

The Obstacle Is the Way – Ryan Holiday (A1 Level)

ULTIMATE READING

Teacher Ignacio Chávez

4/16/2025 2 min read



This book is about how **your** problems and challenges can help you grow. The message is: *“The obstacle is not bad. The obstacle is the way.”* When something is hard, it can make **your** mind strong and **your** heart brave. Problems are not to stop you—they are to help you.

Everyone has **their** own obstacles in life, but the way you face them shows **your** strength. You cannot control what happens, but you can control **your** feelings and **your** actions. As the book says: *“You can’t control events, but you can control your mind.”*

When you feel sad or angry, take a breath. Stay calm and think before you act. This helps you make good choices in **your** life. Remember that small actions make a big difference. Do not wait—take one step forward every day. *“Action is the solution. Move forward.”*

Hard times are tests. They help you become better and stronger inside **yourself**. *“What stands in the way becomes the way.”* If you use each problem as a lesson, you will grow in **your** mind and spirit. Ask, “What can I learn from this?” and trust **your** path.

Main Ideas

1. Obstacles are part of life. Everyone has **their** problems. Learn from **your** own.

2. You can choose **your** reaction. Control **your** thoughts and **your** actions.
"You can't control events, but you can control your mind."
3. Stay calm. Take a breath when **your** feelings are strong. Think before you act.
4. Take action. Small steps can change **your** life.
"Action is the solution. Move forward."
5. Be strong inside. Keep trying when things are hard.
"What stands in the way becomes the way."
6. Use problems as lessons. Ask, "What can I learn for my life?"
7. Never give up. Believe in **yourself** and **your** power to grow.
"The harder the problem, the bigger the growth."

Motivational Phrases

- "Obstacle = Opportunity."
- "Don't fear the problem. Use it."
- "You can do hard things."
- "The way forward is through your problem."
- "Be brave. Keep moving."

Final Message:

This book teaches you to be brave, stay calm, and keep going. Life is not always easy, but **your** problems can become **your** power. When you face them with courage, you grow stronger and wiser.

"You have the power to turn your problems into your gifts."