

ABSURDLY USEFUL RESOURCES / READER NOTES

Root & Reach

Grounded enough to adapt.

READER NOTES

SUMMARY + ACTION GUIDE

INSPIRED BY MASTER OF CHANGE BY BRAD STULBERG

ORIGINAL SUMMARY AND PRACTICAL TRANSLATION. READ THE FULL BOOK WHEN YOU WANT THE WHOLE ARGUMENT.

Brad Stulberg's practical argument is that resilience is not rigid toughness. It is rugged flexibility: a stable core paired with adaptive methods. When reality changes, the task is to accept current conditions, keep what matters, and revise the route.

Keep These

1. Arguing with reality burns energy needed for adaptation.
2. A stable core of values and commitments can survive changed conditions.
3. Methods should flex when the deeper purpose needs protection.
4. Rugged flexibility avoids both brittle control and shapeless accommodation.
5. Small rhythms create footing after disruption.

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

Rugged flexibility: strength plus responsiveness rather than rigid endurance.

FRAMEWORK 02

Acceptance and commitment: see reality clearly, then act from values.

FRAMEWORK 03

Adaptive stability: preserve the purpose while revising the method.

04 / ACTION ITEMS

1. Name the current conditions without requiring yourself to like them.
2. Separate the purpose worth keeping from the method that used to carry it.
3. Choose one tactic to loosen before abandoning the whole goal.
4. Create a minimum rhythm for the next week.
5. Ask what support the new conditions require.
6. Use the disruption as data without pretending it was secretly a gift.

05 / ONE-PAGE FIELD GUIDE

Hold the root. Change the reach. The old route does not get to veto the current terrain.

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