

# Why Advice is Overrated | Rick Rubin & Dr. Andrew Huberman

<https://silosolo.com/938250>

## Summary

The video discusses the importance of not being attached to the past when making decisions, as what worked before may not be the best approach. It emphasizes that advice from others may not be applicable to one's unique situation. Finding what is right for oneself is challenging, and there may be better alternatives that have not been considered. The belief that the brain cannot change significantly after age 25 was proven false, highlighting the need to challenge established beliefs. The video also mentions how a small group of people in authority can hinder the acceptance of new ideas, causing wasted time and missed opportunities.

## Silo sample questions

- Why is it important to not be attached to the past?
- How does advice from others relate to this idea?
- What is the main message about finding what is right for oneself?
- What is the significance of the discovery of adult brain plasticity?
- How does the influence of a small group of people affect the acceptance of new ideas?

## Topics

Attachment to the past

Advice from others

Finding what's right for oneself

Adult brain plasticity

Influence of a small group

## Key Takeaways

- Being attached to the past can hinder good decision-making because what worked before may not work again or be the best way.
- Advice from others is based on their own experiences and may not apply to your own unique situation.
- It is difficult to determine what is right for oneself and there may be even better ways that are not being considered.
- The belief that the brain cannot change or learn significantly after age 25 was proven to be false, highlighting the importance of challenging established beliefs and being open to new ideas.
- A small group of people in positions of authority can suppress or hinder the acceptance of new ideas, leading to wasted time and missed opportunities for advancement.

[Click here for the full transcript](#)

[Click here for the source](#)