

ABSURDLY USEFUL RESOURCES / READER NOTES

Choose the Chase

Build beyond the buzz.

READER NOTES

SUMMARY + ACTION GUIDE

INSPIRED BY THE MOLECULE OF MORE BY DANIEL Z. LIEBERMAN AND MICHAEL E. LONG
ORIGINAL SUMMARY AND PRACTICAL TRANSLATION. READ THE FULL BOOK WHEN YOU WANT THE WHOLE
ARGUMENT.

Lieberman and Long explain dopamine as a system of anticipation, pursuit, novelty, and future possibility. The useful lesson is not to demonize wanting. It is to notice the pull, question the promise, and choose pursuits that still matter after the excitement fades.

Keep These

1. Anticipation can feel cleaner and more complete than reality.
2. The next goal can quietly become the new baseline.
3. Future-focused drive needs a container or it consumes the present.
4. Desire is useful when paired with control, stopping rules, and values.
5. Durable work often begins after novelty stops doing the labor.

Useful Translation

This is the version to carry into meetings, parenting, work, money, politics, conflict, and the ordinary Tuesday where most theories go to prove whether they are useful.

FRAMEWORK 01

Dopamine and anticipation: the brain leans toward possibility, novelty, and pursuit.

FRAMEWORK 02

Wanting vs liking: craving and satisfaction are related but not identical.

FRAMEWORK 03

Reward prediction: imagined reward can distort the actual cost of a chase.

04 / ACTION ITEMS

1. Name the promise attached to the thing you want.
2. Evaluate the Tuesday after the achievement, not only the announcement.
3. Set a stopping rule before the chase becomes the whole landscape.
4. Choose which future deserves the present cost.
5. Pair ambition with one maintenance plan.
6. Notice when scrolling is anticipation pretending to be rest.

05 / ONE-PAGE FIELD GUIDE

Wanting is fuel. It is not automatically a map. Choose the chase before it chooses the day for you.

Absurdly Useful Resources. Placeholder email-gated PDF asset. Connect the form to the final provider before launch.