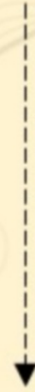


THE CONCEPTS OF **MODERN WISDOM**



77 PHILOSOPHICAL PERSPECTIVES TO
UNDERSTAND **NATURE** AND **HUMANITY**

BUILDING A SUSTAINABLE LIFE WITH MENTAL MODELS + PHILOSOPHY



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The Concepts of Modern Wisdom

77 Philosophical Perspectives to Understand Nature and Humanity

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Preface

Just as discovering ways of thinking yields richer experiences, exposure to new ideas can nourish our quality of life. As someone who avidly invests his time in **mental models** and **philosophical books**, I believe that the more open (and objective) we are to different ideologies, the closer we come to **understanding nature and human beings within it**.

The key I've found is to strive for objectivity. *Expose yourself to all ideas, but sell your soul to none*. With this mantra in mind, I wrote "**The Concepts of Modern Wisdom**." Although I can't claim to have found all the answers, these writings mirror my explorations of the fundamental questions about the laws of nature and humankind within it. While the manuscript draws lessons from philosophers to the natural sciences, past to present, and east to west, it is my way to share this journey with others asking themselves the same question.

In its simplest form, the **modern wisdom concepts** outlined here are designed to unlock our capacity for awareness and unbind our perceptions. These are designed not to dictate your thought patterns but to expose you to wider ways of thinking. Collectively, these lessons can facilitate a better understanding of nature and the human beings within it. With that comes the capacity to make **more conscientious and better-quality decisions**. It can also empower us to take ownership, responsibility, and accountability for the lives we build. In addition, this content easily applies to people of all lifestyles and ages, from entrepreneurs to investors, students to teachers, employees to managers, athletes to coaches, artists to followers, lawyers to politicians. Part of this is owed to the sheer diversity of thinkers reviewed here.

The more experiences you have in this life, the more you will benefit from these concepts because it will be easier for you to form connections **in your mind** as you learn them. The "**mind**" is an important point here because *modern wisdom concepts* are directly related to having **a higher level of reasoning**. To illustrate this with inspiration from two great thinkers: Only in the dialogue created by literature might **Aristotle** and **Mohandas Gandhi** contribute (inadvertently) to the same conversation, particularly several landmark aspects of the mind/reasoning (depicted below).

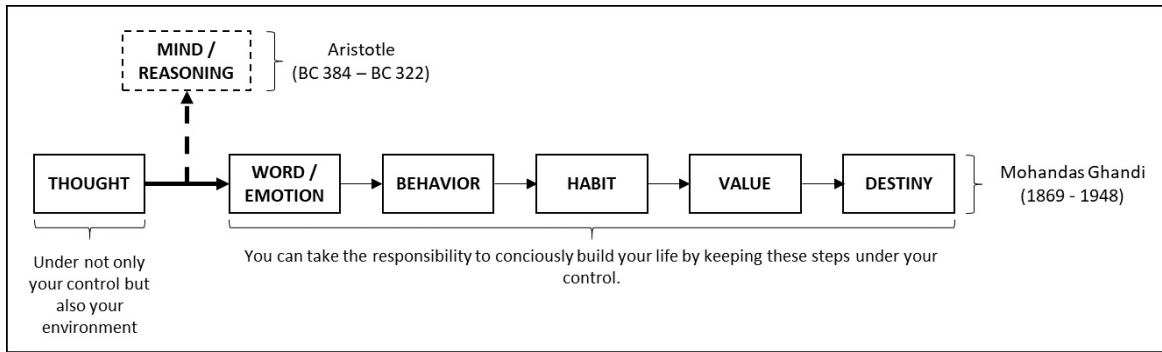


Figure 1: Evolution of the Debate on the Impact of Reasoning on Thoughts

Gandhi represented one thematic end of the spectrum when he said: ‘*Watch your thoughts; they become your words and emotions. Watch your words and emotions; they become a behavior. Watch your behaviors; they become your habits. Watch your habits; they become your values. Watch your values; they become your destiny*’. Whereas Gandhi orients the importance of thought as catalytic, **Aristotle** surmises that one can think anything. Still, the important thing is *to put a distance between oneself and one's thoughts* in order to decide which ideas should turn into words and emotions **with a high level of reasoning (consciously)**. Accordingly, I believe that **the mind is like a machine based on AI** and we can build a sustainable and quality life by improving it via modern wisdom concepts.

A Brief Overview of “The Concepts of Modern Wisdom”

Through this manuscript, we’ll be discussing **77 modern wisdom concepts** across **eight different categories** for you to understand them in a simpler, categorical way. However, I ask you to read and understand the concepts by creating a relationship between them because I believe they are all connected. When it comes to why I named these categories like below, in a modern world where the speed of information diffusion is getting higher and higher, I observe from *my own perception of reality* that people are getting more concerned about these subjects. The categories:

1. Exploring Life’s Purpose and Meaning
2. Unraveling the Human Experience
3. Overcoming Prejudices

4. Mastering Quality Decision Making
5. Happiness and Life
6. The Minimalist and Sustainable Life
7. The Successful Life
8. Innovative and Creative Thinking

In each category, you will find approximately **ten modern wisdom concepts**, each linked to an aspect of competence. However, this does not mean you will be fully skilled with the competence since the concepts are not directly teaching about the competence. Still, they provide some profound tips/ideas/perspectives/awareness related to that competence. You might say that you could not create a link with a competence or category that I categorized but with another one. That is fine because the purpose here is –by questioning ourselves- to notice and discover that **we may give different meanings to similar/same things since we perceive the world from our own perceptions**. The competencies that I find essential for today's people:

1. Ability to Collaborate, Compromise and Adapt
2. Analytical Thinking
3. Critical Thinking
4. Emotional Intelligence
5. Influence and Persuasion
6. Personal Motivation & Proactivity
7. Quality Decision Making
8. Self Awareness
9. Synthesis and Simplification
10. Understanding, Explaining, and Managing Change

How to get the most out of this book?

Because each concept is presented in summary format, you should be able to breeze through any given entry in about three minutes. Although they're divided into chapters and arranged with a logistic flow in mind, feel welcome to open the book anywhere and begin reading freely. The entries are designed to stand alone.

Likewise, the concepts presented here are intended to be thought-provoking. So, I'd invite you to take the insights and exercises you encounter here and see how they might apply to your business or social life. If you find that these ***mental models*** have prompted you to question your thoughts, emotions, decisions, behaviors, habits, and character, then I've done my job as an author successfully. Likewise, I should add that the ***philosophical views*** presented here are compiled for exposure. In other words, I intend to expose you to the broader ways of thinking – not to dictate what is (or isn't) subjectively “right” or “wrong.” Because my review of these works has paralleled my own exploration of what it means to be a conscious human being in life, I hope it also aids your journey toward self-discovery in some capacity.

Be aware that, while reading the book, you will encounter ideas you're both for and against. This will be inevitable if you engage with the content (as I hope you will). Whether the book challenges you to reflect on your convictions or validates your existing mindset, it's done its job. The intent is for you not to attach extreme importance to the information in this book but to see the different ways of thinking –*perspectives* – and benefit from them in a way that makes sense for you. Eventually, I believe this information –*notably different philosophical views*– gives substantial insights into **how great thinkers, past and present, engage with the world around them.**

Finally, if this book has fallen into your hands, you and I are likely on the same journey, striving to understand nature and humanity. If so, I hope this inspires **a positive impact** in your corner of the world.

“Wisdom is the basis of a sustainable and quality life.”

Uğur GÜRBÜZ

Acknowledgments

I believe that everything in life is interconnected. Although some connections may be too complex for us to grasp, I believe that everything affects each other, either directly or indirectly, to some extent. That is why I want to express my gratitude to all those who have been a part of my life, especially *my family, friends, and you, the reader of this book*, who will carry this dialogue forward.

Additionally, I would like to extend my special thanks to the book's editor, Julia Madison JAKUS. Her editing skills, as well as her perspective as a reader, have been instrumental in enhancing the book's quality and meaning.

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Exploring Life's Purpose and Meaning

“It doesn't matter what we expect from life; What really matters is what life expects from us.”

Man's Search For Meaning | Viktor E. Frankl