

Tools for Life

GoSkills online course syllabus

Skill level

Beginner

Lessons

18

Pre-requisites

No prior experience needed

Video duration

1h 41m

Estimated study time

1h 41m

Instructor

Michael Shermer, PhD

Introduction

1 Learning how to live

Tools for Life

2 The first law of life

We're all subject to the Second Law of Thermodynamics and the forces of entropy.

3 To thine own self be true

You've probably been told to "be yourself." After this lesson you'll know what that means logically and practically so you can begin living it out.

4 Be antifragile

It's tempting to avoid all potential stressors and dangers.

5 Be self-disciplined

If you want to achieve more or just get your life in order, you'll need to cultivate self-discipline.

6 Action is character

While personality tests may incline you to think your character is fixed, there's always room for change and growth.

7 Use therapy's tools

Some sadness is a natural part of life.

8 **Channel your inner psychopath**
Psychopaths understandably get a bad reputation.

9 **Directing your future self**
Humans are highly prone to neglecting the future consequences of their present decisions.

10 **Be the architect of your choices**
Willpower is only so strong.

11 **Eat a variety of foods**
It seems every time you turn around, there's another fad diet promising health and immortality.

12 **Be your own fitness instructor**
The amount of information on physical fitness can be overwhelming.

13 **Be your own financial advisor**
Money can't buy happiness, but it can help with a lot. This lesson will give you some strategies so you can begin taking control of your own finances.

14 **Build strong social networks**
You're probably underestimating the enormous benefit a strong social network can have on your health.

15 **Sleep**
Scientists still don't understand all the reasons you need to sleep.

16 **Find your meaning and purpose**
The biggest question in all of philosophy is sometimes thought to be, "What's the meaning of life?".

17 **Be the master of your fate**
Life is very complicated, but some of the best advice for it is very simple.

Conclusion

18 **Final thoughts**

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