

My purpose with this book is to help people like you develop the core skills necessary to create your own vision of what a great life looks like and help you move toward it. This requires balance, connection to enduring principles, and a core set of skills. Core skills are like the strong roots and trunk of a tree, essential to thriving and being fruitful in an unfair and rapidly changing world. Most people fall into one of two camps:

- Those who don't have any vision or goals and just go with the flow.
- Those who have too much focus on their vision and goals and thus are missing out on life and its unexpected joys.

Either of these perspectives on life is dysfunctional by itself. Each needs balance. By learning core skills and balancing your life between the present and the future, you find yourself an achieving, happy, resilient, sought-after, contributing, and connected member of society. You should have a bit more money than average, better relationships, better well-being, and life satisfaction. Not bad!