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Trying Not to Try: Summary of the Key Ideas - Original Book by Edward Slingerland: Ancient China, Modern Science and the Power of Spontaneity

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Most of us assume that we have to work hard and put in continuous efforts to achieve what we want. In “Trying Not to Try”, the author argues that spontaneity and being in wu-wei can lead us to success. He backs up his argument with stories and findings from Chinese philosophers, to teach us how to life a more fulfilled life.

Who should read this book:
• People who want to find an effective way to achieve their goals.
• Anyone who has troubles to perform well under pressure or in challenging situations.
• People who want to find out how to be more spontaneous and let our unconscious mind lead the way.

In this summary:
Chapter 1: Being calm and spontaneous can lead us on the path to success
Chapter 2: Let your unconscious mind do the work to achieve wu-wei
Chapter 3: Social and spiritual dimensions of wu-wei
Chapter 4: According to Confucian thought, wu-wei requires life-long training
Chapter 5: Laozi argued that humans are good by nature
Chapter 6: Mencius put morality at the center of wu-wei
Chapter 7: Let go and take a break to solve problems better
Chapter 8: Adjust to the environment instead of always sticking to your original plan
Chapter 9: Certain signals can tell you whether someone is trustworthy or not
Chapter 10: Choose the right strategy for yourself and spread wu-wei to others
Chapter 11: Final Summary

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