



The One Skill

Leo Babauta

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How mastering the Art of Letting Go will change your life.

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The One Skill Details

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From Reader Review The One Skill for online ebook

Kelly Deriemaeker says

Ik lees alles graag dat Leo Babauta schrijft, en dit gratis e-bookje is daar geen uitzondering op. Interessant materiaal om over na te denken, over verwachtingen en idealen en hoe die ervoor zorgen dat we vaak gefrustreerd achterblijven.

Patrick says

Such a simple message with such a big impact. It is also amazing how timely the message came to me. Half-way through the book, as I was going through my day, it suddenly struck me that I was battling exactly what he was describing: letting go of a hurtful ideal.

I feel I am in a better position than I was before reading the book.

Meredith says

It's fitting that I read *The One Skill* after finishing *The Art of Happiness* by Howard Cutler, because this book was everything I wanted that book to be. *The One Skill* is a quick and refreshing read, with a conversational and enjoyable tone, whereas I found *The Art of Happiness* to be plodding and dry. While Babauta acknowledges that his idea came from Zen Buddhism, he doesn't hit you over the head with Buddhist philosophy, as *The Art of Happiness* does. Babauta uses everyday examples to illustrate his concepts, whereas *The Art of Happiness* relies mainly on the Dalai Lama's experiences; while we can all hope to emulate the Dalai Lama, he is not very relatable as an average human being.

Comparisons aside, I truly appreciated *The One Skill*. It came along at just the right time in my life, when I am actively working on letting go of stressful situations. Babauta made me realize that I am not stressed by the situation itself, but rather by my ideal, or what I want the situation to be. "Life isn't your fantasy, so dropping the fantasy and appreciating the reality will help you greatly." I am already considering ways in which I can begin applying this book's lessons to my life. I didn't give it five stars only because I felt that the first half, in which Babauta breaks up the act of letting go into five skills, could have easily been combined into one entire practice. After all, the title itself says that letting go is "one skill."

Jana Jordanova-demircheva says

A book that makes you rethink whether the usual things you normally do are really what is good and makes you happy or just a habit or distraction preventing you from being happy. Easy to read and minimalist in so many aspects :)

Sirwan says

A short book that helps you to apply the idea of letting go in your life.

Erika RS says

A quick read with a good message -- dwelling on the things that makes us unhappy only makes us all unhappy and by letting them go, we can instead focus on the reality that is actually there rather than the one we manufacture. That said, the advice was fairly generic, so the book is unlikely to give you much that is new if, for example, you are a regular reader of Leo's blog.

Nga Do says

Finished reading it and its time now to re-read and practice. Parts that I like most

- When we face some angry colleagues, its their problems not be able to stay calm and behave in a more constructive ways, not our problem, so it is not worth that we fireback by the same behaviour.
- Everything is changing by each second , we dont have to stick to that past minute bad version of us, but instead be new us in each passing by second.
- And yes, we are seeing people and the outside world via our lens of perfection, learn to accept that our perfect standards are not theirs, and its not their duties to follow them to satisfy our yearning for perfection. So that we are not obliged to be perfect aligning others' expectations

As always, it is easy said than done. Well, lets try bits by bits.

Andrew says

Lately, Babuata seem to be taking CBT workbooks and stripping them of exercises, simplifying complex paragraphs into point forms as brief sentences, then infusing Buddhism and Taoism into them. Several of his recent books are like this.

Without exercises, the valid statements will merely just go into one ear and out the other. Also, without the traditional CBT format, repeating the same lesson every page gets tiresome. In this one, he preaches the art of letting go.

Tditada says

The idea of "Letting go" that the author writes about is really interesting and it applies to a lot of life's problems (stress, procrastination, habits and distractions, loss, relationships). Nonetheless at first the book feels really messy and repetitive, and it's a little bit annoying that without expressing the idea fully, it gives you skills to practice.

However it gets better near the end with "Chapter 19: What letting go isn't" and "Chapter 20: Examples of letting go" that are, in my opinion, the key to understand the book. Letting go isn't being a victim, letting someone else get away with something or giving up. In fact, the idea is to live better lives and improve ourselves but suffering less in the process.

In the end, connecting the chapters, skills and examples you get a good look at the letting go skill and how to

use it.

Cornelia says

Potrivit lui Leo Babauta, r?d?cina problemelor noastre este incapacitatea de a da drumul anumitor lucruri care ne sunt nocive: stresul, procrastinarea, obiceiurile, frustr?rile, frica, pierderea unei persoane apropiate. Surprinz?tor, autorul sus?ine c? letting go este o abilitate care poate fi practicat? în fiecare zi. Pu?in sceptic? la început, pe m?sur? ce am continuat s? citesc, anumite lucruri mi s-au p?rut plauzibile. Faptul c? fiecare avem un ideal în fiecare domeniu al vie?ii noastre este real, dar faptul c? acest ideal ne-ar putea afecta negativ m-a pus pe gânduri. M-am reg?sit în exemplul lui Nathan care are de scris o lucrare de cercetare, dar în loc s? lucreze la aceasta, pierde timpul. Idealul s?u c? via?a este u?oar? ?i confortabil? ?i c? va ?ti ce s? fac? este fals. Dar ce ar trebui s? fac? Nathan? ?au ce ar fi trebuit s? fac eu acum mai bine de un an? El poate s? renun?e la ideal. Via?a nu e u?oar?, atunci când muncim ?i lupt?m ob?inem lucruri de valoare. Via?a nu trebuie s? fie confortabil?, atunci când p?r?sim zona noastr? de confort, ne dezvolt?m. Acceptarea c? lucrurile nu vor fi u?oare ?i hot?rârea de a le face oricum este o solu?ie ale c?rei beneficii pe termen lung vor fi vizibile.

Capitol de capitol, Leo Babauta ia diverse domenii ale vie?ii: procrastinare, fric?, colaborarea cu oameni dificili, confruntarea cu obiceiuri, cu posesiuni, adaptarea la schimbare ?i la pierderea unei persoane apropiate ?i ofer? exemple în care ne putem reg?si.

Long Nguyen says

Oversimplify many aspects in life. Some parts are wordy and repetitive. Overall the message is clear: you need to learn to let go.

Kim says

I cannot speak highly enough of Leo Babauta, his books, and his blog ZenHabits.

A combination of both mindful and minimal practices, Leo's work is both practical and philosophical, and has helped me tremendously with letting go of expectations, appreciating the now, and calming my anxiety.

This short book is the essence of his approach: be aware and go from there. A great and free ebook available from his website.

Manish Suwal says

This book was provided for free by Leo Babauta as his birthday offering. The book was quick read and all about the art of letting go. How letting go will improve your life and all. I have been dwelling on **letting go** for sometime now, and I think it's an important skill which every individual should master.

I would hold on to everything like it belongs to me and it'll be with me forever. But that only invites pain and misery in the long run. So, the faster you learn the art of letting go, the better you'll be in the long run.

Letting go is not only about tangible or physical stuff, it's also about intangible things like emotions, feelings and mentality.

It's a quick read which you can read in one sitting and start practicing the art of letting go.

Anniek Van der helm says

I'm not sure if it's because I've very recently read two other books from the author (Focus and The little book of contentment) but this book did not satisfy me at all.

Sure, there are some good ideas in there, but a) they're not exactly new b)not rocket science and c) why does he keep repeating himself over and over and over again. Even the examples in various chapters are if not identical overlapping each other very much.

The book is too simplistic, too repetitive and unoriginal

Sean Goh says

He can let go of the ideal. Life doesn't have to be easy - the hard stuff is how we achieve anything of value. Life doesn't have to be comfortable - in fact, when we get out of our comfort zone, we grow. He doesn't have to know what he's doing - it's when we do things we don't know that we learn new things, new skills, and get better at them.

Fears generally stem from ideals, how we expect and wish things to be, and a lack of trust in oneself, and in the present moment.

Problems are rooted in fears, which are rooted in ideals.

1. Notice Signals.
2. See the Ideal.
3. See the Harm
4. Let go with Love.
5. See reality.

Accept impermanence. It is futile to try and keep anything the same.

Be a realistic optimist.
