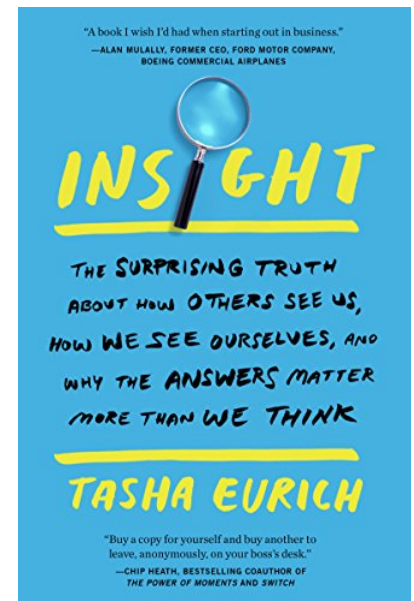


# Insight Book Summary (PDF) by Tasha Eurich

Ready to learn the most important takeaways from Insight in less than two minutes? Keep reading!



## Why This Book Matters:

Insight helps readers become self-aware by finding a balance between what you think and what others think about you.

## The Big Takeaways:

1. **Seven insights that can aid us in better understanding ourselves.**
  1. If we must become self-aware, internally and externally.
2. **Between our inner voice and our outside influences, there are several things that prevent us from fully realizing ourselves.**
  1. Three of the major personal roadblocks consist of blindness to knowledge, emotion, and behavior.
3. **Being self-aware isn't as easy as just "looking within."**
  1. Too much introspection can be a bad thing; it is a tool that we must learn to use correctly.

4. **You must learn how to listen and process what people are telling you.**
  1. Assess the comments others give you and learn how to use those comments to understand yourself and your actions better.
5. **There are three types of “unaware” people.**
  1. These people are either lost causes, aware of their actions but refuse to change, or are potentially open to change if they just knew how.

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