

# I Had to Say it podcast - Thought Exercises and How to Take Over the World

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This is another podcast from one of the many podcasts that I like to listen to. This one is from the I Had to Say It podcast.

## Thought Exercises and How to Take Over the World

Your mind is just like a muscle. If you don't exercise it, it will be weak and fail you when you really need it. Unfortunately this is way too common these days. People prioritize feelings over thought and are severely lacking in the ability to think critically or reasonably, and it shows. So that is what I talk about this episode.

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