

What happens if you just let other people do as they please?

Upcoming episode

Two words that became a bestseller. A walk through the ideas in Mel Robbins's *The Let Them Theory* – what "let them" and "let me" actually mean, where they come from, and where the limit lies for what you can release.

THE BOOK THIS EPISODE IS ABOUT

The Let Them Theory – Mel Robbins

2024

MAIN TOPICS

- The two sentences – let them, and let me
- Why the second half is the important one
- Adult friendship, and that closeness requires someone to take the initiative
- Comparison and envy as information
- Giving up on changing people who do not want to change
- What it should not be used for
- Where the idea comes from, and the discussion about its origin

QUESTIONS THIS EPISODE ANSWERS

- What is the let them theory?
- What does let me mean, and why does it matter more?
- How do you stop caring what other people think?
- What do you do when a friend stops getting in touch?
- When is it wrong to simply let people do as they please?
- Is there anything new in this book?

KEY POINTS

- "Let them" releases what you do not control. "Let me" says what you do instead.
- Without the second sentence the theory is passivity, not freedom.
- Adult friendships rarely die of conflict. They die because nobody calls.
- Envy is a poor feeling and an excellent indicator of what you want.
- Some situations should not be released. Safety and mistreatment are not among the things you "let".

SOURCES AND REFERENCES

- Mel Robbins – *The Let Them Theory* (2024)

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