry has no value probably won't be much use to someone who is certain that he will be evicted or have his car repossessed or his utilities terminated, and he has no means of forestalling it. They never show up. The choice is up to you.With death so endless a proposition and life so breathtakingly brief, ask yourself, "Should I avoid doing the things I really want to do?" "Should I live my life as others want me to?" "Are things important to accumulate?" "Is putting it off the way to live?" Chances are your answers can be summed up in a few words: Live ... The author suggested that since anyone can learn anything if he works at it hard and long enough, everyone is really as intelligent as anyone else. Disagreements, conflicts and compromises are a part of what it means to be human. You should not do things simply because everyone else disapproves--doing something for its shock value is just as much being controlled by others as doing things for approval. Certainly I can understand that people who are not intelligent can still be wise and smart and clever and capable and successful--indeed, more successful than I. Ultimately, though, the lines are ephemeral, the boundaries nonexistent, and the direction for finding a happy life is simply to do whatever you want and ignore anyone else who suggests that you are making bad choices.I'm not one for social and societal correctness; I'm pretty bad at it, actually. You've probably grown up believing that you can't control your own emotions; that anger, fear and hate, as well as love, ecstasy and joy are things that happen to you. It was a bestseller, and probably found its audience among middle and upper middle class businessmen and housewives and others--people whose problems in life are mostly that they are stressed about little things. If you want to be happy, you must ignore everything everyone else thinks--peer pressure, parental guidance, schooling, everything you have ever learned, everything society tells you about how you ought to act. And his professional duties and the whole arrangement of his life and of his family, and all his social and official interests, might all have been false. People are unhappy in large part because we let other people dictate our view of our selves and our actions. --This text refers to an alternate kindle edition edition. Cut someone open and look for the broken nerves. However, as a person for whom intelligence is perhaps my strongest trait it was offensive to be told that such a thing does not really exist. At the top of the list is the notion that intelligence is measured by your ability to solve complex problems; to read, write and compute at certain levels; and to resolve abstract equations quickly- This vision of intelligence predicates formal education and bookish excellence as the true measures of self-fulfillment. It occurred to him that his scarcely noticeable impulses, which he had immediately suppressed, might have been the real thing, and the rest false. The life struggles are pretty much the same for each of us. For want of a better name, call him Your-Own-Death. They know how to choose happiness over depression, because they know how to deal with the problems of their lives. It encourages a kind of intellectual snobbery that has brought with it some demoralizing results. Aug 29, 2014 Mark Young rated it did not like it I admit to being skeptical of this book before I began. Listen to Tolstoy's Ivan Ilych as he awaits the great leveler, contemplating a past which was thoroughly dominated by others, a life in which he had given up control of himself in order to fit into a system."What if my whole life has been wrong?" It occurred to him that what had appeared perfectly impossible befor, namely that he had not spent his life as he should have done, might after all be true. We have come to believe that someone who has more educational merit badges, who is a whiz at some form of scholastic discipline (math, science, a huge vocabulary, a memory for superfluous facts, a fast reader) is "intelligent." Yet mental hospitals are clogged with patients who have all of the property lettered credentials-as well as many who don't. There was nothing to defend....The next time you are contemplating a decision in which you are debating whether or not to take charge of yourself, to make your own choice, ask yourself an important question, "How long am I going to be dead?" With that eternal perspective, you can now make your own choice and leave the worrying, the fears, the question of whether you can afford it and the guilt to those who are going to be alive forever.If you don't begin taking these steps, you can anticipate living your entire life the way others say you must. A truer barometer of intelligence is an effective, happy life lived each day and each present moment of every day.If you are happy, if you live each moment for everything it's worth, then you are an intelligent person. First, it made the argument that since we are mortal we have only our brief life on earth and therefore should base everything we do on making that as good, in our own view, as we can. In short, you should decide what you want to do and who you want to be, then do that, and not worry about what anyone else thinks.That seems to me to be the definition of sociopathic.He tries to avoid that by hedging here and there. Enjoy ... You will notice a constant companion. Problem solving is a useful adjunct to your happiness, but if you know that given your inability to resolve a particular concern you can still choose happiness for yourself, or at a minimum refuse to choose unhappiness, then you are intelligent. You are intelligent because you have the ultimate weapon against the big N.B.D. Yep-Nervous Break Down.Perhaps you will be surprised to learn that there is no such thing as a nervous breakdown. I expected it to be a lot of psychobabble pablum of little value. "Intelligent" people do not have N.B.D.'s because they are in charge of themselves. ...more Nerves don't break down. First, it made the argument that since we are no I admit to being skeptical of this book before I began. In a word, it's your life; do with it what you want.Happiness and Your Own I.Q.Taking charge of yourself involves putting to rest some very prevalent myths. He tried to defend all those things to himself and suddenly felt the weakness of what he was defending. But some people are able to make it, to avoid immobilizing dejection and unhappiness despite such occurrences, while others collapse, become inert or have an N.B.D. Those who recognize problems as a human condition and don't measure happiness by an absence of problems are the most intelligent kind of humans we know; also, the most rare.Learning to take total charge of yourself will involve a whole new thinking process, one which may prove difficult because too many forces in our society conspire against individual responsibility. Chapter OneTaking Charge of YourselfThe essence of greatness is the ability to choose personal fulfillment in circumstances where others choose madness.Look over your shoulder. You can fear this visitor or use him for your personal gain. It is bound to interfere with your happiness, whether because it results in exclusion from social gatherings or in incarceration and criminal penalties. Right. Notice I didn't say solve the problems. It was so much worse than that.It hit me wrong twice within the first few pages. Be You ... However, I do perceive major problems with a concept of ignoring the dictates of society.

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