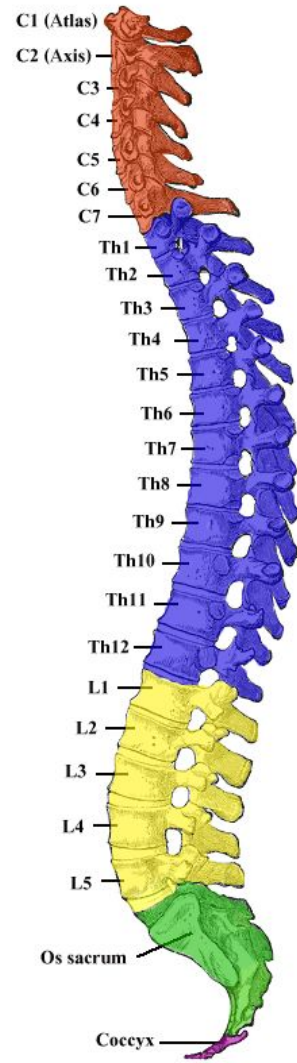


My Back Hurts

Explaining AntiFragility



(Please) write
something down
that YOU want
to have clarified

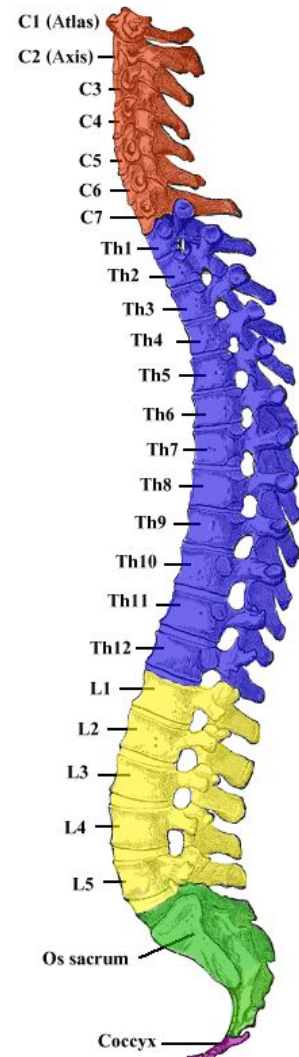


How I hurt my back

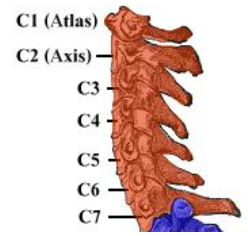


Overview

- My Confession
- Antifragility & Friends
- Prehab instead of Rehab
- Let's make this presentation antifragile!



I need to confess YOU something personal.



*In yoga I like when teachers tell me
what they want me to do
only using the word not
if it's the only choice.*

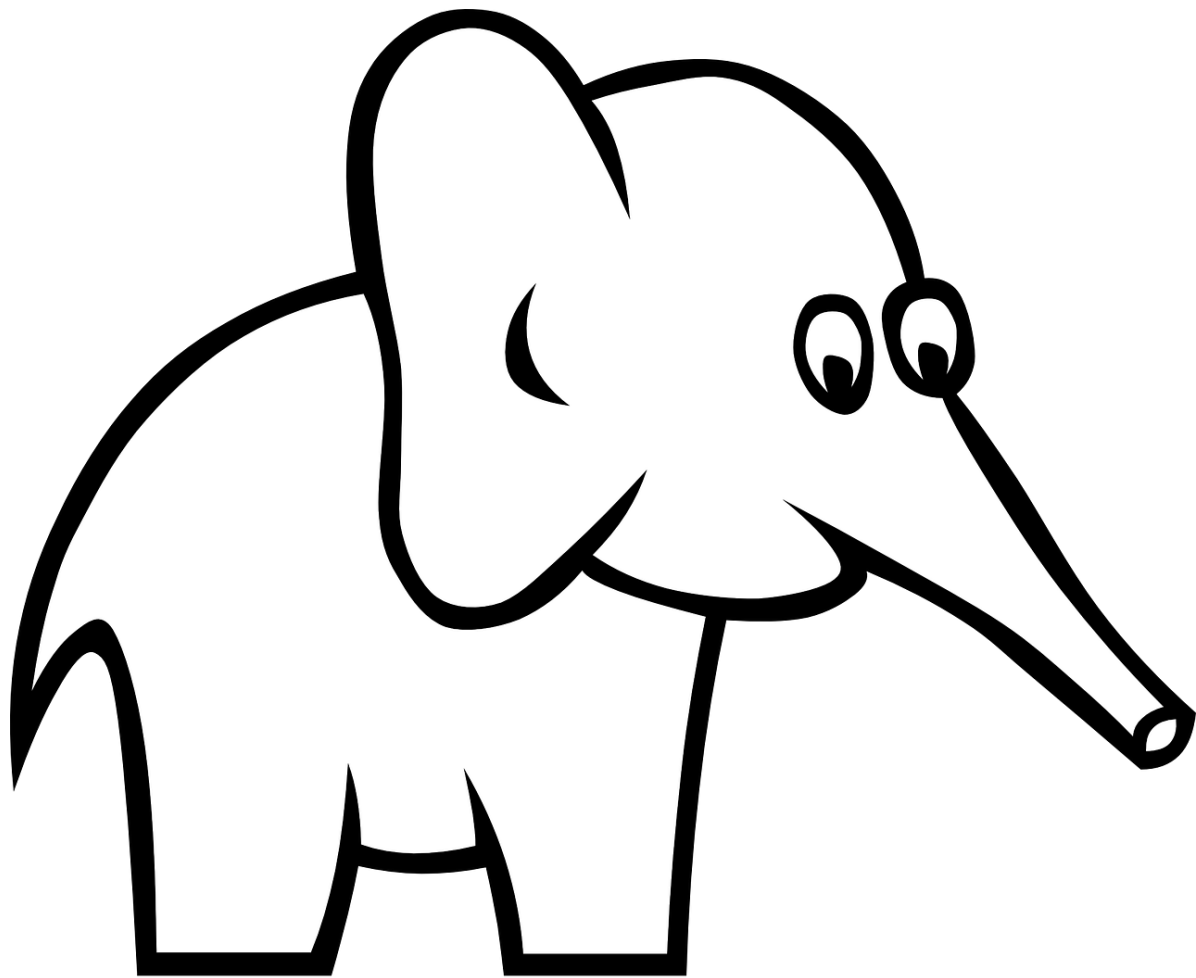
- Marcel Groux





+





True Or False? How Our Brain Processes Negative Statements

Date: February 13, 2009

Source: Association for Psychological Science

Summary: Previous research has suggested that including negative words in the middle of a sentence can throw off our brains and make it more difficult to understand. A new study reveals that the way negative statements are processed in the brain depends on the structure of the sentence itself. This indicates that negation, when it is useful and informative, does not make it more challenging for the brain to understand the negative meaning of the statement.

We don't need
no education.

- Song by Pink
Floyd



```
if (BackIsNotWell()){  
    recover();  
}
```

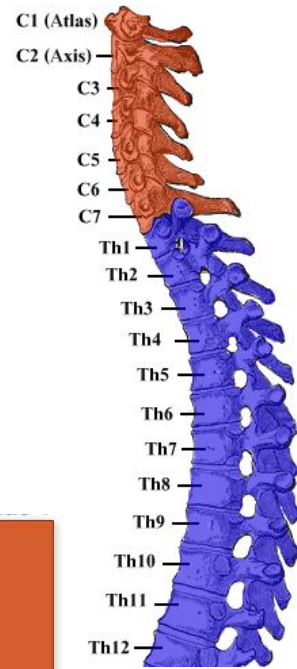
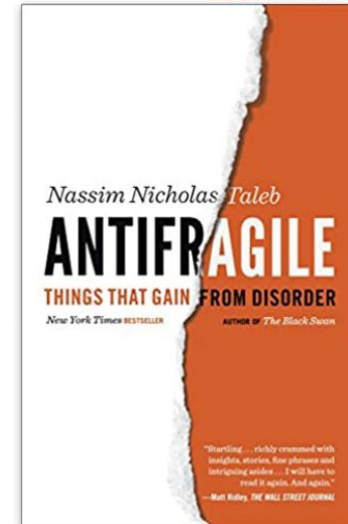
```
if (isBackHurting()) {  
    recover();  
}
```

```
if (!BackIsWell) {  
    recover();  
}
```

Antifragility & Friends

Why is it named **antifragility**?

A term coined by **Nassim Taleb** to represent things that benefit from disorder.



The meaning of anti is “opposed to”



FRAGILE



ANTIFRAGILE



ROBUST
(stays the way it is)

FRAGILE
(breaks)

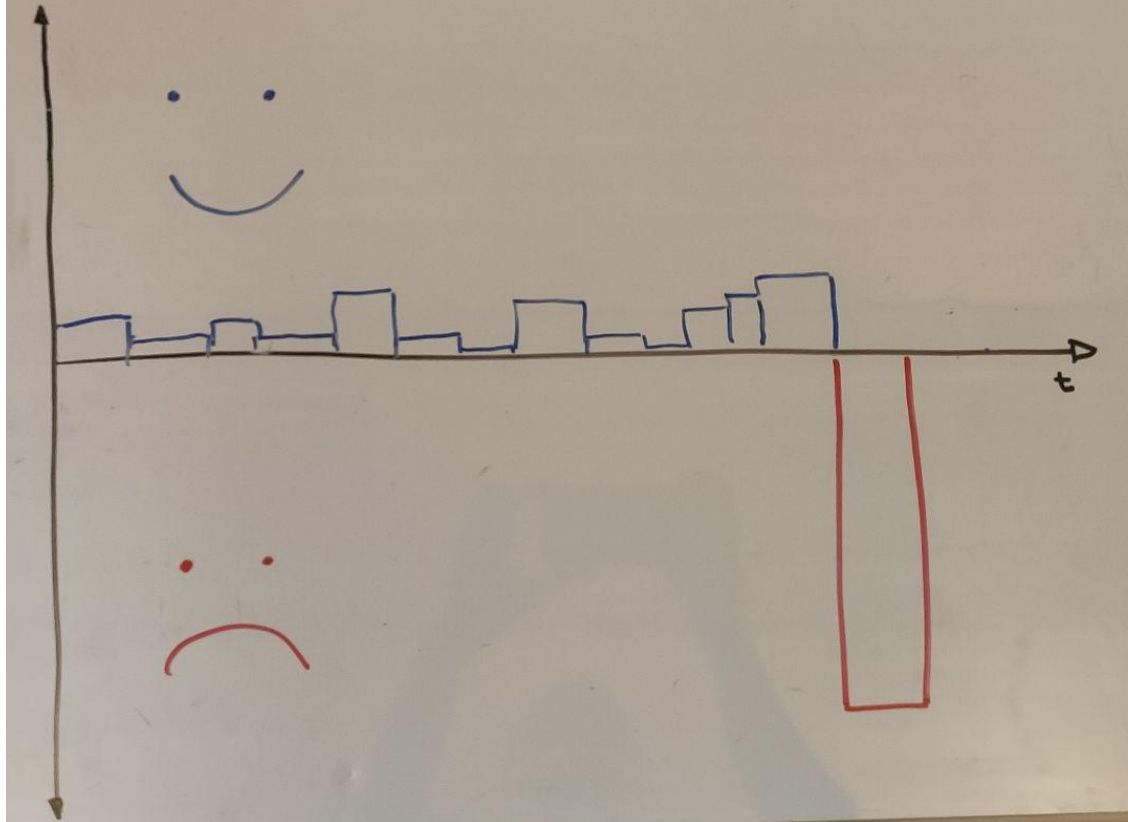


ANTIFRAGILE
(becomes stronger)





Fragile (a big unforeseen event happens)

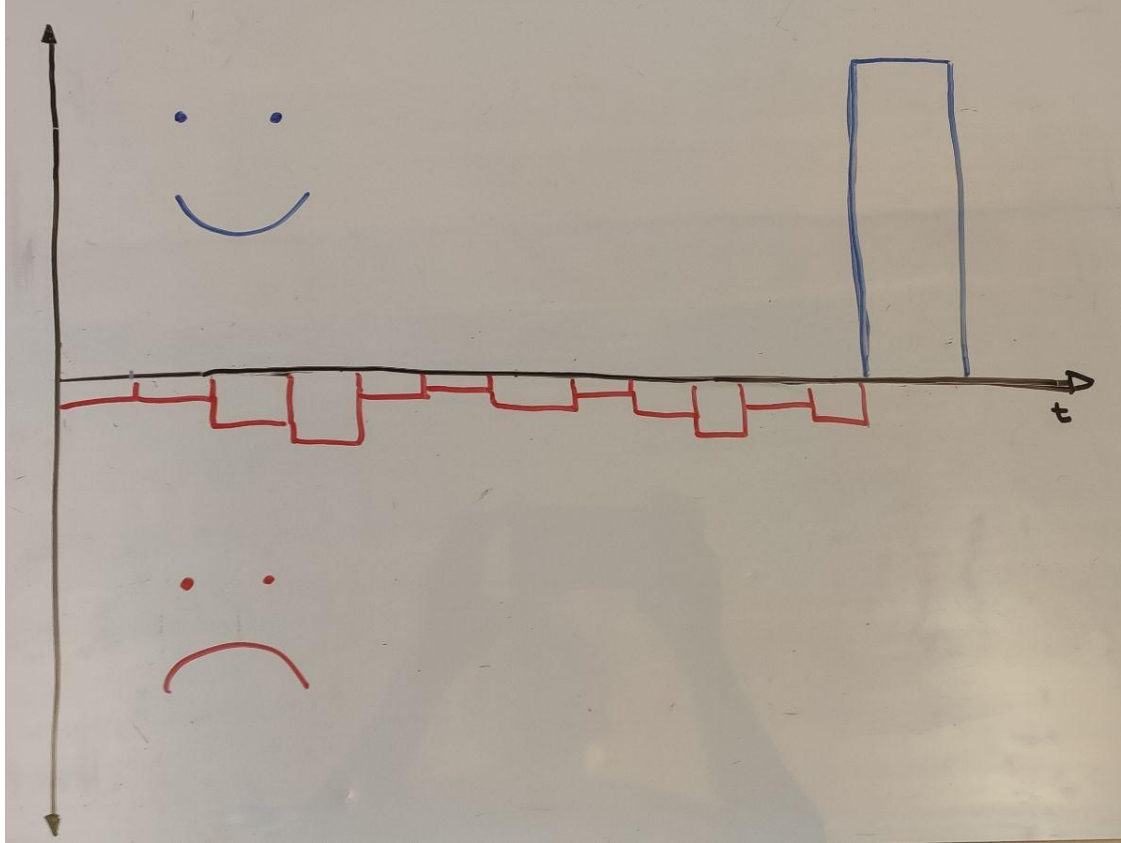


Robust (stays the same)

- Unbreakable
- Solid
- Well-built
- Resilient
- Strong

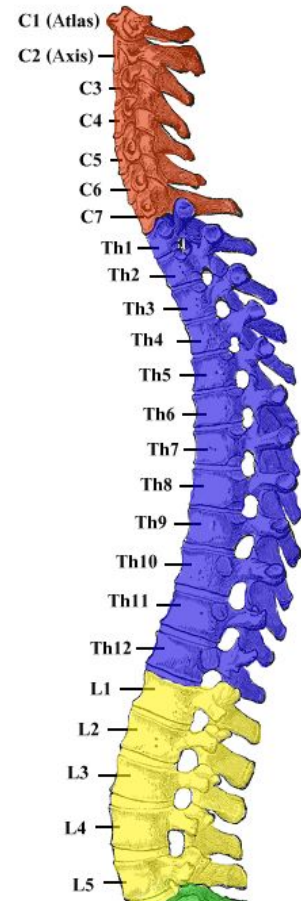


Antifragile (a big unforeseen event happens)

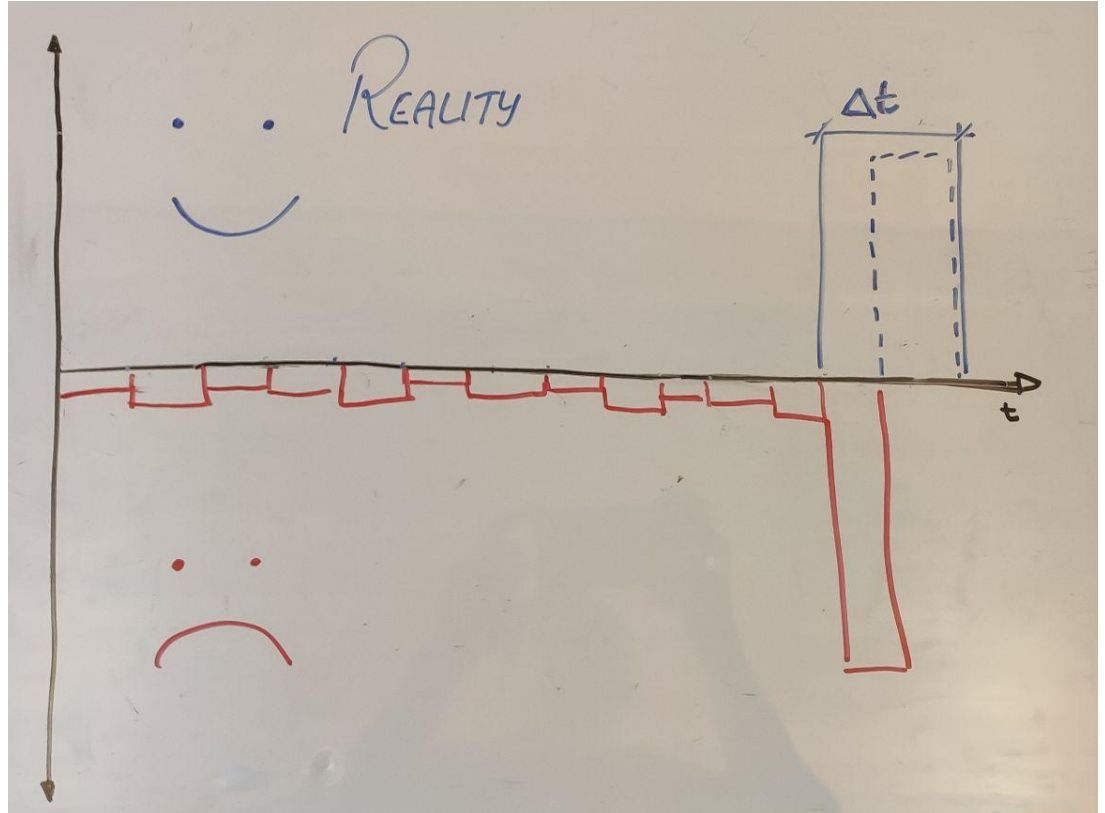


Prehab instead of Rehab

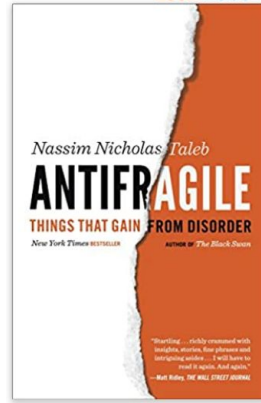
- Small units that break, means the system improves.
- Put stress on yourself mindfully, so you can get stronger.



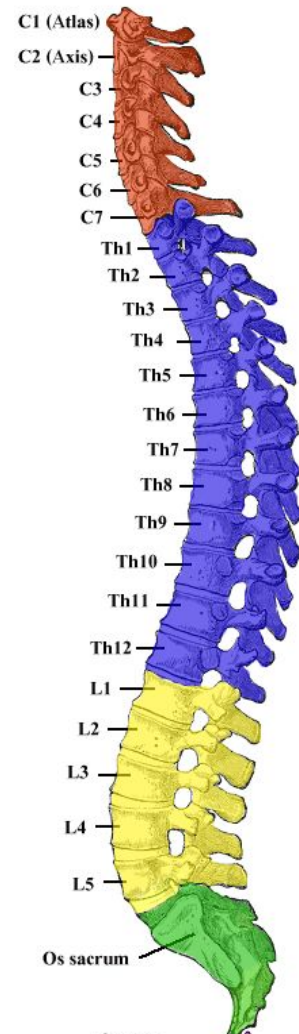
My back still hurts but...



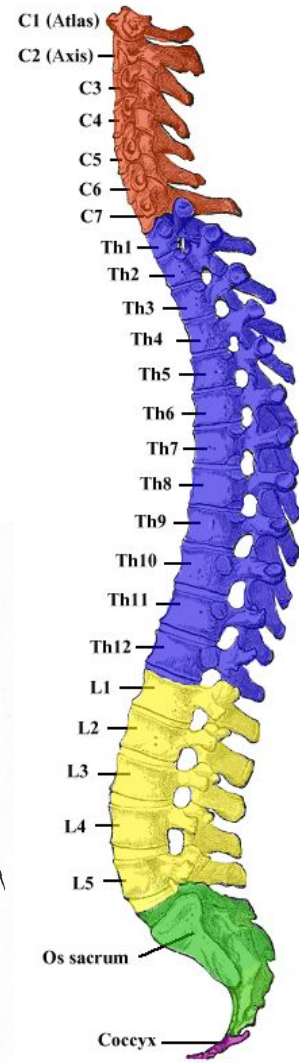
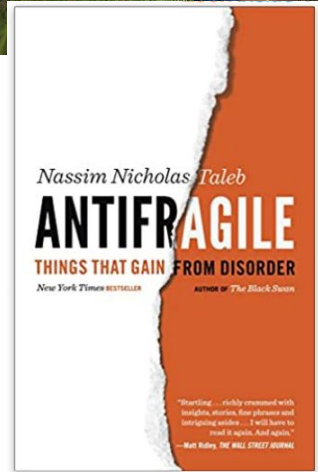
How to be antifragile?



Let's make this presentation antifragile!



So What?



Links and more:

True Or False? <https://www.sciencedaily.com/releases/2009/02/090211122147.htm>

Nassim Taleb speaking: <https://www.youtube.com/watch?v=S3REdLZ8Xis>

Nassim Taleb's Book: Antifragile: Things That Gain from Disorder

Do yoga with me here: <https://www.youtube.com/c/marcelgrouxyoga>



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