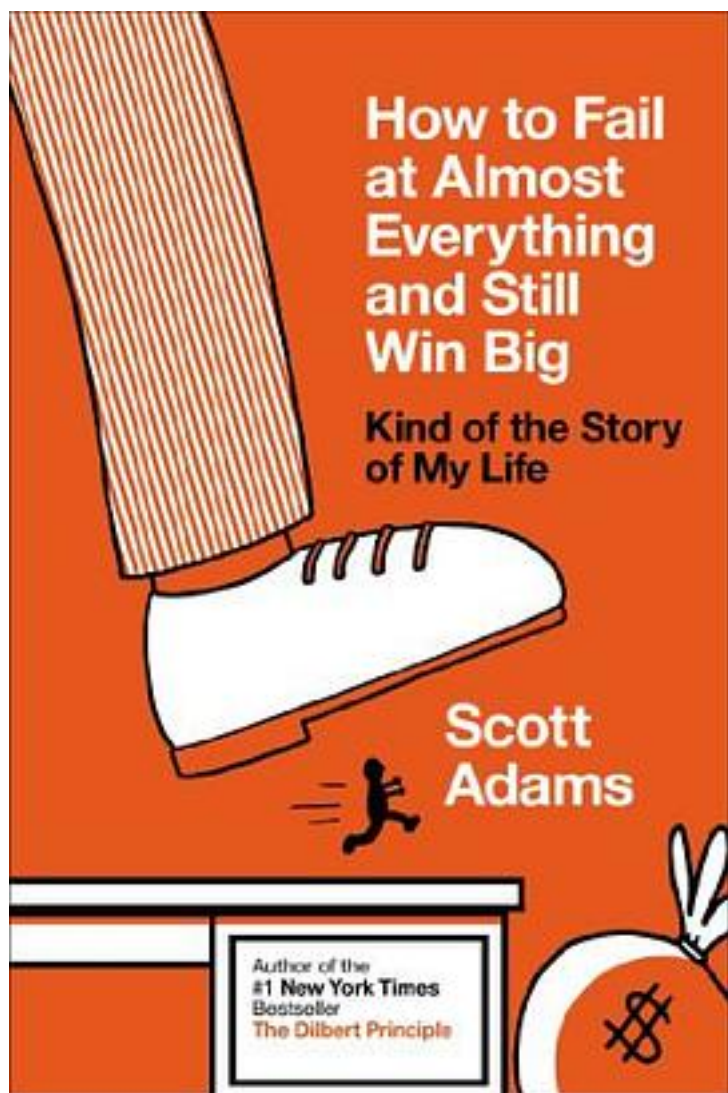


How to Fail at Almost Everything and Still Win Big



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著者:Scott Adams

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Scott Adams has likely failed at more things than anyone you've ever met or anyone you've even heard of. So how did he go from hapless office worker and serial failure to the creator of Dilbert, one of the world's most famous syndicated comic strips, in just a few years? In *How to Fail at Almost Everything and Still Win Big*, Adams shares the strategy he has used since he was a teen to invite failure in, to embrace it, then pick its pocket.

No career guide can offer advice for success that works for everyone. As Adams explains, your best bet is to study the ways of others who made it big and try to glean some tricks and strategies that make sense for you. Adams pulls back the covers on his own unusual life and shares what he learned for turning one failure after another into something good and lasting. Adams reveals that he failed at just about everything he's tried, including his corporate career, his inventions, his investments, and his two restaurants. But there's a lot to learn from his personal story, and a lot of humor along the way. While it's hard for anyone to recover from a personal or professional failure, Adams discovered some unlikely truths that helped to propel him forward. For instance:

- Goals are for losers. Systems are for winners.
- "Passion" is bull. What you need is personal energy.
- A combination of mediocre skills can make you surprisingly valuable.
- You can manage your odds in a way that makes you look lucky to others.

作者介绍:

Adams was born in Windham, New York in 1957 and received his Bachelor's degree in Economics from Hartwick College in 1979.

He also studied economics and management for his 1986 MBA from the Haas School of Business at the University of California, Berkeley.

目录:

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标签

个人管理

思维

个人提升

英文原著

成长

方法论

励志

dilbert

评论

作者教你树立科学鸡血观 - 意志力是有限的，不要硬刚要巧取 // 脸皮要厚，自信靠绷 // 善待他人，善于交流 // 把自己当成可以program的机器，不用弃疗 // 总之，尽人事听天命。

缺乏深度，没什么意思

书不薄，基本都是大叔给你唠叨家常，要跳过过场动画可以直接搜索“trick”。确实牛人，自己悟出了很多东西，默默偷师中。缺点是既然写成书就应该做一下 research，而不是局限在自己的体系中自行解释，很多内容已经有其他人做了更深入的研究。

hhhhhhh只有前半句就好了

答案就是他实在是尝试过太多的事了，超凡的努力招致了超凡的运气。方法论是基于争议不断的 ego depletion effect，用系统的思路做精力管理。

systems,not goals。有用，然而格局很小

System vs Goal.

虽说道理貌似听上去都挺简单的，但是我觉得醍醐灌顶！可能是最近的境遇正好和他的意见在一个频道上吧

Dilbert作者写的self-help书，英文版的“失败乃成功他妈”，不过其实很严肃，值得翻翻。

对我最有影响的几条：system over goal; want the right thing then do the right thing; energy management instead of time management.
以及没想到的一条：对成功的想象具有积极作用。俗气的书名下是作者把人生当成slot machine的人生哲学，和如何把自己的大脑当成程序一样管理来获得所想要的方法论。

哈哈love to fail and win big!!

2019/09 You have already changed. System vs Goal

从4月底开始读这本书，花了一个半月的时间，读完本书；
作者是《呆伯特》系列漫画的作者，介绍了自己的生活和 workflows，阐述了自己对成功的看法，最重要的一个观点是关于目标goals和系统system的看法：goals are for losers，失败者才追求目标，成功者追求系统；

阅读体验还蛮有趣的，也确实讲了些话糙理不糙的道理，比较推荐～

系统而非目标；精力管理而非时间管理；找到最大化提高你创造力和生产率的时间安排。

很实用的一本书，虽然一时想不起来哪里特别惊艳。让自己更勇于面对不能确定的变化，并把这认为是一件好事儿。一点一滴中，活的更好。

一个有点cheesy的book title，但内容对普通人来说超实用，教你变成一个从工程角度上来说更健康更自律也更加容易被幸运光顾的人。不愧是漫画家啊，文风超幽默，人生一次次被打趴下来，却还能让你笑着读完。

建立自己的一套秩序而不是立目标。 maximum energy，吃好睡好多锻炼，找到一天的最有精力的时刻，强调用最好的精力做事，而不是尽可能多做事。先保障自己的健康和财务再来谈fix the world。工作和休息的区域要分开，姿势也不能想同。选择简化还是最优化，简化最好执行，其实简化也是一种让精力最大化的方法。有时要用daydream来提高自己的energy,但是daydream的实现不是目标是为了建立maximum energy的秩序。保持开心，吃睡锻炼想象提高安排时间。生活不是什么苦大仇深的事，学会走最小阻力之路，别光指望意志力，费力苦闷还容易失败

高段位的好书，是什么要求，就是发人所未发，不管是别人没说到的，还是别人没有想的那么深的。然后还有可以贯彻的，就更好了。

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书评

Systems vs Goals “Goals are for losers” he writes. In order to explain his systems vs goals theory, I’ve written down a few examples. Putting on Muscle: Goal: I want to put

on 20lbs of muscle System: I will follow the xxx training program. I will eat...

选这本书的原因，Amazon和豆瓣上，都评价很高。可是，读了之后，觉得实在没什么意思。主要的原因，大概还是缺乏深度，讲的东西太简单了，有时又过于啰嗦。同类型里，个人更喜欢Paul Graham的文章 不过书中还是有一些不错的点，拎出来讲讲 1. 个人的失败历史和成长经历 尽管作者...

1. focus on your diet first so that you have enough energy to want to exercise 2. exercise will provide more energy, that in term will make you more productive, creative and positive 3. then all you have to do is to increase your luck: 1) learn multiple ski...

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