IN A FEW WORDS

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Dedication

For the thinkers —
The restless minds, the quiet questioners, the ones who pause to look deeper.
This is for those who aren't satisfied with surface answers, who stay with a thought long enough for it to change them.
Your inner work matters more than you know. Keep going.

Introduction

I wrote this book at a time when I had many answers, but not the most important one. I hoped that by putting my thoughts into words, I might find it along the way. But I didn’t. Not then.

What you’re reading now is a new edition, released about six years later. I’ve added the answer I was missing.

This book remains exactly what it was: a record of how my thoughts took shape. But now, with the last piece added, it finally feels complete enough to share again.

Wisdom

In stories, wisdom is usually attached to those who walked a path of solitude and contemplation in an attempt to get closer to God. But while those people may indeed be wise, this is not what every wise man does.

It is said that there are three conditions to be met for a man to be called wise: first, he must always do the right actions; second, he must always do them at the right time; and third, he must always do them in the right places.

If these conditions were really true, there would be no wise men in this world at all, because no one is always this right. But still, a man is known for what he does most, and the right thing in an honest heart is always clear.

The challenge of wisdom is with doing it when most others fail because of pride, anger, arrogance, and all the other qualities that make a fool.

Intelligence

Intelligence is different from wisdom, for even a fool can be intelligent — like one who devises a great plan, then reveals it to those who shouldn't know about it just to brag.

Intelligence is not how much one knows, but what he does with his knowledge to achieve his goals.

Intelligence is not thinking fast; it is thinking long enough. And it is also a choice — and just like all the choices that are less chosen, it is less chosen because it is hard.

If you think about ideas while you walk, you will feel tired in your head much sooner than in your legs. That's why most people prefer not to think more — just like they know their goals can be achieved, but they prefer not to put in the effort to achieve them, admittedly or not.

Choices

Life is a test in which everyone is tested. The rich are tested in their generosity, and the poor in their patience — and our choices are our answers.

There are levels of wrong answers and levels of right answers. The more knowledge you have, the more answers you can choose from, and the more you may choose differently. For if you know better, you choose better.

Therefore, the choices of he who doesn't seek knowledge don’t change very much, but the choices of he who does, do change — and a man is his choices. So if you always want to be a better version of yourself, you must always be a seeker of knowledge.

Knowledge

In a world where knowledge is everywhere, many people know many things — but only a minority of them find benefit in what they know. Those are the people who, at least, know how to differentiate between the knowledge that neither benefits nor harms, and the knowledge that benefits.

A good seeker of knowledge must always remember these three:

1. Don't learn anything without first understanding how it benefits — not just *any* reason why — otherwise you will find yourself as one of these three people: those who think they are just not smart enough to understand, those who realize they wasted their time, and those whose knowledge is mostly just ignorance in disguise.

2. Don't be afraid to fail in learning what seems to be complicated or hard. All knowledge is simple once you know it; it only seems to be complicated before you do. So think about what it is you wanted to learn but something inside prevented you from pursuing — and simply let that something prevent you no more.

3. Don’t be arrogant. He who thinks he knows everything logically stops learning anything. So regardless of how much you know, always remember: in the big picture, you and I only know a little — and therefore, we can always learn more.

Your Sworn Enemy

We all hear thoughts in our minds that make one ask himself, *How can I even think of something like this?* The voice sounds just like ours, but it doesn't feel like us — so we say thoughts are just thoughts, and we just try to forget them.

In the books that are believed to be the words of God, that voice inside our heads is described as the making of the devil — an enemy whose fate to Hell is sealed. But in the time he still has, he wants to take all of us with him. His only weapon to do that is to whisper.

So he whispers in the hearts of men. He commands to do what is evil and vice, and to say about God what one doesn't really know. He first tries to make you do what is most evil. If he can't, then less evil. If he still can't, then he tries to prevent you from doing what is good. If he can't as well, then he tries to persuade you from doing what is *more* good to doing what is *less*. And he always stays hidden.

When you follow him, he says: *You've done it to yourself. I had no power over you. I just whispered, and you followed. I do fear God, and I'm innocent from what you've done.*

He’s not innocent — but the rest is true.

While it’s difficult to control what is whispered in your heart, the thoughts you disregard, and the thoughts you follow, are only yours to control.

The Good and Bad

“The good and bad are man-made concepts.” You may have heard that before, and it may have felt confusing — and the reason for that is because these words are both true and false.

What’s good and what’s bad are naturally clear: what benefits is good, and what harms is bad. What made these words *also* true beside being false are the things that start as benefiting but sometimes end as harming. So their nature is not as clear, and as a result, in some communities such things are considered good, in others they are considered bad, and in others they are considered good but only with certain conditions.

In situations like these, a wise man will let go of what he doubts and will hold onto what he does not doubt.

Solitude

In solitude, there are those who choose to be alone, and there are those who are just like him.

He spends most of his time alone in his room, and no one understands why. Those who love him want him to go outside, to act like others act, and to do what others do — but he has already tried, and came back empty-hearted. Back to solitude, where he's neither happy nor sad, but at least his mind is busy, and he doesn't feel bored.

His solitude is not chosen — it just happened to be the place where people who can't find enough meaning in life find themselves in for a while. The people whose hearts feel empty by the same things that make most others feel happy. The people who feel something big is missing, but just don't know what.

The people whom a fool may see as less fortunate — not understanding that to find the answer, you must first ask the question, and to ask the question, you must first notice that something is missing. The thing which only he noticed — and all the people who brought great things to the world before him.

Friendship

When you’re most in need and the one who’s supposed to be by your side is not, you may think that friendship is like a mountain: hard to climb, but easy to descend. It took you a long time to get to know each other, but it only took a moment of need for all that to come to its end. It makes sense, but in reality, there was no mountain, and there was no friendship. You just thought there was, because you were still learning what true friendship is.

Sometimes, when you’re most in need, you don’t find those you thought were close to you by your side. Instead, you find a complete stranger, someone you’ve never met before, someone who has nothing material to gain. And you realize that the word "friend" only means a good person who happened to be there for you — whether for years or just a day. You may part ways afterward, you may never meet again, but in your heart, you know he will always be your friend.

The reason why people pretend to be your friends, pretend to be good, is because they want you to think that they deserve whatever it is that they want from you. So, before you decide it’s true and give it to them, remember: the only way to really know others is not only

by knowing what things they do, but why they do them. For an action may be the same, but not really. The man who takes for hunger is not the man who takes for greed, and the man who gives for love is not the man who gives for what others say about him.

It may not matter to you what's taken or given, but behind your back, a false friend will not say you're generous, but will say you're stupid and he fooled you.

Love

One may search for it a lifetime and not find. Some say it doesn’t exist, some say it was always near but he just couldn’t see, and fewer say nothing. Those who said "love doesn’t exist" are those who too couldn’t find, forgetting that just because something can’t be found doesn’t mean it doesn’t exist. Those who said "it was always near, he just couldn’t see" are those who looked and found, but they found something else, not love. They found reasons for happiness that are indeed all around us for those who care to see them, but they failed to notice that love is not any happiness; it is a rare kind of happiness, one that even those who find, just once in a lifetime, are lucky.

The unspoken words of one of those who said nothing may be: "Love is not what makes us happy for a moment, a day, or a week, but what continuously makes us happy — like when you care for someone just because of how they make you feel." Simple words that are only heavy in the hearts that know them, and so, there is no reason to say them to those who don’t. Hence, they said nothing.

The Past

What has been done will never be undone, but is it too late? If you're alive, you have time, and if you have time, it's never too late. Every human being makes mistakes, every human being makes wrong decisions, every human being sins. There are no angels among us, only two types of people: those who struggle with their wrongs and mistakes until they rise above them, and those who don't, simply continuing until their downfall.

Sometimes it's hard not to repeat the same mistakes, sometimes it's hard not to lose against yourself, but as long as you are struggling, as long as you feel remorse, one day maybe all will be forgiven. If you are a better person than you were before, then you've learned from it. If your mistake prevents others from making the same mistake, then you've made the best of it. You can move forward knowing that you are not what you were in the past, but you are what all the experience and knowledge you've gained from it have made you.

The Present

When you think you're dying, you look back on your life and realize one of two things: either you're ready, or you're not. Most likely, you're not. In fear and regret, you say to yourself, "I've been given life, I've been given time, I've been given more blessings than I could count, but what did I do with them? Nothing. Just nothing". You remember all the things you wanted to do but didn't, and you only have yourself to blame, but you know blame doesn't matter anymore.

Another chance is the only hope you can see, so you ask for it, and keep asking, and asking, until you realize you're not afraid of death, but afraid of a life of nothing. A life with goals unachieved, a life with journeys unstarted, a life that in itself is your biggest fear. So you keep asking, asking until you're exhausted, but can't trust closing your eyes to sleep...

The truth I want to tell you is this: even with all this talk of life, time, and death, you'll only feel a momentary surge of emotions, fleeting as the wind. Even if I tell you that your time is now, your chance is now, the only guarantee you have to do your best is only now— it won't make a difference. The only way for you to be capable of making a difference is to understand how

human actions are made, how the future you want is brought into being, how your body as a tool manifests your will. This is what I will help you understand next, for I am your "friend".

The Future

What you do today shapes your future tomorrow. While that sounds simple and true, living by it is harder than it seems. You can have a plan, steps to follow, and even the will to follow through—but still feel stuck.

Most of the time, we get stuck not because we're unwilling to act, but because we don't fully understand the thing we're dealing with. We think we know what it means, but we're only holding part of it. *Truth understanding* means seeing the whole thing clearly—not just the part that feels good or makes sense at first.

Take peace, for example.

I used to think peace meant comfort—no stress, no pressure, just a calm, easy life. That kind of peace feels nice, especially compared to the opposite. But over time, I realized it was working against me. When something important came up that felt uncomfortable, I froze. I wanted to act, but deep down, it clashed with my idea of peace. I didn't notice it at first, but that quiet conflict drained my energy. I was trying to move forward while holding onto a definition that told me discomfort was wrong. The result? No action. Just stress.

Then I saw the problem: my understanding of peace was incomplete.

True peace isn’t about avoiding pressure—it’s about staying steady even when things are hard. It doesn’t run from discomfort; it works through it. That kind of peace doesn't stop you from doing what matters—it supports you while you do it.

The same applies everywhere. When you feel blocked, the cause is often not unwillingness, but misunderstanding. Maybe you think confidence means never feeling doubt. Or that discipline means forcing yourself without rest. Or that success must come with recognition. Each of these is an incomplete version of the truth—and each one creates resistance.

If you start with truth instead of knowledge in the way you see things—if you fit your knowledge into truth, instead of trying to fit truth into your knowledge—you’ll see clearly. The confusion fades, the tension lifts, and forward motion happens on its own.

Truth understanding changes how you see. And once you see clearly, moving forward becomes effortless.

The End

This book marks the beginning, not the end. The real work starts now.

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