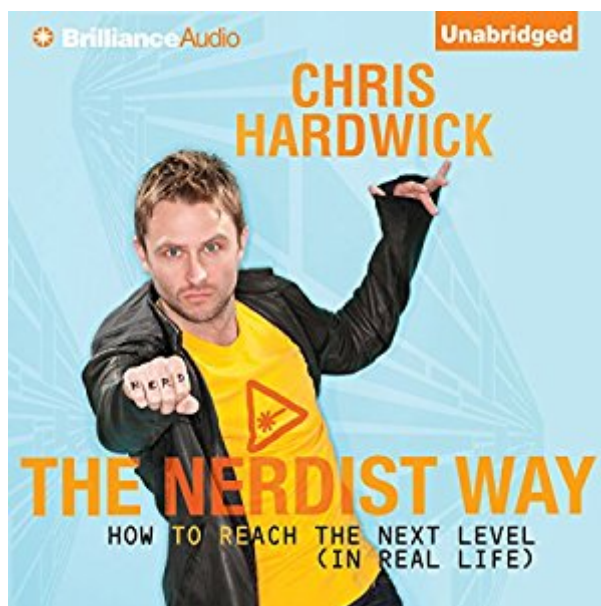


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The Nerdist Way: How To Reach The Next Level (In Real Life)



Synopsis

Nerds: Once a tormented subrace of humans... Now captains of industry! You don't have to be a stereotypical geekwad to appreciate the tenets of Nerdism and to make your innate talents for overanalysis and hyper-self-awareness work for you instead of against you. Join Nerd superstar Chris Hardwick as he offers his fellow "creative-obsessives" the crucial information needed to come out on top in the current Nerd uprising. Nerds subsist on the minutiae of their chosen passions. As a lifelong member of "The Nerd Herd," as he calls it, Chris Hardwick has learned all there is to know about Nerds. He's studied them, lived with them, and has endeavored to milk their knowledge nectar and isolate its curative powers for what ails you. Thus, he has founded a philosophical system (and blog) called The Nerdist, and here he shares his hard-earned wisdom about turning seeming weaknesses into world-dominating strengths. From keeping your heart rate below hummingbird levels to managing the avalanche of sadness that is your inbox, from ignoring your brain to attracting wealth by turning down work, Hardwick reveals the secrets that can help you accomplish what you want by tapping into your true nerdtastic self. The Nerdist Way shows how to focus your mind, body, and time into an unstoppable laser of goodness. Don't wait for another social tragedy. Don't resort to cheap "mass murder" tactics to exact your revenge on society. Success is the most satisfying - and legal - form of vengeance there is. And you can achieve it when you follow the Nerdist Way.

Book Information

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Customer Reviews

I generally don't read self-help books, but I picked this up because I am a fan of Chris Hardwick. Hardwick, who some may recognize as being one of the hosts of MTV's *Singled Out* way back in the 90s, spent much of his 20s partying, drinking, and generally ruining his life. What happened when he hit 30 is best expressed in his own words: "Then, when I hit thirty, I began to look around at my life: I was consuming a baby elephant's weight in alcohol EVERY DAY. I lived in a [redacted] apartment near UCLA ... my place was always a mess, I had ruined my credit, and I had no real work prospects. I had become a thing I had always feared-the fat, drunk guy who used to be on television." Hardwick quit drinking in 2003 and started trying to improve his life. Now he has multiple projects on the go, including a successful (and extremely entertaining) podcast, a new podcast network, and several TV gigs. The secrets to Hardwick's success aren't anything new. Basically, he was able to harness his innate nature (his nerdiness, so to speak) and use it to his advantage. And that's what this book is about. His techniques aren't going to appeal to everyone, but if you enjoy the quantitative over the qualitative, you may find some ideas here. In general, he is advocating identifying your goals and developing a way to track your progress in a visible way. He also talks a lot about how to deal with the generally obsessive "nerdist" brain, something which I could relate to. It's nice to know that you're not the only one who thinks the way you do. In the final section, he talks a lot about his diet and fitness, even providing a starter fitness plan that is modeled after what he has done with his trainer. One thing you can't forget is that Hardwick is a comedian. The tone of the book is funny and descriptive, even during the more serious parts. All-in-all, I enjoyed the book, even if I won't adopt some of the more time-consuming tracking techniques. However, there is one big ding against it. Hardwick spends a fair amount of time on the development of a "character tome" that is the heart of his goal-tracking technique. He sends readers to a web site for sample templates, but that website is not functional. We're now almost 3 months after the release of the book, and that's really not acceptable. Good thing it's hard to be mad at Hardwick for long.

Loved this book. Didn't buy it for a long time since I knew it was a bit more on the self-help side. But I finally broke down and purchased since I do think Chris Hardwick is just great. There's a lot of very valuable insight in here and it definitely helped light a fire under my butt to work on some of my creative projects. If you're looking for a great little nerd-centric motivational read, buy this 100%. I'll definitely be reading it again. :) To take it to the next level and if you love this book I recommend also reading 'The Four Hour Work Week' by Tim Ferriss. Chris mentions it in this book as well, but it's a bit of a deeper dive into productivity and achievement.

I checked out a Kindle version of this book from my local library, and I was so impressed with it, and highlighted so many notes I wanted to preserve, I clicked through here on [Amazon](#) and bought a copy of my own. The Kindle version is well edited and formatted, making it a pleasure to read. Chris Hardwick dedicates this book to a particular personality type, the "nerd," which he calls a "creative obsessive," someone who possesses an "innate ability for overanalysis and hyper-self-awareness." As a freelance writer and novelist, I noted immediately that I am among those that Hardwick considers nerds, including: "freelancers, game designers, graphic designers, DMs (Dungeon Masters), musicians, artists, crafties, and writers." Hardwick states that he himself is a nerd, and he urges his fellow nerds to learn to trick our brains into working for and not against us, thereby becoming an artful nerd, which Hardwick christens a "nerdist." Hardwick describes his goal in writing this book as offering a philosophical approach for his fellow nerds to deal with important areas of life which have a huge emotional component, in particular: anxiety, focus, physical health, and time management. As a writer, I can vouch for the fact that these are major topics of interest to every writer I've ever known. The personality of the "nerd" that Chris Hardwick describes has been covered in many different psychological self-help books under many different names. Some psychologists see nerd-type traits in a positive light, particularly the gifts of [creativity](#) and [focus](#). Others see nerds as having a mental disorder such as [Asperger's](#), a ["shadow syndrome"](#) of obsessive-compulsive disorder (OCD) or, at best, a form of social-phobia brought on by being a maladjusted [introvert](#). Our society, in general, tends to view nerds the vast majority of the time in a negative light, particularly in the endless movies, TV shows and novels which ridicule characters who are nerds. As a result, anyone who has a nerd personality almost inevitably struggles with low self-esteem. It is this issue, above all, that Hardwick addresses, and does extremely well. He teaches simple, workable ideas for emphasizing the positive and downplaying the negative potential of nerdish traits, and his book (whether consciously or unconsciously) draws on some of the most productive fields of modern psychology including: [cognitive behavioral therapy](#), [positive psychology](#), and [narrative psychology](#). My personal theory as to why Hardwick has managed to write such an insightful, psychological self-help book with a unique twist on a much-covered subject of nerdish qualities when he has not been formally trained in psychology is that he is a shining example of the positive expression of two major nerd abilities. First, he has clearly lived what philosophers call an "examined life." Second, he is a highly creative person, a successful stand-up comedian. Comedy writers as a group are justly famed for their spot-on insights into human nature. As John Vorhaus put it in his book, [The Comic Toolbox](#): "Comedy is truth and pain." Comedians make us laugh by bringing to our attention, in delightfully skewed ways, the

fundamental, painful truths of our shared human suffering. Another significant function of the humor in this book is that it breaks down mental barriers to the crucial information the author is sharing, making it easier to both understand it and retain it. Far too many self-books take a solemn, preachy tone as the author hammers home to hapless readers all the endless areas in which we should clean up our lives. After wading through this type of self-help book, many of us feel overwhelmed and despairing, rather than inspired. In happy contrast, Hardwick makes self-improvement seem like a fun, exciting adventure. His personal stories of successful self-improvement recounted with humorous self-deprecation, combined with simple, sensible suggestions for the reader to achieve similar results, leads his readers to the truly helpful conclusion: "Wow, if that guy, who's a lot like me, could accomplish all the positive changes in his attitude and actions that he has, why couldn't I do the same?"

Nice book and fairly well written. The only criticism I would give is that the links that are referenced are broken. Theoretically Chris has some nice examples to support some of his techniques, but unfortunately, I could not find them :(You could tell that Chris has read some of the standard achievement books and repackaged them into a 21st-century mindset. I particularly love his D&D character method of planning your life. Hopefully there will be a new edition that will address the broken links.

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