

# **The** Unwasted Life



**Master your time, eliminate what's holding you back and live what you're meant for**

**Farid Ramdane**

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*Master Your Time. Overcome what's Holding  
you Back. Live the Life you're meant for*

**Farid RAMDANE**

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## The Myth of Sisyphus

Sisyphus was the king of Corinth, a city in ancient Greece. He was known for being clever, and also for being deceitful and tricking both humans and gods.

One of the most famous things Sisyphus did was betray Zeus, the king of the gods. Zeus had kidnapped a girl named Aegina; the daughter of a river god called Asopus. Sisyphus saw this and decided to take advantage of the situation. He promised to tell Asopus where his daughter was if the river god would give him a spring of water for his city, Corinth. Zeus was furious when he found out that Sisyphus had made this deal.

But Sisyphus's audacity didn't stop with Zeus; He also managed to cheat death. Sisyphus was sentenced to die, and the god of death, Thanatos, came to take him. Sisyphus, being as crafty as ever, greeted him with apparent respect. He feigned to go quietly with the god of death but asked him to demonstrate how his chains worked. He agreed, and as soon as he demonstrated how they would bind someone, Sisyphus trapped Thanatos in the very chains that were meant to bind him.

Due to god of death being bound, no one could die. The soul of the deceased could not pass to the underworld, and this caused chaos in the realm of mortals. Eventually, Ares, the god of war, came in and freed Thanatos.

Sisyphus was eventually condemned to die, but the trickery didn't stop here. Before Sisyphus was taken to the Underworld, he managed to convince Persephone, the queen of the Underworld, to allow him to return to life temporarily. He claimed that he needed to go back to the living world to punish his wife, Merope, for not properly burying him after his death.

Persephone, perhaps charmed by his wit, agreed to let him return to the world of the living under the condition that he would return to the Underworld after a set period of time. However, once Sisyphus was back on Earth, he refused to go back to the underworld. Instead, he ran away with his wife, and lived a long life with her, enjoying the pleasures of the mortal world.

Despite his successful evasion of death many times, Sisyphus was not able to escape it indefinitely. He lived his life until he finally died of old age. He was again sent to the Underworld, but this time, there was no escape. The gods, having been thoroughly angered by his repeated defiance, condemned him to his eternal punishment: Pushing a massive boulder up a steep hill, only for it to roll back down every time he neared the top.

The punishment of Sisyphus is interpreted in various ways, often serving as a metaphor for human struggles and the meaningless tasks that never lead to progress, just repeating themselves with no purpose. The existentialist philosopher Albert Camus, for example, used the story of Sisyphus in his essay *The Myth of Sisyphus* (1942) to explore the human condition. He interpreted Sisyphus's punishment as symbolic of the human struggle for meaning in a universe that is indifferent.

The gods chose this particular torment for the king Sisyphus because they believed that the worst fate they could inflict was not physical suffering, but rather a sentence of endless, futile labor. For what could be more agonizing than to be condemned to a task that you know, with absolute certainty, will never bear fruit - to exert every ounce of your strength, your will, your very being, only to have your efforts undone time and time again, without reprieve or resolution?

Now the reason why Sisyphus received such a terrible punishment was that he had the audacity to outwit the gods themselves - the ultimate sacrilege in the eyes of the ancient Greek pantheon. The gods, in their supreme arrogance and need to maintain their dominance, could not simply let such an act of defiance unchecked.



As we ponder this timeless tale, we cannot help but see the echoes of most people's lives reflected in Sisyphus' plight. So many of us, on a daily basis, feel the weight of that same boulder upon our shoulders not as a punishment but as a choice that we chose intentionally. We often find ourselves trapped in our own forms of

Sisyphian toil, engaging in tasks and activities that are devoid of true sense of meaning.

If you think about it, how many of us wake up each morning, only to go into a routine of work, chores, and obligations that seem to lead nowhere, like Sisyphus eternally pushing that boulder up the hill? How often do we find ourselves caught in cycles of instant gratification, wasting time on pursuits that bring fleeting pleasure but moves us towards no greater sense of purpose?

We, like Sisyphus, can become entrapped in a life of meaningless labor, with no clear end in sight. And yet, our society has somehow come to accept this as the "normal" state of being, as if condemning ourselves to a kind of Sisyphian existence.

The notion that we must sacrifice our personal fulfillment, talents, and natural inclinations in service of "stability" or societal expectations or the perceived need to conform, and that we are meant to spend the majority of our lives engaged in meaningless activities and responsibilities is simply unacceptable.

I believe that each and every one of us is born with unique talents, a calling, and the capacity to forge their own path paths - to find what truly sets them apart. The only limitations that stand in our way are the ones we have constructed within our own minds, those limiting beliefs that such a life is impossible or reserved only for a select few. Which is, by the way, proven that is not the case by many examples of successful individuals who have chosen to pursue their true calling. So, why not you?

But how to break these limiting beliefs that we learned from such a young age? How to break that mental block? How to find one's true calling and stop wasting time in meaningless activities? Well, this is exactly:

## What this book will do for you

Imagine yourself in Five Years:

What kind of person do you want to be?

How satisfied are you with your job or career choice?

What does your financial situation look like?

Who do you spend your time with?

What activities do you prioritize?

When answering those questions, allow yourself to dream big and be honest about your true desires. Now the trap here is to think that such visions are impossible to achieve anyway and return to your automatic living mode. But the truth is, that vision is attainable; what you lack is clarity and direction. What I mean is that if you have all the steps and strategies you need to apply to get there, then it will seem highly achievable. Fortunately, this book will provide you with that clarity you need. You will no longer be just imagining and thinking about how and when and what is needed to reach your goals; you'll have everything laid out in a tangible way, right at your hands.

You are about to gain essential tools and insights to help you align your actions with what really matters for you. You'll realize how precious your time is and the areas where it has been slipping away. You'll delve into the psychology and science behind many of our behaviors and choices. And it will empower you to set meaningful goals and create actionable plans to achieve them.

It's my mission that by the conclusion, You'll Walk away equipped with the knowledge, insights, and practical tools that are necessary to manage your life like never before. You'll be ready to be the Architect of your future, and move confidently toward the life you envision and deserve. This is the manual to start making every fleeting moment count. Your life is about to be changed.

Consider every minute spent reading these pages an investment in elevating your entire future wellbeing, excitement and impact. And should frustrations arise, together we can problem-solve. *Now all I have is to wish you a*

*Happy reading ...*

*Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary*

- Steve Jobs

**This was only the introduction, what's next is where things begin to actually change.**

**You are now aware of the rock you push every day. However awareness, on its own, doesn't change much.**

**In *The Unwasted Life*, what follows isn't just more ideas, but a different way of approaching your time, your choices, and the patterns you always return to.**

**Take your time with it.**

**If you feel like continuing, you'll find it right here:**

**<https://faridramdane.com/farid-ramdane-bookshop>**