

NOTES FROM: *Doing the Impossible*, by Patrick Bet-David

SUMMARY: I like to think of Patrick Bet-David as kind of like an Iranian-American Jordan Peterson. For one thing, he's one of the most impressive individuals I've *ever* discovered on social media, and his YouTube channel, Valuetainment, reaches more than 3 million subscribers, so I'm definitely not alone in that opinion.

Bet-David is strong-willed, confident, inspiring, and opinionated, and possesses the hard-earned self-belief of an absolute *winner*. But what's also impressive is how open he is to having his mind changed. He *consistently* invites guests onto his podcast with whom he shares ideological differences and gives them all fair hearing. He wants to *learn*. He wants to be right, sure, but mostly he wants to find out the *truth*, regardless of where the truth comes from.

Doing the Impossible is one of his earliest books, and I think of it like the *Tao Te Ching* of self-improvement books: a short read that you can finish in an hour, but could think about for the rest of your life.

It lends itself to multiple re-reads, and I suggest returning to it several times a year. I do the same thing with James Allen's classic, *As a Man Thinketh*, and of course, the *Tao Te Ching* as well. Life-changing books don't have a standard page count and so don't let *Doing the Impossible*'s 174 pages lead you to believe it's an "easy" read. It will *demand* something from you. It will challenge you to meet it at the highest levels of human accomplishment.

If you're ready to step *up* and *into* who you know you could be, this book is the one you should read next.

You see, too often, we forget how capable we really are. We need to believe in ourselves the same way that Patrick Bet-David believes in us, and arm ourselves with the tools, tactics, and mindset we need in order to extract the absolute *most* from our virtually limitless potential. That's what *Doing the Impossible* is about.

All that being said, if you wish to turn the *impossible* into the *imaginable* and then the *actual* - then this is the book you need by your side.

Muhammad Ali: "If they can make penicillin out of moldy bread, they can sure make something out of you."

"If the impossible throughout history has become the imaginable, and then the actual, why do we think that our dreams are impossible for us to accomplish in our own lives?"

George Eliot: "It's never too late to be what you might have been."

“It may take years for us to actually transform into the person we see ourselves as; but once we truly believe that is the person we are meant to be, eventually we find a way to embody that identity.”

“Building your identity is about earning that identity.”

“How do you expect an hour a week to compete with the other 167 hours?”

“If you want to transform your identity, you must make the process a priority in your life.”

George Washington: “It’s better to be alone than in bad company.”

Credibility Score: An accounting of whether or not, historically, you’ve come through on what you said you were going to do; your trustworthiness, to yourself and others, regarding your follow-through, discipline, and integrity.

Mahatma Gandhi: “There are seven things that will destroy us: wealth without work; pleasure without conscience; knowledge without character; religion without sacrifice; politics without principle; science without humanity; business without ethics.”

Thomas Paine: “Character is much easier kept than recovered.”

John Wooden: “Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

“Reading allows you to shape your identity independently of your current circumstances.”

“What level of thinking is required for me to reach the next level?”

“You probably want to do something big with your life. This just doesn’t happen with an eight-hour work day. You have to be willing to do the hard work and the smart work if you want to reach for a big dream.”

“People with a high level of faith tend to create a big following.”

“The toughness and resilience that my parents had to have to get their family from war-torn Iran to the United States is something that gave me personal insight into toughness. My parents’ toughness is the reason that I am here today, in America, writing a book on doing the impossible. They showed us how to do the impossible in our own lives by setting the example and doing the impossible for our family.”

“The best way to never have others dislike you is to never do anything worth noticing.”

David Brinkley: “A successful man is one who can lay a firm foundation with the bricks others have thrown at him.”

“I stopped working a long time ago. Now I live.”

“The key is to have no distinction between living and working. When your job is your passion, giving a speech, making phone calls, planning a strategy, or writing a business plan is not work; it’s just another part of living.”

“Courage comes from the Latin *coraticum*, meaning heart.”

C.S. Lewis: “Courage is not simply one of the virtues but the form of every virtue at the testing point.”

Old German Proverb: “Wealth lost – something lost; honor lost – much lost; courage lost – all lost.”

Ovid: “Fortune and love favor the brave.”

“Remind yourself what life could look like if you achieve what you’ve set out to do.”

“None of these experiences and emotions can be purchased at the mall or ordered on the internet. They can only be earned.”

“Our lives are really a highlight reel of all of our most moving experiences. That is what we will remember at the end. These are the moments that make us who we are. So why not have as many of those kinds of experiences as possible? Why not explore the world? Why not experience what it feels like to do the impossible? The journey of doing the impossible will be at times frustrating and fulfilling, at times exasperating and enjoyable; but it will always be worthwhile.”