

*A newsletter to Entrepreneurs urging them to put down social media and embrace solitude with daily walks in nature.*

## **Unplug From The Noisy World. Boost Your Creativity By 400% In The First Week Alone!**

Morning Tim!

You know how social media ruined your ability to think long, deep and unbroken thoughts?

These companies (IG, FB, YT, Twitter) promised you "connection and opportunities". Yet they took away the #1 thing you need as a successful entrepreneur....

They stole your focus.

You know that dude who you knew for a week back in elementary school? Maybe you can't focus, but at least now you know what his girlfriend's dog is doing *all the freaking time*....

Depressing... but don't worry!

In just 3 minutes, I'll show you how to find solitude in this hectic modern life.

You'll have laser-sharp focus and business ideas clear as mountain river after summer rain...

**And your competition will tremble in fear.**

(By the way... Do you worry that going offline will hurt your relationships? *Call* people you want to stay in touch with. Every two weeks or so. Your bonds will be much stronger than by just clicking "like".)

Anywho....

You need to be alone with your thoughts.

And best way to do that is by having loooong walks in nature. Walking will:

- Make you appreciate life.
- Allow you to process information.
- Create the right inner environment for work.
- Give you energy by filling your brain with oxygen.
- Boost your tolerance and empathy. (Crucial for dealing with customers.)

Listen...

A lot of Great Thinkers were also great walkers... Nietzsche, Thoreau, Rousseau, Lincoln, Darwin, Aristotle, Poincare.... The insights from their walks are now in the fabric of our culture and civilization.

(Bet that wouldn't be possible if there was a Twitter storm raging just arm's length away...)

**It's time we follow their lead.**

"Mihael..."

"...How can you deny the benefits of the internet? *You want us living in a cave?* I've found many professional opportunities on social media networks! And, and...."

*Yeah yeah....*

Pay close attention...

Social media should be a tool. And NOT a way of life.

Why do you need to be available ALL the time? How can you be self-made (let alone a pillar of society) if you can't sit down for five minutes and think in peace?

Check social media once a day. You won't miss anything important - only what's fleeting. And what's fleeting is not worth your time....

So stop.

Take a walk.

Stand out form "normal" people....

After all, you are an Entrepreneur. An Artist!

You can't act like Mr. Joe Ordinary. He doesn't achieve anything! Joe O. is lost in his obsession with silicon-filled-bootys of the world...

...Don't be like Mr. Joe O.

And remember...

*"Only thoughts reached by walking have value."*

**Nietzsche**

So pack your sunglasses and Capri Suns...

**And get walking!**

Before or after work....

Be mindful. And meditate on a professional problem...

You'd be surprised how often the solution "just appears" out of thin air.

Yours truly,

Mihael D. Čačić

P.S. Walk for at least 2 hours a day. ALONE. With your cell phone off and deep in your backpack. (Emergency uses only!)