

Extract from “Effort Free Life Newsletter”

published by [Lifetools](#)

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“Simon & Schuster published psychiatrist M. Scott Peck’s book, “The Road Less Travelled,” in 1978. Since then the book has sold over six million copies in North America alone, and has been translated into over 20 languages.

He opens the book with the quote highlighted below, which he adapted from the teachings of Buddha, (from the first of Buddha’s four noble truths – “Life is Suffering).

And he goes on to say: “To live means to suffer, because the human nature is not perfect and neither is the world we live in. During our lifetime, we inevitably have to endure physical suffering such as pain, sickness, injury, tiredness, old age, and eventually death; and we have to endure psychological suffering like sadness, fear, frustration, disappointment, and depression.”

So who am I to question such wisdom? Well, I’ve been around on this planet for some time now and I’ve done my fair share of struggling and suffering. And I would suggest, from my experience anyway, that the key idea from Scott Peck is contained in the quote below when he states that once we have accepted that life is difficult it no longer matters.

Now this is a profound statement because it suggests that it is our attitude to the difficulties of life that determine whether they actually are difficulties or not.

In contrast, author and Taoist, Stuart Wilde says “Life was never meant to be a struggle; just a gentle progression from one point to another, much like walking through a valley on a sunny day.”

I’m with Stuart on this one. And in saying this I’m not suggesting that in life there won’t be some difficulties from time to time. What I’m getting at is that struggle and effort are words that represent the emotional side of dealing with life’s problems.”