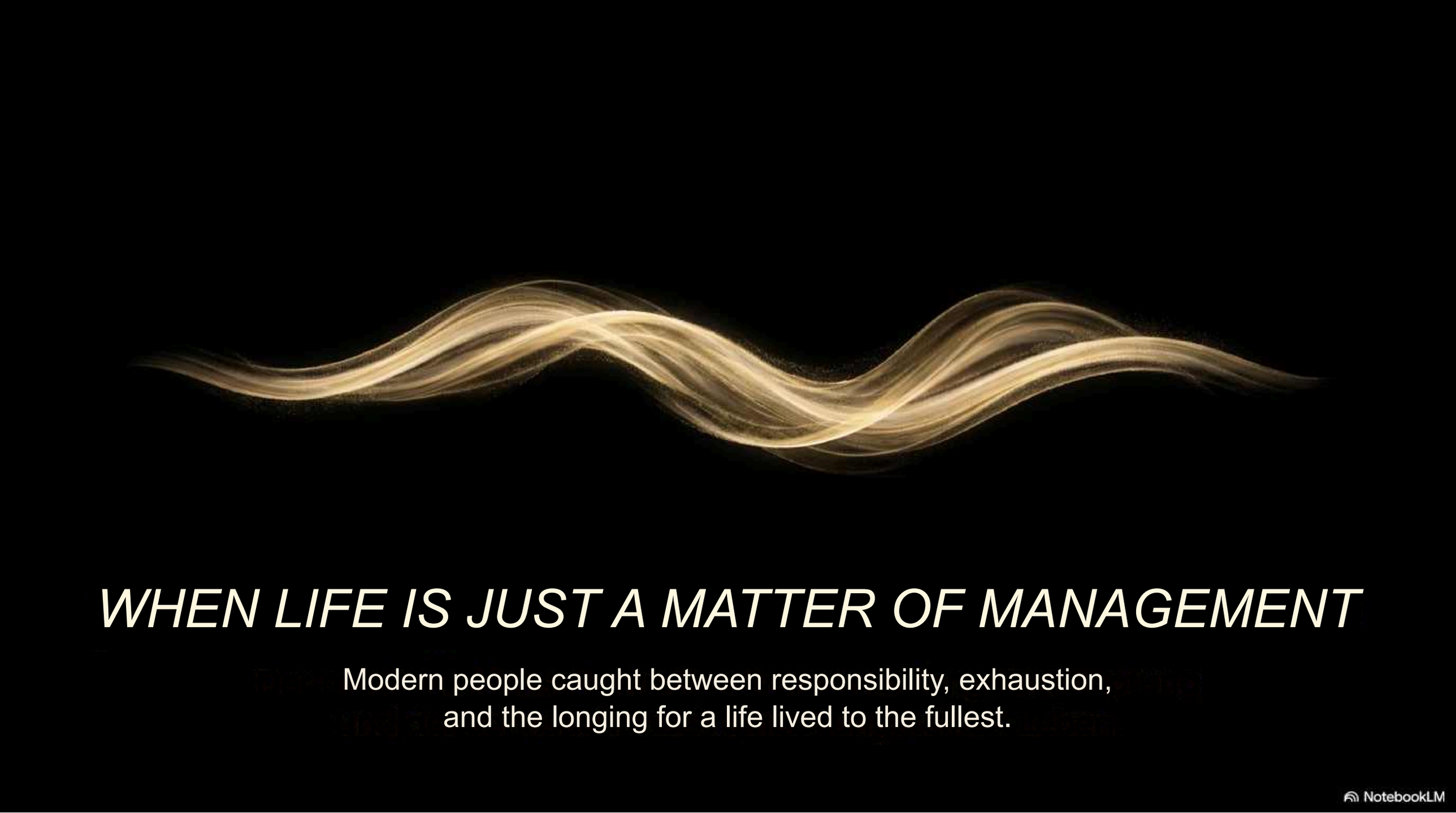
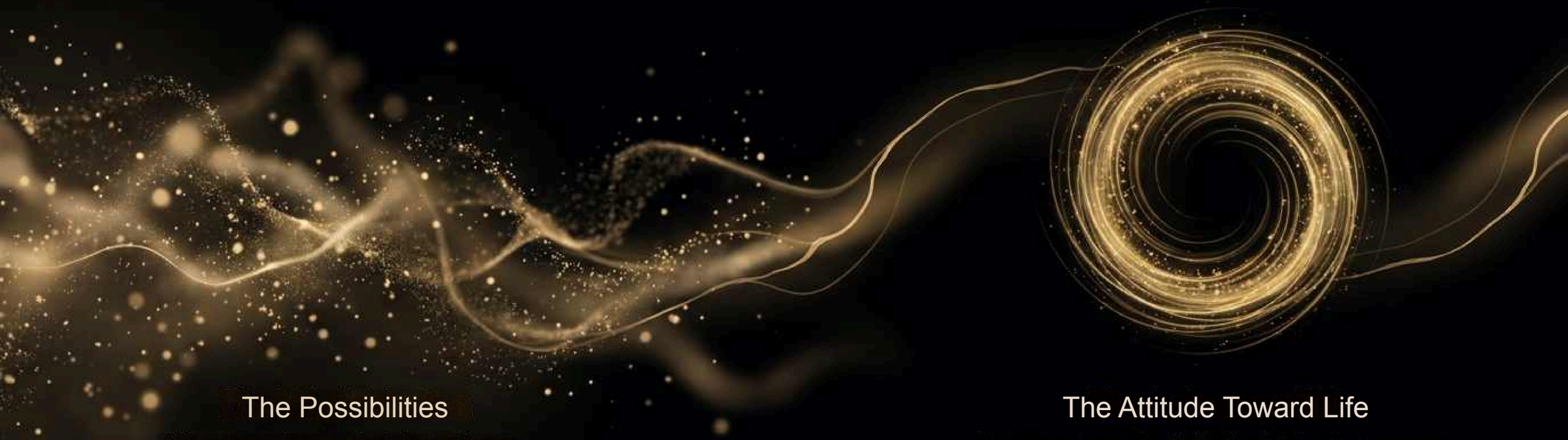


WHEN LIFE IS JUST A MATTER OF MANAGEMENT

Modern people caught between responsibility, exhaustion,
and the longing for a life lived to the fullest.

NotebookLM

The Paradox of Our Time



The Possibilities

Never before have there been more information, tools, and freedoms. The world is accessible in seconds.

The Attitude Toward Life

Despite increasing freedom, life is becoming more confined. We gain opportunities, but lose the undivided space of our own lives.

The tools are getting better,
yet the space for what truly matters is shrinking.

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From Creating to Managing



Everyday life resembles less a coherent life journey than a string of obligations.

We no longer just manage work. We manage our health, leisure time, recovery, and relationships. Even relaxation has become a project with a goal and a method.

We are increasingly preoccupied with the prerequisites of life— and ever less with life itself.

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Two Types of Exhaustion

The old kind of exhaustion

Cause: Too much work, physical or mental overload.

Characteristics: Clearly diagnosable (burnout, overtime).

Solution: Rest, sleep, vacation, simplification.

The New Exhaustion

Cause: Constant inner fragmentation; the simultaneity of things.

Characteristics: A state of constant alertness. You're a little bit everywhere, but nowhere entirely.

Solution: Cannot be remedied by sleep alone. Requires undivided attention.

It is not the amount of work that exhausts us—
but the absence of presence.

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The loss of depth



Creative work and deep thoughts require time and inner focus.

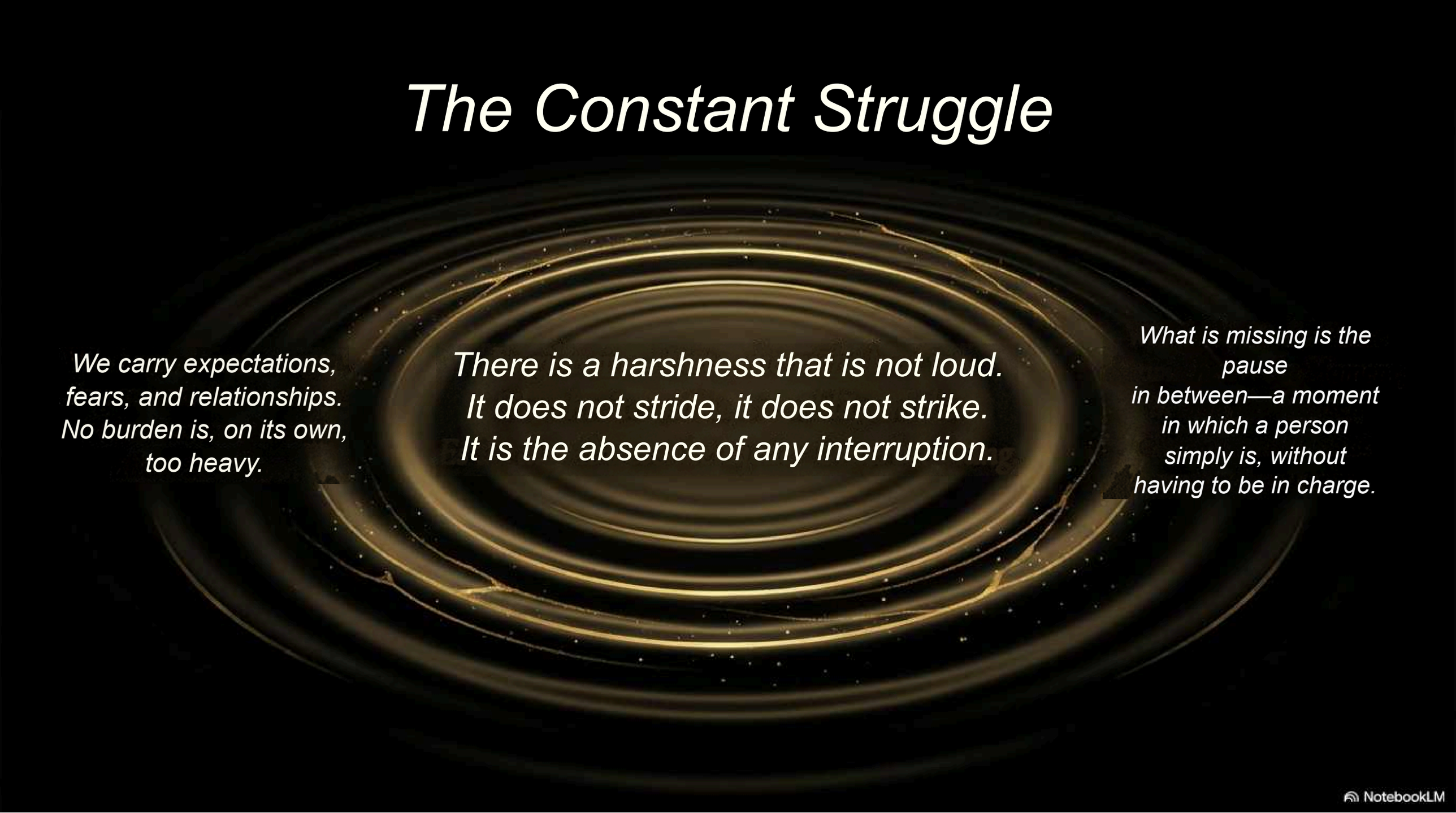
No sooner does a thought arise than the next organizational task or digital message demands our attention.

Our attention is fragmented into ever-smaller units.

The brain learns to switch back and forth (flexibility), but loses the depth from which insight and inner maturation arise.

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The Constant Struggle



We carry expectations, fears, and relationships. No burden is, on its own, too heavy.

There is a harshness that is not loud. It does not stride, it does not strike. It is the absence of any interruption.

What is missing is the pause in between—a moment in which a person simply is, without having to be in charge.

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Waiting for Real Life

The Illusion

We believe peace is a state that comes at the end of all our efforts (debts paid off, children grown, career secured).

Reality

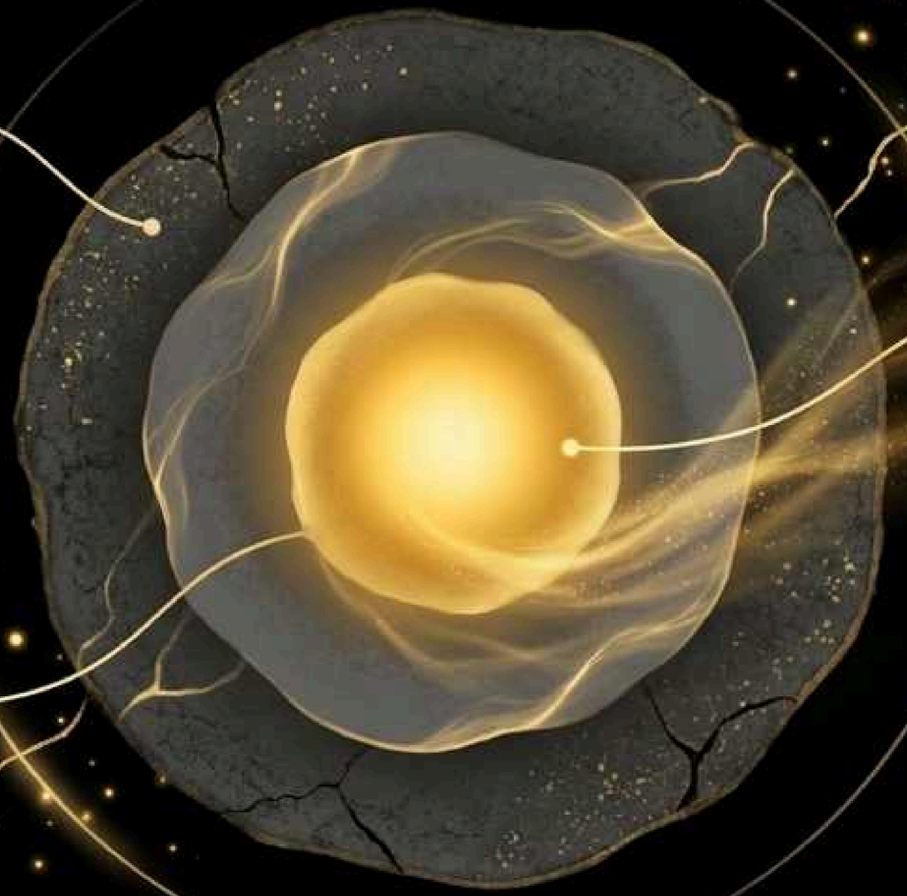
No sooner is one worry resolved than another takes its place. A state of complete problem-free existence never structurally arises.

Peace is not a state that comes after
difficulties. It is an
inner attitude that must coexist with them.

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What Silence Really Means

Not mere silence: You can sit in a soundless room
and be torn apart inside.



Inner composure:
Silence is the state in which attention finds its home again.
Action, thought, and perception merge once more into a single unity.

No escape from the world:
Silence does not require secluded monasteries or untouched landscapes.

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How Reality Is Transformed



Perception

Human beings take in the world

One's Own Time / Maturation

(experiences, observations). Insight eludes haste. It grows in secrecy, in the creative space of silence.

Transformation

Something emerges that was not there before—science, art, philosophy, wisdom.

This space is not a luxury for artists. It is the essence of human existence.

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Life as *an interweaving*, not as a list



The Shift in Perspective

Over time, we come to realize: Individual experiences never stand alone. Joy, loss, error, and certainty complement one another to form a coherent story.

Openness Instead of Perfection

Life does not have to be “checked off a list.” Its openness and incompleteness are the prerequisites for growth.

We are more than the sum of our tasks.

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A Quiet Form of Maturity



In the end, what matters is not how flawlessly we have managed our lives. What matters is how we understood the world, how we engaged with it—and how we gave expression to that understanding.

The freedom to leave the world with more than we found in it.

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