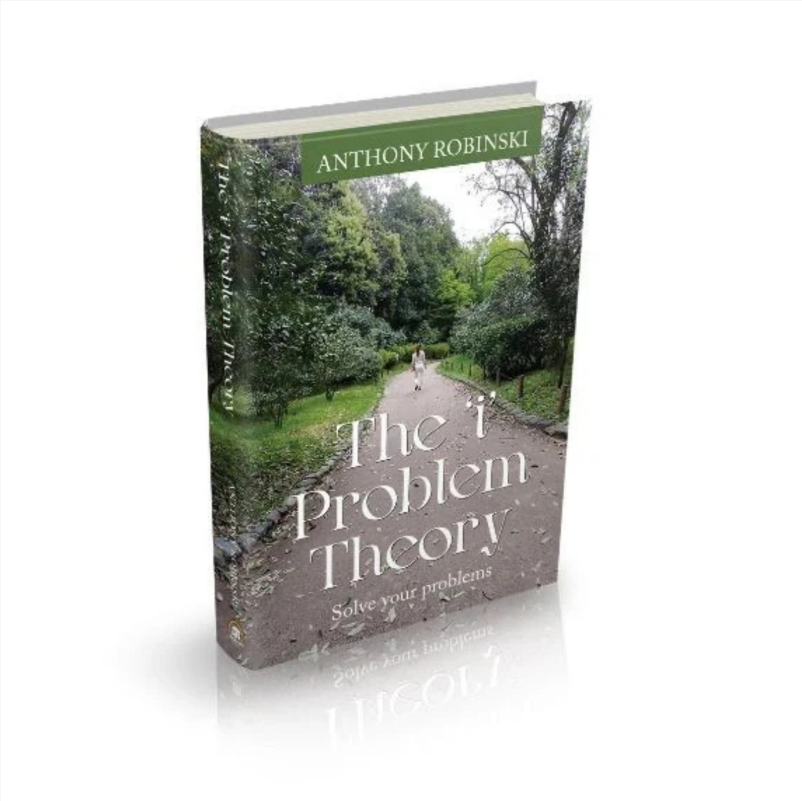
'The ‘i’ Problem Theory: Solve Your Problems' by Anthony Robinski Presents a Practical Equation for Personal Growth

A clear, structured framework that transforms obstacles into measurable progress through logic, discipline, and collaboration.



The ‘i’ Problem Theory: Solve your problems

CANTON, MA, UNITED STATES, February 26, 2026 /EINPresswire.com/ -- In a time when conflict and frustration often dominate conversations, The ‘i’ Problem Theory: Solve Your Problems by Anthony Robinski introduces a structured method for confronting challenges. Instead of abstract motivation or emotional appeals, Robinski outlines a mathematical equation designed to help individuals become greater than their problems.

The foundation of the book is the equation:
$X + i \times (n \times O) = Y$

Each variable represents a specific influence in a person’s life. “X” refers to inheritance: family background, environment, and circumstances beyond individual control. The lowercase “i” represents the individual: mindset, effort, discipline, and personal capability. “n” stands for information: knowledge that can be learned, researched, and applied. “O” represents others: the experience, support, and insight available through collaboration. Combined, these variables form “Y,” the total strength used to confront a problem.

> “The only guarantee in life is that which we do.”
> *excerpt from the book*

Robinski identifies three conditions. When the problem is greater than Y, it continues to affect the individual. When the problem equals Y, it has been clearly identified. When Problem + L (Life) is less than Y, the individual has surpassed the problem. The problem does not disappear; the individual develops beyond its impact. The framework shifts attention from blaming circumstances to increasing controllable inputs.

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One detailed example examines the decision to purchase a home. The emotional desire to buy property is placed against financial realities. By adjusting spending habits (i), researching lending requirements and mortgage guidelines (n), and consulting banks, lenders, and homeowners (O), the decision becomes measurable rather than impulsive. The equation separates emotion from analysis and provides clarity.

The structure applies across situations: financial decisions, career moves, personal development, and relationship conflicts. X may influence starting position, but it does not determine final outcomes. The most responsive variables are i and n. When combined with the leverage of O, they increase Y and reduce the power of the problem.

The book also includes guided worksheets that allow readers to define their own challenges and calculate their inputs. Readers identify what they currently have, what they can improve within themselves, what information they need, and who can assist them. The equation becomes a repeatable tool rather than a one-time concept.

Robinski presents a disciplined perspective: progress is not dependent on luck. Growth comes from deliberate action, expanded knowledge, and strategic collaboration. When individuals improve their own capacity, they reduce the likelihood of directing frustration outward.

The ‘i’ Problem Theory: Solve Your Problems presents a concise, structured method for approaching life’s complications with logic and accountability. The equation remains simple. The application requires commitment.

Purchase The ‘i’ Problem Theory: Solve Your Problems by Anthony Robinski via these links:

- Barnes & Noble: https://www.barnesandnoble.com/w/the-i-problem-theory-anthony-robinski/1149469940?ean=9798896764694

- Amazon: https://l1nk.dev/ILUbK

- ARPress - https://authorreputationpress.com/bookstore/the-i-problem-theory-solve-your-problems/

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