



The Brutal Truth

A Spinozan Compendium of Anti-Wisdom

Kutty Stauder

with Baruch Spinoza

"The free man thinks of nothing less than of death,
and his wisdom is a meditation on life, not on death."
— Ethics, Part IV, Proposition 67

Kontaus Research Group · August 2026



The Brutal Truth

A Spinozan Compendium of Anti-Wisdom

Compiled by Kutty Stauder

Philosophical Architecture by Baruch Spinoza

Kontaus Research Group

The Brutal Truth

A Spinozan Compendium of Anti-Wisdom

First Edition, August 2026

Compiled by Wadsworth. Philosophical architecture by Baruch Spinoza (1632–1677).

This work is offered freely. Reproduce, distribute, and share without restriction.

The only condition: do not soften it.

Kontaus Research Group

kuttystauder.com

Typeset in Georgia.

Printed in the United States of America.

CONTENTS

00 INTRODUCTION: THE COST OF SEEING CLEARLY

BOOK I FOUNDATIONS

01 CHAPTER 1: FREE WILL DOES NOT EXIST

02 CHAPTER 2: MIND AND BODY ARE ONE THING

03 CHAPTER 3: YOU ARE YOUR DESIRES, NOT YOUR REASONS

04 CHAPTER 4: MOTIVATION FOLLOWS ACTION

05 CHAPTER 5: ENVIRONMENT DEFEATS
WILLPOWER EVERY TIME

06 CHAPTER 6: SAYING NO IS THE MOST
UNDERUSED POWER MOVE

07 CHAPTER 7: VANITY IS DEPENDENCE ON THE
UNSTABLE IMAGINATION OF OTHERS

08 CHAPTER 8: COMPARISON IS VOLUNTARY
MISERY

09 CHAPTER 9: SOLITUDE IS A COMPETITIVE
ADVANTAGE

10 CHAPTER 10: MOST OF WHAT YOU BELIEVE
WAS IMPLANTED

100 CHAPTER 100: FITNESS AND APPEARANCE ARE
CAREER MULTIPLIERS

101 CHAPTER 101: MOST BUSINESS ADVICE IS
CONTEXT-DEPENDENT TO THE POINT OF
WORTHLESSNESS

102 CHAPTER 102: ASYMMETRIC UPSIDE IS THE
ONLY BET WORTH MAKING

103 CHAPTER 103: BEING EARLY IS
INDISTINGUISHABLE FROM BEING WRONG

104 CHAPTER 104: SALES SKILL IS THE MOST
UNDervalUED INCOME PREDICTOR

105 CHAPTER 105: MOST PEOPLE WHO "MADE IT"
DID SOMETHING QUESTIONABLE

106 CHAPTER 106: IF THIS IS A SIMULATION, THE
OPTIMAL STRATEGY IS TO BE INTERESTING

107 CHAPTER 107: REALITY MAY RESPOND TO
BELIEF

108 CHAPTER 108: CONSCIOUSNESS MAY AFFECT
PROBABILITY

109 CHAPTER 109: THE DEATHBED STRATEGY

11 CHAPTER 11: FORMAL EDUCATION IS
PRIMARILY COMPLIANCE TRAINING

110 CHAPTER 110: THE ADJACENT POSSIBLE

111 CHAPTER 111: THE MOST POWERFUL PEOPLE
APPEAR THE LEAST IMPRESSIVE

¹¹²CHAPTER 112: RUN CONCURRENT LIVES
INSTEAD OF SEQUENTIAL ONES

¹¹³CHAPTER 113: LEARNING SPEED IS THE ONLY
ASSET THAT APPRECIATES

¹¹⁴CHAPTER 114: THE PERSON WHO NEEDS
NOTHING HAS EVERYTHING

¹¹⁵CONCLUSION: THE FREE MAN'S MEDITATION

¹²CHAPTER 12: CAREER IS MOSTLY A
DISTRACTION FROM BUILDING POWER

¹³CHAPTER 13: WEALTH IS CONTROL OVER TIME
AND ATTENTION

¹⁴CHAPTER 14: LEVERAGE CRUSHES EFFORT

¹⁵CHAPTER 15: PRICE IS THE ONLY THING THAT
PAYS

¹⁶CHAPTER 16: RISK MANAGEMENT IS THE EDGE

¹⁷CHAPTER 17: FASTING IS A BIOLOGICAL
SUPERPOWER

¹⁸CHAPTER 18: MOST CHRONIC DISEASE IS
CAUSED BY THE MODERN FOOD
ENVIRONMENT

¹⁹CHAPTER 19: THE PURPOSE OF LIFE IS NOT
HAPPINESS

²⁰CHAPTER 20: DEATH IS NOT THE ENEMY

BOOK II THE UNCOMFORTABLE

²¹CHAPTER 21: GOOD AND EVIL DO NOT EXIST