

A Philosophers Notes On Optimal Living Creating An Authentically Awesome Life And Other Such Goodness Vol 1 Brian Johnson

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A Philosophers Notes On Optimal

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A Philosophers Notes On Optimal Living Creating An ...

If you want to try it for yourself than click here to get 3 FREE Philosophers Notes. Optimal Living 101. As Brian Johnson describes, his program is "designed to help you OPTIMIZE every aspect of your life so you can actualize your potential -giving your greatest gifts in greatest service to the world so we can change the world together." This program consists of masterclasses on different subject (personal growth related).

Philosophers Notes and Optimal Living 101 by Brian Johnson ...

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Hi There! This is Brian. I appreciate you taking the time to learn a little about me. The super-short story? I'm the founder and leader of Optimize. I love studying and embodying wisdom while ...

OPTIMIZE with Brian Johnson - YouTube

In this Note, we explore the 5 principles of Conscious Breathing, how to Optimize your breathing posture, some tips on sleep and living your hero's journey one breath at a time. Get instant access! Join Brian's Optimal Living program and get instant access to this PhilosophersNote + Master Classes + other goodness to optimize your life.

Optimal Breathing 101 | Optimize

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Brian Johnson, author of A Philosopher's Notes: On Optimal Living, Creating an Authentically Awesome Life and Other Such Goodness, suggests the 10 Principles of Optimal Living. 1.

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How cool is that? Philosophy's one of my favorite subjects. You've got a book out called "Philosopher's notes: On optimal living, creating an authentically awesome life and other such goodness." That's an awesome subtitle. So all sorts of cool things. You've got a program now called "Optimal Living," at optimize.me. So you've done a lot of neat things, and I have a sense, Brian, you're just getting warmed up, right?

Brian Johnson on philosophy and business - Unbeatable Mind

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As part of my Master's project, I distilled 100 of the best books on optimal living into 6-page PDF summaries (and 20-min MP3s). I called these "PhilosophersNotes" and created a profitable business sharing the wisdom I was learning as a demonstration that we can get paid to do what we love in service to the world.

About Brian | Optimize

Brian is a serial-entrepreneur, deep-thinker, relentless-reader and modern-day philosopher. If you like the book summaries on Faster To Master, you will love his " Philosopher's Notes ". But his best works (so far) are his Optimal Living 101 course and his Master Classes. They're a synthesis of all he's read and discovered.

Optimal Living 101 Summary - Brian Johnson

Philosopher's Notes Optimal Living 101. Description. Optimal Life 101 by Brian Johnson. Ideal for you if: You would like the school to have a lesson on how to live. You love to find pockets of super-concentrated wisdom. You are always looking for interesting new thinkers and perspectives. I love to bite the pockets of concentrated wisdom.

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