

Advice isn't All or Nothing; It's Sometimes and Maybe

When people give you advice based on what worked for them (or someone else) in the past, either it's useful to you or it's not.

If it's useful, use it. There's no need to treat it like a religion or a law of physics that everyone else needs to believe in.

If it's not useful to you, toss it out and move on to something that actually works for you. There's no need to waste your own time and energy demonizing a strategy that isn't right for you.

The important thing is to make sure you don't get so caught up in debating things like "this technique is amazing and everyone should use it" and "this technique is stupid and no one should use it", that you forget to move forward with an understanding of this one simple truth:

"No piece of advice works for everyone and every piece of advice works for someone."