1. The Downward Spiral
    a. Everybody make mistakes. The first mistake is rarely catastrophic.
    b. Mistakes are a recognition that you did something wrong. Instead of being on autopilot and doing the same thing again because you "need to catch up", be stateless. Think/re-evaluate from the new position.
    c. Don't lose your cool.
    d. http://mindingourway.com/failing-with-abandon/
2. Entity vs. Incremental theories of intelligence
    a. Causality aside, it appears that empirically ppl with a incremental theory of intelligence perform better
3. Investment in Loss
    a. If you never make the same mistake twice, you'll easily skyrocket to top performance in your field.
    b. This is impossible.
    c. But realizing this, you can relish moments where you/other people notice your mistakes.
        i. You have to accept/embrace frequently losing in order to succeed.
        ii. Don't *be* correct
4. The Soft Zone
    a. Don't deny your emotions, but learn to use them to your advantage.
    b. Channel your moods to a higher state of focus.
5. Loving the Game
    a. Success doesn't happen because of pure equanimity/Stoicism/sour grapes. Successful ppl put their all into a game, and of course losing hurts.
6. Depth over breadth
    a. Making Smaller Circles
    b. It is rarely a mysterious technique that drives us to the top, but rather a profound mastery of what may well be a basic skill set
        i. Also true of programming interviews
    c. Waitzkin doesn't talk about how learning more stuff can help you understand the fundamentals deeply, "overtraining"
7. Using adversity
    a. If I want to be the best, I have to take risks others would avoid, always optimizing the learning potential of the moment and turning adversity to my advantage.
    b. Adversity shocks us out of complacency:
        i. "Easy to get caught up in the routines of our lives and lose creativity in the learning process."
    c. Can try to artificially create adversity ("the internal solution"):
        i. Basketball player can play lefty for a few months
        ii. In programming, exercises we do at Code Retreat can be similar (eg, force yourself to program in a pure OO/functional paradigm, or with only X lines per function).
8. Slowing Down Time

    a. What is intuition? Bridge between the unconscious and the conscious mind.
    b. Road to mastery
        i. Start with fundamentals
        ii. Get a solid foundation fueled by understanding the principles of your discipline
        iii. Expand and refine your repertoire, guided by your individual predispositions, while keeping in touch with the essential core of the art
    c. Chunking
        i. High-level combinations of low-level concepts, practiced often enough that they become instinctive
    d. “Curved neural pathways”
        i. Process of creating chunks and the navigational system between chunks
        ii. Complex ideas are distilled to the point of unconscious mastery
        iii. How does this apply to software engineering?
            1. In leetcoding, certain techniques become instinctive (eg, representing a graph with a matrix or a dictionary)
            2. Probably something similar to other elements of programming, eg, design patterns, protobuf pushing.
            3. How does this work at the architectural level??
                a. Maybe lower-level concepts becomes instinctively obvious and chunked?
        iv. How does this apply to research?
9. The Illusion of the Mystical
    a. In general, too competitive/game-theoretic for the things I’m interested in (doing stellar programming, research)
    b. I could use deliberate practice for accent training!!!
10. The Power of Presence
    a. In the absence of continual external reinforcement, we must be our own monitor, and the quality of presence is often our best judge
    b. Those who excel are those who maximize each moment’s creative potential
    c. We must be prepared by a lifestyle of reinforcement.
    d. Presence must be like breathing
11. Searching for the Zone
    a. As a teenager, Josh could be hyper-focused enough to crush his competitor, but that takes a lot out of him and makes it v.hard to remain focused for the rest of the tournament
    b. LGE/Human Performance Institute
    c. Micro-relaxation/mini-breaks v.helpful in chess and other sports
        i. Analogous to the benefits of pomodoros/pacing?
    d. Cardiovascular interval training can have a profound effect on your ability to quickly release tension and recover from mental exhaustion
        i. Maybe I can see if there are classes at Google

    e. Work to incorporate the rhythm of stress and recovery into every aspect of your life
12. Triggers for entering the zone
    a. Create triggers/rituals for entering a state of flow