



# The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms

By Vishen Lakhiani

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- \* **New York Times Bestseller**
- \* **USA Today Bestseller**
- \* **Audible Top Ten Non-Fiction Audiobooks**

**What if everything we think we know about how the world works?our ideas of love, education, spirituality, work, happiness, and love?are based on Brules (bullsh\*t rules) that get passed from generation to generation and are long past their expiration date?**

This book teaches you to think like some of the greatest non-conformist minds of our era, to question, challenge, hack, and create new rules for YOUR life so you can define success on your own terms.

*The Code of the Extraordinary Mind*, a *New York Times* bestseller, is a blueprint of laws to break us free from the shackles of an ordinary life. It makes a case that everything we know about the world is shaped by conditioning and habit. And thus, most people live their lives based on limiting rules and outdated beliefs about pretty much everything?love, work, money, parenting, sex, health, and more?which they inherit and pass on from generation to generation.

But what if you could remove these outdated ideas and start anew? What would your life look like if you could forget the rules of the past, and redefine what happiness, purpose, and success *mean for you*?

## **Not Just a Book, but a Movement**

Blending computational thinking, integral theory, modern spirituality, evolutionary biology, and humor, personal growth entrepreneur Vishen Lakhiani provides a revolutionary 10-point framework for understanding and enhancing the human self. You will learn about *bending reality*. You will learn how to apply unique models like *consciousness engineering* to help you learn and grow at speeds like never before.You will learn to make a dent in the universe and discover your quest. This framework is based on Lakhiani's personal

experiences, the 5 million people he's reached through Mindvalley, and 200 hours of interviews and questions posed to incredible minds, including Elon Musk, Richard Branson, Peter Diamandis, Ken Wilber, Dean Kamen, Arianna Huffington, Michael Beckwith, and other legendary leaders.

In a unique fusion of cutting-edge ideas, personal stories, irreverence, and a brilliant teaching style, Lakhiani reveals the 10 powerful laws that form a step-by-step process that you can apply to life to shed years of struggle and elevate yourself to exceptional new heights.

### **The 10 Laws to an Extraordinary Life**

This book challenges conventional ideas of relationships, goal-setting, mindfulness, happiness, and meaning. In a unique fusion of cutting-edge ideas, personal stories, and humorous irreverence, and not to mention, humor and *napkin diagrams*, this framework combines computational thinking with personal growth to provide a powerful framework for re-coding yourself and replacing old, limiting models that hold you back with new, empowering beliefs and behaviors that set you on the path toward an extraordinary life. A life of more happiness and achievement than you might have dared to dream possible.

Once you discover the code, you will question your limits and realize that there are none. Step into a new understanding of the world around you and your place in it, and find yourself operating at a new, extraordinary level in every way...happiness, purpose, fulfilment, and love.

### **This Book Is a Living, Breathing Manifesto That Goes Beyond a Traditional Publication**

For those who want more, *The Code of the Extraordinary Mind* connects to a full on immersive experience including ways for you to dive into particular chapters to unlock additional videos or training and connect with each other and the author to learn via peer-to-peer learning networks.

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### **The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms By Vishen Lakhiani Bibliography**

- Sales Rank: #13282 in Books
- Brand: Rodale Pr
- Published on: 2016-05-10
- Released on: 2016-05-10
- Original language: English
- Number of items: 1
- Dimensions: 9.40" h x 1.01" w x 6.35" l, .0 pounds
- Binding: Hardcover
- 288 pages

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### **Editorial Review**

Review

#### **From Publisher's Weekly**

This guidebook promises to "hack" conventional thinking by exposing readers to the faulty logic of "brules" (bullsh\*t rules) in what Lakhiani calls the culturescape?the mental world of relative truths and ideas that people "should" believe. Lakhiani, founder of Mindvalley, a learning experience company, uses personal anecdotes and those of his successful, famous friends (including Arianna Huffington, Elon Musk, and Ken Wilber) to illustrate how liberating oneself from brules and creating new models of reality can lead to an extraordinary mind, greater happiness, and purpose. Lakhiani's "transcendent practices" include gratitude, forgiveness, self-love, positive visualization, and the ability to see failure and difficult times as opportunities for growth. On occasion, anecdotes seem far removed from the average reader. Lakhiani made a promise to himself that if he "ever woke up two weeks in a row dreading going to work, [he] should quit and think of another job"?an optimistic code for living, but not one that everyone can live by. Still, the author's three most important questions?"What experiences do you want to have in this lifetime? How do you want to grow? How do you want to contribute?"?can be of benefit to anyone.

### **Reviews**

"Vishen Lakhiani will make you question everything you thought you knew about your life. From happiness and health to purpose and power, this book is a revolutionary roadmap to become the best, most extraordinary version of yourself?period."

~ **Dave Asprey, Bio-Hacker and founder of Bulletproof Exec and Bulletproof Coffee**

"Entertains while teaching, succinctly explaining how to shed the cultural baggage that has been holding you back, so you can free your life and become the extraordinary person you were meant to be."

~ **JJ Virgin, Celebrity Nutrition and Fitness Expert, *New York Times* bestselling author**

"Vishen Lakhiani's knowledge base and his ability to present it clearly and to actually put it into practice is above anyone I have ever seen in this field. "

~ **Jack Canfield, coauthor of the *New York Times* bestselling series *Chicken Soup for the Soul* ®**

"This book will positively affect the life of anyone who takes the time to read it and implement some or all of the activities into their daily life. I would love to see *The Code of the Extraordinary Mind* be required reading for high school seniors and first year college/university students.

Imagine what our world would look like if all people had access to the knowledge and framework of how to successfully pursue inner happiness, and achieve their full potential in life. That's what *The Code of the Extraordinary Mind* helps provide."

~ **Nancy Phillips, speaker and coauthor of bestseller *Pushing to the Front***

“I’ve read an early release version...and it’s one of the BEST personal growth books of our generation. Enjoy his wisdom and share, share, share if you feel inspired.”

~ **Carl Harvey, Host of TheBigLife.com**

“This book is a game-changer. This is a book that will change many lives because it takes into account everything that affects us as human beings and puts it into a system that anyone can use. It’s based on science and spirituality and the experiences of the most successful amongst us. Highly recommended. Love it.”

~ **Arturo Nava, Founder of Logra Tu Dream Podcast**

“Vishen is unstoppable in his commitment to inspire humankind to a new paradigm. He is starting at the right place...the mind. I have no doubt he too will leave a dent in the Universe.”

~ **Tom Cronin, Founder of The Stillness Project**

“You could say the book is transcendent. Lakhiani’s work provides a blueprint for any individual to find his or her potential without having to run to a cave in Tibet. He is no mere guru of anecdotal experience dressed in New Age lingo. His writing is brutally honest, humble, and intimate. At the same time, the book’s content is laser-like in its practicality?drawing partially from Lakhiani having 17 jobs in 17 years, from washing dishes to founding (and losing) companies.”

~ **Miguel Conner, qSample**

“Your life does not just happen. You experience life exactly as you have fashioned it. If you are unhappy with where you are, you can deconstruct the parts you don’t like and build them up again. Vishen gives you a step-by-step blueprint for doing just that. Your days will be filled with more joy and less stress. And you will accomplish far more than you ever thought possible. This book is a guide to crafting your perfect life. And it is funny to boot.”

~ **Srikumar Rao is a TED speaker and author of *Are You Ready to Succeed and Happiness at Work***

“The “Code” is a how-to book that shows you how to examine your mindset, offering options and opportunities to alter your beliefs to lead you to a more fulfilling, meaningful and values-based life. It shows you that you are not stuck being who you are, but that a better version is available if you’re willing to open your mind to the possibilities.”

~ **Michael F. Kay, Forbes.com**

“This book will positively affect the life of anyone who takes the time to read it and implement some or all of the activities into their daily life. I would love to see *The Code of the Extraordinary Mind* be required reading for high school seniors and first year college/university students. Imagine what our world would look like if all people had access to the knowledge and framework of how to successfully pursue inner happiness, and achieve their full potential in life. That’s what *The Code of the Extraordinary Mind* helps provide.”

~ **Nancy Phillips, The Zela Wela Kids**

About the Author

Vishen Lakhiani is one of the most influential personalities in personal growth today. A computer engineer and entrepreneur in education technology, he is the founder and CEO of Mindvalley, a 200-person strong company that specializes in learning experience design, creating digital platforms and apps that power online academies in personal growth, mindfulness, wellbeing, productivity and more. He also a member of the Transformational Leadership Council and sits on the Innovation Board for XPRIZE Foundation. An internationally recognized speaker on personal growth and transformation, Vishen's mission is to revolutionize the global education system by bringing new models of enhancing human potential to people everywhere and building a school for Humanity 2.0.

## **Users Review**

### **From reader reviews:**

#### **Linda Williams:**

Are you kind of hectic person, only have 10 or maybe 15 minute in your time to upgrading your mind skill or thinking skill actually analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short time to read it because all this time you only find guide that need more time to be read. The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms can be your answer mainly because it can be read by you actually who have those short extra time problems.

#### **Fred Garza:**

Many people spending their time frame by playing outside along with friends, fun activity using family or just watching TV all day long. You can have new activity to invest your whole day by reading a book. Ugh, do you consider reading a book can definitely hard because you have to bring the book everywhere? It alright you can have the e-book, taking everywhere you want in your Cell phone. Like The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms which is having the e-book version. So , try out this book? Let's notice.

#### **Lorraine Joyner:**

Is it you actually who having spare time then spend it whole day through watching television programs or just lying down on the bed? Do you need something new? This The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms can be the response, oh how comes? The new book you know. You are and so out of date, spending your extra time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

#### **John Parish:**

Reading a guide make you to get more knowledge as a result. You can take knowledge and information originating from a book. Book is prepared or printed or illustrated from each source that will filled update of news. On this modern era like now, many ways to get information are available for you. From media social just like newspaper, magazines, science e-book, encyclopedia, reference book, book and comic. You can add

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