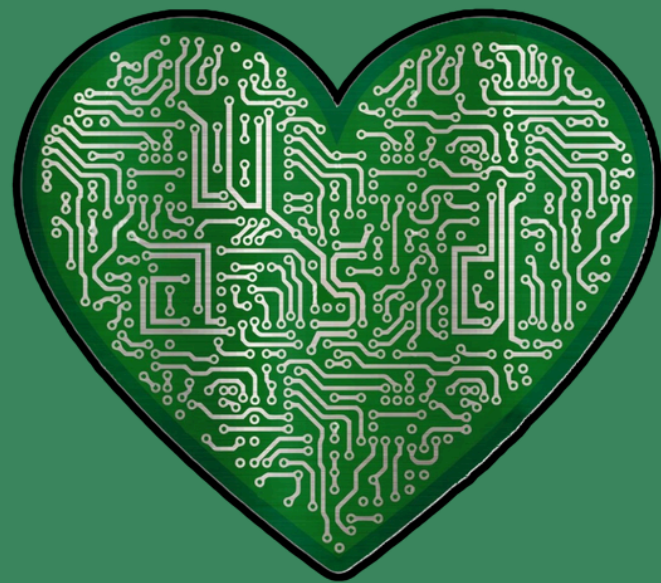# A Journey With Nimrod Vromen: Entrepreneur, Mentor, And Happiness Hunter

About Nimrod Vromen

With over 15 years of hands-on experience in the high-tech sector, he has been a guiding force for hundreds of startups, helping them navigate from inception through their entire life cycle. As the founder and CEO of Consiglieri and Ark Empowerment Ltd., and the co-founder of founderrunway.com and forposterity.ai. ,Vromen's influence extends globally, providing innovative consulting services and fostering a vibrant platform for entrepreneurs and investors.

In 'Prompting Happiness,' Vromen confronts the complexities of modern life and the challenges posed by an increasingly digital society. Drawing inspiration from visionaries like Elon Musk and icons like Michael Jordan, he explores the potential of AI in enhancing personal growth and happiness. Through practical advice, inspiring anecdotes, and a touch of humor, Vromen illustrates how embracing technology can lead to a more balanced and fulfilling life.

Ultimately, Vromen's story is one of resilience and self-discovery. By sharing his journey and the lessons learned, he offers readers a unique roadmap for navigating life's unpredictability and finding true happiness. His work stands as a testament to the power of embracing change and the strength found in personal evolution.

Quotes from Nimrod

"Prompting your own happiness starts with a pact that you make with yourself - one thing that I commit towards myself - and that is to not be lazy when going about it. Don't be lazy, and if you see that you're lazy, forgive yourself for a while, that's fine, but then monitor your laziness and look for hacks to snap out of it."
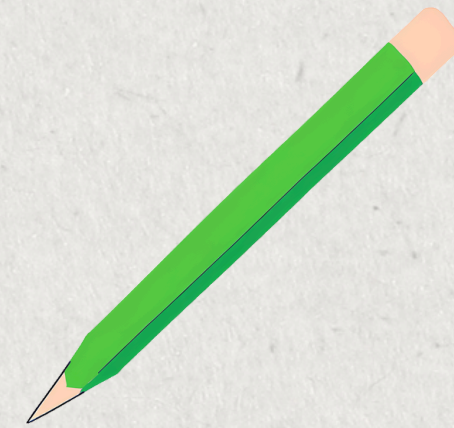
"Retaining a positive approach to life is one of the most important building blocks to happiness. The strength of our relationships are most correlated to our happiness according to a majority of studies on happiness, but relationships also depend on other people. The one element of happiness that depends on ourselves is our ability to retain a positive approach to life; and specifically, to stress test it in the face of adversity. I collect self-prompts to help me retain a positive approach to life all the time."

"Once you know that you're willing to thoroughly pursue your own happiness and that you won't be lazy in doing so, the next step is to acknowledge the following concept: we, humans, are a lot like AI, in the sense that we produce mediocre output in every field of our lives if we instruct ourselves clumsily and laconically; conversely, if we can provide ourselves with clear and detailed instructions (which I call self-prompts), we will produce incredible results."

"Assuming best intentions in others was always the self-prompt that helped me best retain a positive approach to life. This isn't easy. When external factors bring negativity to our lives, we tend to shift blame to people who aren't us, and we further like to assign them nefarious intentions. This may provide us some short term relief, but in the long run, I am happier because I know that almost nobody around me is hell bent on being the villain in my life."

Excerpt

"Writing this book has shown me that with AI the quality of the output is directly derived and correlated to the quality and thoroughness of the prompt. Serve up vague and laconic instructions, and you'll get a response as messy as a bowl of spaghetti. But provide clear and detailed direction, and voila! The result is pure Michelin-starred delight. Most importantly, when I engage AI in a deep and honest conversation about my goals and myself, the output achieves near perfection.

We humans engage ourselves in similar ways. We can and must prompt ourselves to happiness with the precision of a well-tuned orchestra. I'm so sure of this by now, that I fear that the alternative of the lackluster self prompting we so frequently are driven to by constraints of life, entails us eventually being punished for our laziness. Not treating ourselves with the meticulous level of care with which we will be expected to engage our newest technology, will ironically be what our G-d will see as the ultimate betrayal of her greatest gift to us: the gift of life. My original theory for happiness is a starting note in a symphony of contentment. I hope others can dance to its rhythm, too. After all, we deserve to be more than the 8-bit characters in the cosmic video game of life."

Press Coverage

The Gaudy Insight

AI and Prompts for Happiness (with Nimrod Vromen) E
The Gaudy: Insights

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In this episode, I talk to Nimrod Vromen- lawyer, thought leader, start-up consultant, podcast host, and author. We have a fascinating conversation about his life journey and his book entitled Prompting Happiness- a guide on using AI for happier living.

Trigger warning: During this interview, there is a discussion about the Gaza War, violence, and sexual abuse.

Long Shot Leaders

A captivating journey through his life, shaped by diverse experiences and his transition from corporate law to founding a tech company, Arc Empowerment, driven by his vision to revolutionize professional services with AI, Nimrod Vromen.

Long Shot Leaders with Michael Stein

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Spark the Genius

How to use AI to write a book, with Nimrod Vromen

March 7, 2024

I learn from Nimrod Vromen about how to use AI to write a book, and how to use a creative activity to help cope with a bad situation like war. (Recorded March 7, 2024)An Australian-Israeli thought leader and comedian, and a...

▶ 00:54:05   ↱ SHARE   🔖 SAVE   ✂ CLIP   ⋯

Speaking Engagements

Nimrod Vromen is passionate about sharing his insights on the power of AI, the startup ecosystem, and the pursuit of happiness. As a seasoned speaker, Nimrod captivates audiences with his engaging storytelling and practical advice. Drawing from his latest book, "Prompting Happiness," he delves into how technology can enhance personal growth and fulfillment. Whether discussing the wonders of AI or the journey to self-discovery, Nimrod inspires and empowers listeners to embrace change and lead more balanced, meaningful lives.