

8. Practice is better than theory

To be antifragile, it is better to use simple empirical rules that direct your actions instead of trying to comprehend the world.

It is only by "practicing" and relaxing that you understand what really works. After all, the best way to discover the future is to create it.

If you have to make a major decision about your career path, such as changing company or job, there is no knowledge that can make you understand whether this choice will satisfy you more than the current situation.

You can make a lot of predictions, you can access a specialized career counseling service, you can read a lot about what you want to do, your friends have told you a lot of good things about a new job or another company. Well, it's all theory: you can only discover the essence of that choice by adopting some practical behavior.

For example:

- In your spare time, try to get acquainted with the new job or the new company;
- Listen to yourself unconditionally and experience these trials;
- Create your own awareness based on your practical experience.

Again, in raising your children you are always urged to take educational actions toward them. Several people, in an effort to make the right choice, set out to study how exactly they should go about educating their children. Studying is not wrong, but it is not enough.

A good way to educate one's children is to be guided by one's own positive values, transfer these values, and then do a lot of practice. What does it mean? It means being in contact with one's children, sifting through what the outcomes are and possibly correcting the actions or educational messages conveyed, in an endless path of trial and error. If something did not work, it is not a problem, it is not a failure: it is learning. You can correct it on the basis of this lesson that comes from practice and thus from reality.

In Switzerland, one of the richest countries in the world, the percentage of people with college education is lower than in other developed countries. However, Switzerland continues to prosper. The reason is that this country has strong apprenticeship traditions: vocational skills are transferred from master to apprentice, as in ancient times.