

## Ego Is the Enemy Book PDF Download



**By:  
Ryan Holiday**

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## What people Say:

### João Fernandes

Everybody who knows me knows that I am a big fan of Ryan's work. But when I read that his new book was about ego I got a bit fearful for him. I've read many, many books that approach this same theme and 90% of them fail miserably at addressing it. Not only this is one hell of a complex theme, this is also a very vague and elusive subject. I feared that Ryan would fail for the first time in his career as an author.

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But in the first few pages I was proved wrong. Thank God, I thought, this guy is even a better writer than I knew he was. I don't say this very often but I was impressed by the clarity and simplicity that Ryan addressed such a mind twisting subject. Ego is the Enemy is perhaps the most straight forward book on the subject and a truly humbling lesson on how to live a sober, stoic life. If in his previous book, Ryan addressed many of the stoic philosophies and how those can be applied to our daily lives, in The Ego is The Enemy the reader can only be left in humble contemplation and to question his own life.

While reading it I felt a certain ego resistance to deny and not read it to the end. I knew that the book purpose was this and that the small but precise hits to the ego were addressing issues that I had forgotten or simply put on the side.

I was reminded once again to not fall in the trap of doing too much, too passionately, too soon and to not use that as an excuse to burn myself out and cope with frustration. Passion can be a dangerous element and here is where the sobriety of a student's life come into play: it is all work, it is all an end on itself and the rewards are the path, not on some outer goal or reward.

Fruit of Ryan's own study of Stoic philosophy there are also great pieces on the principle of Amor Fati, loving your own fate: 1) The disruptive moments are there for a reason, more likely than not you are unconsciously asking for those, you are behaving in a way that is not healthy or you are leading your life in a way that is not good for you, sometimes only when you hit rock bottom you become truly capable of achieve what you truly desire.

2) The fact that you are not one little special brighter star. You are basically like everybody else, you are not entitled to anything and you need to remind yourself that we are all nothing more than

interstellar dust. Yes, you are part of something way bigger than you, you are part of a universe that doesn't really care about your little problems. Want to feel this: contemplate the ocean, meditate in a silence and listen to all the sounds around you, walk in nature for hours, look directly to the eyes of an animal and see your face reflected on it, watch this video of Andromeda Galaxy or witness true beauty. You will feel part of the All. Freud called this the oceanic feeling.

And lastly Ryan presents us with the most important lesson of all: Always love. Love your work, love your family, love your pet, love yourself, love everything that you don't consider as yourself, love your enemies, love the failures, the good moments and the bad moments, love everything, love all, always love.

If you would like to put your ego in check, this book is for you. Pre-Order It like I did.

## Quinn Cottrell

I really liked Ryan's previous book, 'The Obstacle Is The Way'. This book was so bad I couldn't even finish reading it.

Instead of insightful, pragmatic advice it felt

more like the petulant rant of a frustrated writer. The tight connections between the historical examples and each chapters point that were so well done in the first book, were lacking. It seemed to me that Mr Holiday was projecting ego or a lack of ego onto many of the characters just to make a point.

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## Lucas Carlson

This book is absolutely full of amazing anecdotes loosely tied together in three sections: Aspire, Success, and Failure. If you are looking for inspiration to get you through a pit of despair, and can't stand empty platitudes, this book is for you. This will go on my shelf to re-read for sure.

## Danielle

It was a struggle to make it through this book, which is a shame because this is a concept that I can really get behind.

"Ego Is the Enemy" is a series of platitudes, sometimes actually useful, with varying relevance to the overall theme. Ryan Holiday uses "ego" as a substitute for human vice in general, which is probably why the book is so meandering and occasionally preachy. The whole thing seemed like a pep talk he is giving himself in the mirror. I gave it two stars for the inclusion of inte

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anecdotes.

There are many other books on this subject. Don't buy this one.

## Josh Steimle

I don't have any tattoos and never will, but I can easily understand why Ryan Holiday has "Ego is the Enemy" tattooed on one forearm, and the title of his last book "The Obstacle is the Way" tattooed on the other. Words mean things, and when certain words are committed to memory and are repeated in certain types of situations they change behavior, and thereby can change the course of a life. If you read a book and don't remember anything about it, its effects are muted. Ryan has made sure the le

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Perhaps this book is especially appealing to me because I'm a Mormon, and we Mormons are constantly admonished by our leaders to beware of pride (see

). Reading Ryan's book was a bit like listening to a talk at my church, albeit without so many spiritual references, instead referencing statements by stoics and other philosophers, although one thing Ryan and Ezra Taft Benson both have in common is that they both quoted C.S. Lewis.

Ego is the enemy because when you think you know everything, you can't learn. If you can't learn, you can't improve and you're stuck where you are, or in the language of the Bible, you're damned.

Damnation is little more than a lack of progression, and the only thing that keeps us from progression is ego, or pride. We might think other people keep us from progressing, but Ryan shows how some of the greatest thinkers progressed the most while in the most debilitating circumstances, like Viktor Frankl whose famous ideas expressed in his book Man's Search for Meaning were developed while he was being starved and tortured in a Nazi concentration camp.

Yes, ego is the enemy, and this book is a good start to arm yourself for the battle.