



In other words, once you get moving it's easier to keep moving. And one of the easiest ways to get moving is to just get moving regardless of how you feel. Just do it and let motivation arise out of the momentum you create.

I've written a whole article about how to do this called "This Matter of Mood" but it's too long to reprint here. The key insight is that it's a mistake not





"Embracing Complexity, Creating Simplicity" has been published in the

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