

**Self-Improvement Mania!**  
**A Collection of Super Success Articles to Get the  
Most Out of Your Life**

**By Michael Lee**

**Author, [How To Be A Red Hot Persuasion Wizard](#)**

**Co-Founder, <http://www.self-improvement-millionaires.com/>**

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## CHAPTER 1

### “THE WORLD’S GREATEST SELF-IMPROVEMENT SUPERHEROES AND THEIR SUCCESS SECRETS”

Have you ever realized that you have the power to get anything you want and be anything you want to be? If you're still clueless about your abilities, continue reading and learn about the success secrets of the world's greatest self-improvement superheroes.

In a land full of potentials, powerful superheroes live in happiness and fulfillment. But they're not just ordinary superheroes; they belong to the highest breeds of the self-improvement clan. They possess the superhuman ability to get anything they want. Let's meet them and discover their success secrets.

#### 1) ASSIGNMENTORS

These superheroes are able to acquire any quality or ability that they may desire. They even have the power to instill or "assign" qualities to others, hence contributing to the immense build-up of confidence and happiness.

##### *Success Secret:*

They use other names perceived to be superior. If they want to encourage someone to write better, they might say, "You're a great writer, Ernest Hemmingway. I believe you can always surpass your previous articles."

By assigning the name Ernest Hemmingway to the writer, they implant within him, in a subconscious manner, the writing prowess of Ernest. On the other hand, the writer will try his best to live up to everyone's expectations that he, indeed, possesses the ability of Mr. Hemmingway.

They also do the bizarre yet highly powerful practice of putting someone else's head into their heads, at least in their minds. If they want to be as intelligent as Einstein, they go to a quiet place where they can relax and concentrate. Then they imagine wearing Einstein's head over them. They absorb his aura; and surprisingly, they will begin to think, act, and feel like Einstein.

#### 2) GOAL MASTERS

Goal masters are positively mad scientists who meticulously prepare well-laid plans and goals that allow them to conquer their future.

##### *Success Secret:*

They write down their goals and break them into tiny bite-sized chunks. They know the importance of doing it step-by-step, little by little, to get to their destination. They have the power of flexibility (No, not the power of elasticity) - but the power to adjust to the circumstances, prepare new goals, and continue pursuing them bit-by-bit. They are master motivators with the discipline to stick to their objectives. They enjoy the journey in the attainment of their goals.

Goal masters know their limits. They know that if their goals are irrational, they'll get results that will further prevent them from attaining their objectives. For example, if they set a goal to make a million dollars in a month (unless they are one of those financial geniuses), their subconscious will command them to sacrifice sleep, ignore stress, work endlessly, etc. And when they actually do what their subconscious minds tell them, they'll fail, get frustrated, and give up, thinking that nothing works no matter how hard they try.

Therefore, goal masters set their goals to achievable mode. Their goals can be difficult to achieve, but they make sure they are possible to attain. Instead of the above scenario, they set something like earning \$20,000 a month. After they achieve that feat, they set a higher goal of say, \$40,000 a month. They know the value of patience and working systematically.

### **3) HOCUS FOCUS**

These magicians can tackle any task at lightning-fast speeds and with laser-like accuracy.

#### ***Success Secret:***

They focus their energies on one thing at a time, and give it all they got. All their attentions are concentrated on the particular task at hand. They are able to endure and withstand the outside distractions because they have developed the discipline, will power, and determination to continue pushing until their purpose has been accomplished.

### **4) TIME COMMANDERS**

These superheroes are able to make time submit to their will. They have the power to summon all the time in the world to do whatever they please.

#### ***Success Secret:***

They are extremely organized in everything that they do.

They put labels on bottles, place similar files on one folder, and prepare in advance a list of things they have to do for the next day.

They can also use their minds to organize things they have to remember. Studies have shown that people could only retain information that fit between 5 to 9 categories at a time. This is the 7+-2 rule of Neurolinguistic Programming.

Time commanders are aware of this rule; hence, they have devised a strategy known as "categorization." If they have many things to do, they group related stuffs together. They combine activities such as reading books, listening to educational tapes, and watching training videos into a category such as "Education." They group swimming, playing basketball, and paying fees for the gym in a category called "Fitness." They do this for all their other tasks.

Their greatest strategy is known as "delegation." They know the incomparable power of leverage. They delegate trivial and repetitive tasks to other people who can do them satisfactorily, so they can concentrate on becoming more productive with their most valued possession - Time.

## **5) VISUALIZERS**

The Visualizers can bring into reality anything that their powerful minds can conceive.

### ***Success Secret:***

Everyday, they keenly visualize what they want to become or what they want to achieve. They envisage the event so clearly, that they can actually feel and experience the happiness, excitement, and other strong emotions accompanied by their visualization.

The Universe interprets the pictures unleashed by their subconscious minds and transforms them to reality.

## **6) AFFIRMATIONARIES**

These superheroes use the power of words to get anything they like and be anything they want to be.

### ***Success Secret:***

They loudly chant the mantras of success (known as affirmations) everyday with passion and the belief that they are already getting and experiencing what they are chanting. They don't say, " I will be a great doctor" or whatever they want to be. They say, "I am the greatest doctor in the world." And they believe it with all their hearts; that's why they succeed.

## **7) ABUNDANCE ATTRACTORS**

They attract fortunes, luck, blessings, or the so-called good things in life.

***Success Secret:***

They cut off any negative thoughts or problems from their minds, and count their blessings. They thank God/the Universe/people around them for all the wonderful things they're receiving, have received, and will be receiving.

By doing this, they are acknowledging that they are indeed blessed and flowing with abundance. And by showing gratitude and giving thanks, they are befriending the Universe to give them more.

They give generously .If they want more money, they give money to those who need them more. If they want to have lots of friends, they become trusted friends to everyone they meet.

But they do not expect anything in return. They give because they want to and because it makes them happy, not because they have a hidden agenda in mind.

They also know how to receive gratefully, aside from being great givers.

If someone compliments them, they don't say, "No, I'm not that good." Instead, they say, "Thank you." By being grateful and appreciative to those who have given something to them, they are attracting more blessings and abundance into their lives.

## **8) ATTITUDE SHIFTERS**

They remain positive and composed despite all obstacles and challenges.

***Success Secret:***

They never allow any negative thought to enter their minds. Whenever something negative tries to evade their minds, they just quickly shift their thoughts to something positive.

*And the most powerful of them all...*

## **9) YOU!**

You have the combined powers of all of the above superheroes and can do anything!

***Success Secret:***

As long as you apply the success secrets above, you are invincible and unstoppable in anything that you do.

***About the Author:***

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## CHAPTER 2

### “THE SECRET TO ATTRACTING AN OVERFLOW OF ABUNDANCE, BLESSINGS, AND SUCCESS IN LIFE”

If you want to attract fortunes, luck, blessings, or the so called good things in life, then you've to follow 3 simple yet overlooked rules.

#### **1) Show Gratitude.**

My editor and friend named Jones (I call her JK because she aims to be the next JK Rowling), told me that she's itching to buy the Hypnotic Library Package, but she doesn't have a credit card. I told her she could use mine.

I bought her the package and told her we can share in its cost (my share is slightly bigger), and that I'll just offset her share from her salary.

What happened next is something unbelievable.

She cried tears of joy because she said she has never met anyone "as kind as me."

"Huh??!" I thought to myself, "It's no big deal."

At that time, she has just started editing for me, and said she can't believe I trusted her enough to buy a high ticket item for her, and that I even proposed to offset her share from her future salary.

I couldn't believe her either, because I have never met anyone who has shown such appreciation in exchange for a small favor I just did.

Appreciation. Gratitude. Giving thanks. You can attract good things in your life by temporarily cutting off any negative thoughts or problems from your mind, and start counting your blessings. Thank God/the Universe/people around you for all the wonderful things you've received.

By doing this, you are acknowledging that you are indeed blessed and flowing with abundance. And by showing gratitude

and giving thanks, you are befriending the Universe to give you more.

## **2) Give Unconditionally.**

I bet you've often heard that what you're giving will come back to you many times over. It's true.

If you want more money, give money to those who need them more. You want to have lots of friends, be a trusted friend to everyone you meet. It's a simple rule.

But the most important thing is not to expect anything in return. Don't give a gift to your boss with the expectation that he will give you a promotion. Give because you want to and because it makes you happy, not because you have a hidden agenda in mind.

## **3) Receive Gratefully.**

If someone says, "You're a genius for coming up with this idea," what is your response? Many people would say something like, "No, I'm not that good."

If your response is similar to the above everytime someone praises you, then you're blocking positive energy from entering your life. Instead, just say, "Thank you."

I know someone who has such a big pride that he never accepts any gift or help from others. I tried to give him something many times, but he refused to accept every single one of them.

Guess what his status in life now? He's lonely, friendless, and poor.

It's not bad to receive. In fact, it's a blessing that you deserve to have. And by being grateful and appreciative to the one who has given something to you, you are attracting more blessings and abundance into your life.

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persuasion techniques on how to tremendously enhance your relationships, boost your profits to the next level, and get anything you want...just like magic. Get a sample chapter and highly-stimulating "Get What You Want" advice at his site: <http://www.20daypersuasion.com> . He is also the Co-Founder of <http://www.self-improvement-millionaires.com> and is licensed as a Certified Public Accountant.

## CHAPTER 3

### “POWERFUL VISUALIZATION SECRETS”

One of the kindest persons I've ever met has shared with me some of her visualization secrets to get what you want in life. I want to share them with you too:

1. If you visualize, you have to be in the picture. Example, you visualize a car, its type, model, color, etc. BUT What you should be doing is to visualize yourself riding or driving the car of your dreams.

She said before, she used to visualize a silver suv; what happens is that she sees so many silver suvs passing by, without her in it!

2. It helps if you do visualization at a specific time and do it regularly. DON'T do it just once in a while, then easily give up.

3. Don't be shy in making a request from the universe. Don't think you can't ask for more if you have so many blessings already.

We are encouraged to dream big, and everything that we need is already within us.

4. You can also inject fun in doing visualizations. She says, "My seatmate sees herself jumping up and down while doing the task she is thinking of. Injecting an element of fun encourages you to do it repetitively."

5. Think pictures. She says, "I have been affirming that 'I am a friendly person' but I cannot picture it out in my mind. So I have to create an image that relates to that like I am smiling and shaking hands with a person I just met."

"Like if you say 'I am rich' you have to 'materialize' it. What does being rich mean to you? Is it seeing in the computer so many people ordering your products? Encashing checks? It should be an activity."

6. You have to really desire, believe, and accept. You desire the thing or activity with passion, you believe that it will

be yours (that this or something better will be given), and accept it.

Don't be afraid. Acceptance is being prepared for all the attachments and responsibilities that goes with what you asked for.

7. Visualization must be done repeatedly. Initially, you may doubt that it is impossible for you to get what you ask for. But as you do it repeatedly, you tend to "hypnotize" yourself and believe what you are saying. Repetition causes you to focus on your goal.

8. You can do it with your eyes open! You don't have to do meditations (like you need to hear gongs, go through the colors of the rainbow, or say "ommm") first to be able to go into the alpha state. You just need to be relaxed and just have the image in your mind.

Best Regards,  
Michael Lee

P.S. If after all efforts, visualizations have not produced your desired outcome, don't despair. There's still hope.

[Click Here to Find Out](#)

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## CHAPTER 4

### “7 DESTRUCTIVE HABITS OF INCOMPETENT PEOPLE”

WARNING! If you want to have a fantastic life, never engage yourself in these 7 deadly habits that incompetent people do.

NUMBER 1 - They Think, Say, & Do Negative Things.

Yup. They see problems in every opportunity.

They complain that the sun is too hot. They cursed the rain for ruining their plans for the day. They blame the wind for ruining their hair.

They think that everyone is against them. They see the problems but never the solutions.

Every little bit of difficulty is exaggerated to the point of tragedy. They regard failures as catastrophes. They become discouraged easily instead of learning from their mistakes.

They never seem to move forward because they're always afraid to come out of their comfort zones.

NUMBER 2 - They Act Before They Think.

They move based on instinct or impulse. If they see something they like, they buy at once without any second thought.

Then they see something better. They regret & curse for not able to take advantage of the bargain.

Then they spend & spend again until nothing's left. They don't think about the future. What they're after is the pleasure they will experience at present.

They don't think about the consequences. Those who engage in unsafe sex, criminality, and the like are included in this group.

NUMBER 3 - They Talk Much More Than They Listen

They want to be the star of the show. So they always engage in talks that would make them heroes, even to the point of lying.

Oftentimes they are not aware that what they're saying is not sensible anymore.

When other people advise them, they close their ears because they're too proud to admit their mistakes.

In their mind they're always correct. They reject suggestions because that will make them feel inferior.

#### NUMBER 4 - They Give Up Easily

Successful people treat failures as stepping stones to success.

Incompetent ones call it quits upon recognizing the first signs of failure.

At first, they may be excited to start an endeavor. But then they lose interest fairly quickly, especially when they encounter errors.

Then they go & search for a new one. Same story & same results. Incompetent people don't have the persistence to go on and fulfill their dreams.

#### NUMBER 5 - They Try to Bring Others Down To Their Level

Incompetent people envy other successful individuals. Instead of working hard to be like them, these incompetent ones spread rumors and try every dirty trick to bring them down.

They could've asked these successful ones nicely. But no, they're too proud. They don't want to ask advise. Moreover, they're too negative to accomplish anything.

#### NUMBER 6 - They Waste Their Time

They don't know what to do next. They may just be contented on eating, getting drunk, watching TV, or worse, staring at the blank wall with no thoughts whatsoever to improve their lives.

It's perfectly fine to enjoy once in a while. But time should be managed efficiently in order to succeed. There should be a proper balance between work & pleasure.

#### NUMBER 7 - They Take the Easy Way Out

If there are two roads to choose from, incompetent people would choose the wider road with less rewards than the narrower road with much better rewards at the end.

They don't want any suffering or hardship. They want a good life.

What these people don't know is that what you reap is what you sow. Efforts & action will not go unnoticed.

If only they would be willing to sacrifice a little, they would be much better off.

Successful people made it through trials & error. They never give up. They are willing to do everything necessary to achieve what they aspire for in life.

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## CHAPTER 5

### “CONTROL YOUR FEAR BEFORE IT CONTROLS YOU”

"Fear Factor" is one of my favorite TV shows. It highlights the courage of the participants to engage in the most fearsome and disgusting acts.

Most of the contestants are willing to sacrifice their dignity for the sake of the prize money. So what does that imply? It implies that with the proper mindset, determination, and will power, you can conquer your fear.

Everyone has some sort of fear. It may be brought about by any one or more of the following reasons.

- 1) by a traumatic past incident (like being bitten by a dog)
- 2) by the influence of other people
- 3) by their own negative way of thinking

But are you going to let fear take over your life? Will you remain a hostage of your fear forever?

You must take the necessary steps to overcome your fright. It's all in the mind.

Do you envy other people when you see them enjoying wild rides, and you're just stuck in a corner because you're too terrified to give it a try?

My suggestion is to face your fear head-on. Imagine yourself enjoying the experience instead of exaggerating the things that make you worry. (Unless of course you have health problems, then taking wild rides may not be a good idea).

Do you want to be a doctor but you're afraid that your intellect can't handle the pressure or you're worried about financial insecurity?

Well here's the good news. If you're really determined to achieve your deepest desires, a powerful force will enable you to reach them amidst every obstacle that comes in the way. I'm not kidding.

Someone or something will always be there to help you attain your goals. Just have faith in your abilities. You will power have the utmost capacity to accomplish anything with the proper mindset.

You could use visualization to help you in defeating any kind of fear.

Are you afraid of heights? Then imagine yourself being on top of a mountain, overseeing the magnificent sights. Enjoy and feel the moment. Take away all worries and anxieties.

Then just do it! Face it head on! Go to the top of a building and savor the great feeling of being able to face your fear.

This applies to whatever thing that triggers your fear factor. Just imagine being able to defeat it, then confront it with the definite belief that you have the capacity to do everything you want if you just put your mind to it.

Face the thing you fear the most and you'll never have to fear anything again in your life.

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## CHAPTER 6

### “LIVE YOUR LIFE TO THE FULLEST”

Do you sometimes feel that you're living a boring life? You just can't seem to find anything exciting.

You wake up in the morning, then do the same old rituals. You go to the office or to school. You meet the same people, do the same job, travel the same road, booooring. Next day, same story.

Do you want a change in your life? The solution is YOU! You're the master of your destiny. You decide if you want to have a change or not.

Take the situation of a high school graduate. He have 2 choices - to continue through college or earn money working as a clerk.

He's intimidated by the difficulties of studying, thesis, etc. He doesn't think he will pass the exams because he thinks he's below average. He doesn't like to take the risk of failing college and earning no money at present.

So he works as a clerk earning meager income. He's happy because he's earning money at such a young age while his friends are having a hard time.

But then his friends graduated and got high-paying jobs. He envies them. If only he have sacrificed a few years and faced all the challenges of college, then he could've had a better life. If only he had taken the risk!

There are also some people who want to improve their lives, but they're just too afraid to come out of their comfort zones and explore the endless opportunities out there.

Yes, there may be challenges and problems; but if you try your best to move forward, you'll get more out of life.

Explore and diversify. Take a different route to work, eat exotic foods you've never tasted, do something outrageous (not dangerous).

Life could be exciting. It's your choice. Are you

satisfied with your life right now? If not, then you need to do the things that you think will make your life complete and meaningful.

You've got only one life to live. Maximize every opportunity. Go out and do those things which will leave lasting memories in your mind. Live every day as if it's your last.

Seize every moment!

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## CHAPTER 7

### “ARE YOU THE MASTER OF YOUR DESTINY?”

How strong are you?

I'm not asking if you can carry 150 lbs. of weight. What I'm after is your strength of character. How resilient are you to hang on to your dreams amidst the raging forces of discouragement and criticisms?

There are far too many individuals who never get to experience the joy of attaining their desires because other people's influence has significantly (and sometimes negatively) affected their crucial decisions.

Are there instances in your life when other people said that you should not continue your plans because they're never gonna work? What did you do? Did you continue your endeavors or did you just follow their command?

If you always adhere to other's beliefs and opinions even though they are contrary to yours, you're just torturing yourself. It's like you don't have a mind of your own. You're like a shadow following the moves of someone else.

You may listen to other people's advices, but never let them control you. If their advices would contribute to your success and well being, then by all means follow them. But if they would hinder you and stray you away from what you really want in life, then you've got to make a stand and pursue your heart's aspirations.

Sure there would be criticisms. But if you always avoid them, then you will never be truly happy.

As one famous person said, "There is a sure way to avoid criticisms, be nothing and do nothing. This remedy never fails." True enough.

Take my case.

When I was in first year college, my dad wanted me to shift my course to Physical Therapy because it was in demand in the United States at that time. But I wanted to continue my

studies in Accountancy. I remained firm with my decision and after some negotiations they finally gave in.

Then there's my love life. Chinese tradition states that Chinese people marry their own kind. (No offense) But I fell madly in love with this Filipino girl. Despite all the criticisms, discouragement, and harsh words (pardon me), I defended my love for her. Right now we're going strong and my relatives have respected my decision.

You see, if I have given up easily in any of the two scenarios, I would've deprived myself of joy and contentment in my life.

Sometimes other people's words would cut like a knife. But never be disheartened. Listen to the voice inside of you. We will never be able to satisfy everybody because each of us is unique. We have our own distinct traits and values. Respect for each other's opinions should be upheld.

With that said, I would like to leave this final message that sums it all up. Follow your heart and happiness will follow.

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## CHAPTER 8

### “HOW TO USE THE PAST, PRESENT, AND FUTURE IN ATTAINING SUCCESS”

Did you know that your past, present, and future can affect directly or indirectly your outlook in life?

#### THE PAST

Have you ever done something that is so regrettable you couldn't forgive yourself? Have you ever made a mistake that up to the present time you're still blaming yourself? Are you still torturing yourself with the thought that only if you could've done it differently, you're living a much better life right now?

Good news for you! You don't have to keep this burden in your heart for as long as you live. Release it. Set yourself free.

If you keep bad memories, you're depriving yourself of good mental and emotional health. You're making yourself a prisoner of the past. This will adversely affect your capacity to act at the present moment. You will not be able to think clearly and you will lose your focus if you are still lingering in the shadows of your dark past.

No matter what you do, you couldn't reverse or otherwise change history. So let bygones be bygones. Why worry about something you have no control of?

Let go of the past, but keep the LESSONS. Whatever lesson you've learned will be of utmost importance to the fulfillment of your goals in the future. These lessons are your mentors that may sometimes teach you the hard way; but nevertheless, success comes to those who are willing to take the risk and pay the price for their actions.

And what about the successes you had in the past? How did you feel when you've accomplished something exceptional? It feels great isn't it?

Well then, use these past experiences in your present endeavors to encourage you and to motivate you. These memorable experiences will bring a positive aura of enthusiasm and will remind you that you have the power to achieve anything with the right attitude.

Recall these affirmative memories in everything that you do and you will see amazing results in all your undertakings.

## THE FUTURE

Now how can the future influence your success if it hasn't occurred yet?  
The answer is simple.

Your burning passion to attain your ideal life in the future will become the motivating factor that will prod and push you to take the essential steps at the present moment.

Conceive your future in the most vivid and comprehensive way possible. For instance, if you want to get rich, then take into consideration:

- 1) How much money you desire to make, when you intend to get them, and your action plan to have that exact amount by your target date;
- 2) The vision of your lifestyle when you've attained the money; like the people you are in contact with, the activities you are engaging in, the food you are eating, the places you are visiting... Well, you get the picture.

These are the guiding forces that will chart the right path to your intended destination. If you envision yourself as having attained them and focus all your efforts regardless of the impending obstacles ahead, then your inner power will release the right kind of energy that will enable you to do nearly anything in pursuit of your desired end.

## THE PRESENT

The present moment is the time to ACT. Ready or not, you must do some action now! Mistakes will be made, but you could always revise them.

Put procrastination aside. One delay or excuse will generate a chain reaction of more postponements and alibis that will never end. Before you knew it, open opportunities have already passed you by.

Never let fear get on your way. Some people are struck by the threats of failures, setbacks, or criticisms. What they don't realize is that majority of successful people had to pass through "the eye of the needle" in order to get where they are now.

Act intelligently. Use your past mistakes as guides to avoid future blunders. Let the vision of your ideal life in the future compel you to carry out your plans and catapult you to reach your deepest desires.

### ***About the Author:***

Michael Lee is the author of "How to be a Red Hot Persuasion

Wizard...in 20 Days or Less", an ebook that teaches powerful persuasion techniques on how to tremendously enhance your relationships, boost your profits to the next level, and get anything you want...just like magic. Get a sample chapter and highly-stimulating "Get What You Want" advice at his site: <http://www.20daypersuasion.com> . He is also the Co-Founder of <http://www.self-improvement-millionaires.com> and is licensed as a Certified Public Accountant.

## CHAPTER 9

### “4 POWERFUL WAYS TO FIRE UP YOUR MOTIVATION”

It's so difficult to go on when everything seems to fail, isn't it? Are there times in your life when you really want to call it "quits" because you just can't see any good results from all the hard work you've done?

Hold your horses!

Never ever think of giving up. Winners never quit and quitters never win. Take all negative words out of your mental dictionary and focus on the solutions with utmost conviction and patience. The battle is never lost until you've abandon your vision.

But what if you're really exhausted physically, mentally, and most of all emotionally? Here are some sources of motivation to prompt you in reaching the peak of accomplishment.

#### 1) The Overwhelming Feeling of Attaining your Desired End

How would you feel after accomplishing your mission? Of course you will feel ecstatic. You might be shedding tears of joy. Let this tremendous feeling sink in and encourage you to persist despite all odds.

When I was studying for the Board Exams, I used this technique to motivate me. I would envision the sweetness of folks calling me a CPA. It would command respect. People will look up to me as a higher level of authority. And I would have better chances of finding a good job. I absorbed all these great perceptions into my inner being in order to achieve my ultimate goal.

#### 2) The Reward System

How would you feel if you've entered a contest, but there are no prizes for the winners? It's not very encouraging, isn't it?

The same principles apply to your vision. Reward yourself after accomplishing a goal. Set a particular incentive for every objective.

Let's say if you've achieved a particular task, you'll treat yourself to your favorite restaurant. When you've finished

a bigger task, you'll go on a vacation.

Got the idea?

Just set something gratifying to indulge in after completing a certain undertaking.

### 3) The Powerful Force of Humanity

If you want to succeed, surround yourself with the right kind of people who will support and encourage you all the way.

Be with people who have the same beliefs and aspirations as yours. Positive aura is generated by this fusion of collective energy from people of "like minds."

On the contrary, being with people who oppose your ways of thinking may trigger a negative, yet very powerful, kind of motivation.

Has anyone ever said to you that "You'll never get anywhere" or "You're wasting your time with what you're doing?"

Didn't it make you furious and determined enough to prove to them how wrong they were? This is what I'm talking about.

When aggravated, you will do anything to make those who are against you swallow their words. But of course, your main focus should be on the accomplishment of your goal and not for the purpose of revenge. Never let your emotions toward others alter your main objective.

### 4) Take Care Of Your Health

Exercise regularly. Fill your brains with enough oxygen to allow you to do your daily tasks with more vigor and energy.

Take regular breaks if time allows. Having the will power to continue despite all hardships is extremely important, but you should still know your limits.

If you don't take enough rest, you will not be able to think clearly and you will not be able to do your tasks properly. In the process, you will just get more frustrated.

Take sufficient sleep and recharge yourself after a hard day's work. Never, ever ignore your health. I've learned my lesson when I sacrificed my health for the sake of success. I've worked very long hours everyday and just got minimal sleep. As a result, I became ill.

It's not worth it. Success won't matter if you don't have good health to enjoy it.

Fire up your motivation and live life to the fullest!

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## CHAPTER 10

### “THE HIDDEN SUPERPOWERS OF YOUR MIND”

The mind is an infinite wonder. It has the fantastic ability to transmute your desires into their physical counterparts. You can do anything that your mind can conceive, as long as you have the belief and will power to back it up.

Take the case of cancer patients who were given placebo pills. These are just plain pills that have no healing capabilities. So how did they get well?

The power came from their thoughts. They were told that these pills contain the highest amounts of cancer-fighting ingredients which can effectively cure them in a matter of days.

See how powerful your mind is?

They believed that their health will be restored. They have registered in their minds that these pills will cure them of their illnesses. In the process, the belief embedded within their subconscious came to reality.

So how can you use your mind to achieve your dreams? One of the most effective ways is to use the "as if" principle.

Act as if you are the person you want to be. Act as if you are already in possession of whatever you long to have.

So what do you want to be? You want to be a lawyer, doctor, athlete, or newscaster? Think, act, and feel like one. You'll be much closer to your goal if you're constantly intact with your objective. Be obsessed with your dream. It doesn't mean that if you want to be Superman you'll fly out the window. Not a good idea!

It's not enough that you act like one, but you have to actually ACT. Do what needs to be done. You might get so lost in your fantasy dreamworld that you've forgotten to take some action. Let your visions encourage and motivate you to actualize your purpose.

The problem with the people of the modern world is that they are too preoccupied with worries, anxieties, and negative emotions. As a result, they are adversely affecting their

state of health.

White lies have become prevalent nowadays in order to ease the burdens or to persuade others to do things that they thought are unattainable.

There was once a weightlifter who couldn't lift weights in excess of 300 lbs. So his coach devised a clever idea and told him that the barbell he has to carry weighs only 300 lbs. With all his might, the weightlifter managed to put it above his head. After he puts it down, the coach told him that he has just lifted 350 lbs. of weight! It's all in the mind!

A famous person once said, "Whenever you think you can or you can't, you're right."

If you think you are poor, then you are; unless you properly condition your thoughts to the positive mindset. I know it's hard to think rich if your environment is not conducive to such way of thinking. Use your imagination then! Visualize your house to be a mansion, your old car to be a limousine,... Well you get the picture.

There is absolutely no limit with what the mind can achieve. But you have to combine belief, will power, and action with positive thinking in order to arrive at your intended destination.

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## CHAPTER 11

### “BAD LUCK...OR BLESSING IN DISGUISE?”

There was a woman who was in such a hurry to go to the airport. She told the cab driver to step on it. She was so engrossed with her own thoughts that she was not aware they were going on a different route.

Suddenly, a man went inside the cab and took her handbag where she placed her visa, passport, and all her money for the trip.

The driver, who was in cahoots with the robber, left her in the middle of that dark street. She cursed the world for being so mean to her, and she kept on thinking how unlucky she was to be in that situation.

That very same night, she heard a shocking news. Tears flowed down her face. Flight 230 has crashed! It was the plane where she was supposed to board into. If she have not lost her precious belongings, she could have lost something far more important - her life!

Sometimes bad things really happen. We lost our money, failed our exams, or get rejected by others. There are times when nothing seems to go our way.

So what do we do about it? Are we going to be disappointed? The answer is a resounding "No!" We must take all these frustrations out of our chest and start all over again with the consistent faith that we will get what we deserved.

So what if you failed the exams? Maybe you'd be more successful and much happier in another field. You were rejected by your boyfriend/ girlfriend? There are plenty of others out there who are much better and who are much more deserving of your love and affection.

Don't waste your time and energy on things that can't be changed. Continuous worrying will only affect your health on the long run, and you'd be doing much more damage than what was previously done.

Set yourself free. Move onwards with the conviction of a winner.

What if we turn the tables around? What if you never ran out of good luck?

There was this man who won the lottery. He thought he was the luckiest person in the world. He became greedy and wasted all his money on everything he could get his hands on.

One day, he made it on the front page of the newspaper again. But this time, it was a different story. He was killed because of his riches.

If you attain good luck, never be too secure about it either. Pray for protection and guidance. Life is so unpredictable. You just won't know what will happen next.

Live one day at a time. Sometimes we subject ourselves to unnecessary mental and emotional torture. We ask ourselves, "What if I don't get this done in time?" or "What if my family leaves me and I've got no one else to turn to?"

Work at the present moment. Do what must be done at present and the future will turn out just fine. Believe me. And believe in yourself. As Captain Planet always says: "The power is yours!"

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## CHAPTER 12

### “USE YOUR TIME WISELY!”

When I was small, I have never considered the importance of time. I would just laze around, watch TV, lie in bed, and play video games. As I grew older, I thought about the things that I have achieved. To my surprise, I haven't accomplished a lot.

I resolved to myself that I will do things that will contribute to the benefit of mankind. I studied very hard and learned a lot of lessons from my experience. I lack self-confidence before, so I want to help other people overcome this predicament.

I became obsessed with self-improvement, so I started a newsletter. I'm also working on an ebook about persuasion as I'm writing this. I want to help anyone in need because it feels so good to solve other people's problems.

I urge you now to make the most use of your time. It may be joining a fundraising organization. You may also learn new skills or crafts. Create a goal and go for it!

Don't be a couch potato. Don't just sit around and be contented with the monotonous patterns of your daily activities.

Do something nice and give all your best to the fulfillment of a worthwhile endeavor. It will give you a very deep sense of happiness and satisfaction.

Some people complain that they don't have enough time to take action on their goals. They have to go to their 9 to 5 job, then when they go home they feel so tired all they can think about is watch TV, relax, and sleep.

I'm not saying that leisure is a no-no. In fact, everyone should take time out once in a while to recharge and revitalize their energy. The key is to have a balanced life. Set aside a fraction of your time to carry out your dreams and ambitions. Reserve some time to establish healthy relationships.

Ok, I hear you. You're saying that you really just can't budget your time?

Don't panic. Here are some time management tips.

1) If possible, do more than one thing at the same time.

Exercise while watching your favorite TV show. Listen to educational tapes while waiting for the bus.

Be forewarned! Never do this if it puts you at risk or in danger; for example, don't text while driving.

2) Don't do something later if it can be done concurrently with an activity at present.

If you're going to the market to buy some eggs, think of the other things that you have to purchase so that you don't have to return again.

If you have an appointment with the dentist today and you also have to go to the bank (which is near the dentist's clinic) at any day, schedule the two activities on the same day.

3) Be organized in everything that you do.

Put labels on bottles. Put similar files on one folder. Make a list of things you have to do for the day.

You can also use your mind to organize things you have to remember. Studies have shown that you could only retain information that fit between 5 to 9 categories at a time. This is the 7+-2 rule of Neurolinguistic Programming.

If you have many things to do, try to group related things together. You can combine activities such as reading books, listening to educational tapes, and watching training videos into a category such as "Education." Then you can group swimming, playing basketball, and paying fees for the gym in a category called "Fitness." Get the picture?

Time is one of our most valuable resources. Once lost, it can never be reclaimed. We must use time wisely for our development and advancement; so that when we are old, we can look back and recollect the pleasant memories and deeds that we have achieved. Time well spent is worth much more than gold.

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## CHAPTER 13

### “OUR WORST ENEMY”

Who do you consider as your worst enemy? The criminals roaming the dark streets? Your boss who's killing you mentally and emotionally with stress and harsh words? The people in office who are engaging in graft and corruption, instead of helping those in need?

We have many implications of who our enemies are; but we have one common foe who is the main cause of our failures and misfortunes, and we're not even aware of this opponent.

You may not want to admit it, but our worst enemy is ourselves.

Who do you blame when something goes wrong? You blame the people around you, the weather, maybe even God. But we are the ones who are in control of ourselves. We can change the outcome of our lives because we have the capacity to do that.

It is our fear, jealousy, greed, etc. that is ruining our lives. Some people who never managed to get out of poverty blame the government or their jobs. But they're too afraid to try out new ventures that may improve their lives. They half-heartedly go to work on their 9 to 5 job. Then when the day is done, they watch TV and go out aimlessly having fun without seriously thinking of what great opportunity the future has in store for them, if only they would try to do something different with their lives.

Fear has caused many to remain frigid and to never go out exploring the wonderful things this world has to offer. Lots of people would rather stay where they are in an unsatisfied state than to risk difficulties and obstacles for the sake of attaining their dreams.

If their lives are not getting any better, they have no else to blame but themselves.

Jealousy and envy has also caused some relationship problems. Some people immediately jump to conclusions without first analyzing the situation. They let their sudden emotions control their behaviors without even thinking of the consequences that may result.

If they're having problems with their relationships, they have no else to blame but themselves.

This goes to show that we decide what will happen to us. Of course, there are circumstances that are beyond our control, like natural calamities. But we can still utilize to our best advantage the things that we have control of.

For instance, you got rejected by your dream girl. Some people would just get drunk and feel miserable, thinking that it's the end of the world. Some will move onwards with their lives and find the best in what remains with them. See? It's really up to you. You decide if you want to have a good life or not.

You failed in your exams? So what? There's another opportunity. You can just sulk in sorrow or you can study harder to get a high score in the future. It's up to you.

There's no use crying over spilled milk. You don't have to get frustrated over your misfortunes. Concentrate on how you could get better in the future.

If we encounter problems, we can either succumb to it, or we can treat it as an opportunity to become stronger and to become better individuals. Winners would always treat their dilemmas as opportunities.

Oh yes. We can be our worst enemy, but we can also be our best friend. It's all up to you!

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## CHAPTER 14

### “7 INCREDIBLE LIFESAVING TIPS TO MANAGE YOUR ANGER”

Experiencing anger is extremely dangerous to your health. It causes your adrenaline and blood pressure to rise up at above normal levels. Moreover, you could end up hurting someone or doing something that you will regret later on.

Here are 7 fantastic tips to help you be the one in control of yourself, and not the hazardous madman called "Anger."

#### 1) Relax and visualize.

Calm yourself down. Take a deep breath. As you exhale, imagine all those bottled-up fury come out of your nose and mouth. Release it and be free. Repeat this step over and over until you feel peace inside.

Then visualize being in a place where you feel most happy, calm, and relaxed. It may be a place like a beach, garden, scenic locations, or anywhere else you might think of. Just imagine being there and inhaling the essence of your serene environment. By doing this, you will not find it hard to attain inner peace.

#### 2) Pour out your anger to safe outlets.

You had a big quarrel with your former friend. He betrayed your trust. You want vengeance and you're raving mad.

Hold it. Restrain yourself.

Try your best to get away from him as far as you can. You don't want to hurt anyone. Anger can possess your brain into doing something that you wouldn't dare do before.

How do you then release your anger if you can't restrict it anymore?

Buy a punching bag, then pour out all your rage in it. Punch it, kick it, strangle it. Imagine the punching bag is your enemy. When you're done, you will feel a sense of satisfaction. You may even punch and kick through thin air if you desire.

Another way to release it is "SHOUT!" Find a distant place where you can be alone - a place where no one can hear you. At the top

of your voice, yell out loud "Aaaaaaaarrrrrrrrgggggghhhhhh."  
You can choose any word you like as long as you release all those angry demons out of your chest.

### 3) Forgive and forget.

Nothing could ease your mental and emotional pains better than by forgiving someone that has hurt you in the past. It is very unhealthy to burden yourself with unnecessary torture brought about by unpleasant memories of other people's demeaning acts.

Moreover, if they have taken something important away from you, would it make sense to also sacrifice your health and lifestyle? Of course not.

### 4) Exercise.

Engaging in exercises increases your endorphins. Your angry mood could miraculously change to a happy one if you get involved in exercises that you enjoy doing.

### 5) Have a circle of "sponge" friends.

Do you feel relieved when you voice out all your problems to close friends and relatives? That's the power of voicing out your inner feelings.

Always have someone to talk to when you're down, when you're depressed, when you're mad, or in any other occasion when you feel you have to get the thorns out of your chest.

### 6) Listen to soothing music.

It calms your soul. A 20 minute session of listening to relaxing music while resting comfortably could soothe the upset spirit. Take deep breaths often.

### 7) Pray.

Deadly consequences arise when people could not hold back their fury. Ask for guidance that you will be able to control your temper. Prayers bring inner peace to those who ask for it.

There you have it - 7 essential rules to release yourself from the treacherous killer known as "Anger." Manage your anger, save your life.

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## CHAPTER 15

### “HOW TO CRITICIZE AND STILL BE NICE”

Have you ever encountered an experience when someone told you how fat you've become? Maybe your boss have commented on how bad your work turned out to be. Maybe you've heard from other folks how people view you as cold and unapproachable.

Hurts, doesn't it?

Believe it or not, some people can be so tactless that they are not even aware when they've hurt anyone's feelings. The receiving parties, especially the sensitive ones, would be offended by their remarks. This would result in conflicts and arguments.

You know you're doing them a big favor by saving them from shame or disappointment, but would they realize your good intentions instead of feeling hurt by your brutally frank comments or advices?

They might probably think you're too rude or impolite. But what can you do if you really need to assert an honest criticism, but you're afraid of hurting others' feelings?

Want to know the secret?

All you have to do is sandwich your negative comment between two positive remarks.

For example, your best friend Paul is going on his very first date. He's all excited and raring to go. Now Paul doesn't have any fashion sense. He's wearing a bland shirt and old jeans. You know all along how he hates to admit that he's wrong. So what will you do to save Paul from an embarrassing first date?

Would you say to him that the outfit he's wearing is repulsive? That would hurt his ego.

Well, you can first point out the things that you like in his overall appearance. Comment on his well-groomed hair. Tell him he looks cool when wearing his sunglasses. Ask him where he bought his perfume because it can certainly attract women

like bees to honey. Be sincere and honest.

Then, insert in a nice and suave manner your point of view and advice. You can tell him something like:

"Your shirt seems to be very comfortable to wear, Paul. Since this is your very first date, I think Sandra (his date) will be much more impressed if you would wear something like the outfit that you wore on my birthday. You look smashing when you put on clothes like that."

Afterwards, make another positive statement. You could say something like:

"You would definitely make a big impact on Sandra. She would fall heads over heels over your gorgeous appearance and cheerful personality. Have a great time on your date, Paul."

Do you think Paul would be offended by such pleasant comments? Not a chance. You have wittingly inserted a slightly negative feedback into a plethora of acceptable and ego-boosting remarks.

People love compliments. They believe they got the qualities. They want other people to intensify the great abilities that they believe to possess. People wanted to hear their greatness purported from someone else's mouth, and they would be very glad if other individuals would know about it.

So if you want to criticize anybody, remember to praise him first. It will leave a positive impression that you're a nice guy. Then say what you have to say, but in a smooth and non-offensive manner. Finalize with another positive reinforcement to establish a foundation of goodwill.

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## CHAPTER 16

### “5 SUPER EFFECTIVE TIPS TO KILL DEPRESSION”

Being lonely is a normal part of our everyday lives. We get sad when we fail in our exams, when we're rejected by the person we love, or when someone very close to us passes away. Depression, however, could be more fatal than just plain loneliness. It could render life-long consequences that could ruin your self-esteem, health, and well-being.

Here are some superb tips to conquer the melancholy mood and get the most bliss out of your daily activities.

#### 1) Get Enough Light and Sunshine.

Lack of exposure to sunlight is responsible for the secretion of the hormone melatonin, which could trigger a dispirited mood and a lethargic condition.

Melatonin is only produced in the dark. It lowers the body temperature and makes you feel sluggish. If you are always cooped up in your room (with the curtains closed), it would be difficult to restrain yourself from staying in bed.

This is the reason why many people are suffering from depression much more often in winter than in the other seasons. It's because the nights are longer.

If you can't afford to get some sunshine, you can always lighten up your room with brighter lights. Have lunch outside the office. Take frequent walks instead of driving your car over short distances.

#### 2) Get Busy. Get Inspired.

You'll be more likely to overcome any feeling of depression if you are too busy to notice it. Live a life full of inspired activities.

Do the things you love. If you're a little short on cash, you could engage in simple stuffs like taking a leisurely stroll in the park, playing

sports, reading books, or engaging in any activity that you have passion for and would love to pursue.

Set a goal - a meaningful purpose in life. No matter how difficult or discouraging life can be, remain firm and have an unshakable belief that you are capable of doing anything you desire. With this kind of positive attitude, you will attain a cheerful disposition to beat the blues.

### 3) Take a Break.

I mean it.

Listen to soothing music. Soak in a nice warm bath. Ask one of your close friends to massage you. Take a break from your stressful workload and spend the day just goofing around. In other words, have fun.

### 4) Eat Right and Stay Fit.

Avoid foods with lots of sugar, caffeine, or alcohol. Sugar and caffeine may give you a brief moment of energy, but they would later bring about anxiety, tension, and internal problems. Alcohol is a depressant. Many people would drink alcohol to "forget their problems." They're just aggravating their conditions in the process.

Exercising regularly is a vital depression buster because it allows your body to produce more endorphins than usual. Endorphins are sometimes called "the happy chemicals" because of their stress-reducing and happiness-inducing properties.

### 5) Get a Social Life.

No man is an island. Your circle of friends are there to give you moral support. Spending time and engaging in worthwhile activities with them could give you a very satisfying feeling. Nothing feels better than having group support.

Never underestimate the power of touch. Doesn't

it feel so good when someone pats you on the back and gives you words of encouragement during your most challenging times? Hug or embrace someone today. You'll never know when you have saved another life.

Get intimate. Establish close ties with your family and friends. The love and care expressed by others could tremendously boost your immune system and fend off illnesses. Best of all, you'll live a more secured and happy life.

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## CHAPTER 17

### “HOW TO OPTIMIZE THE AWESOME POWER OF THOUGHTS AND IMAGINATION”

Have you encountered a time when you were in a traffic jam and was running late for an important meeting? Did you stay calm and focused? Or did your mind wander into the dark side of the impending consequences that may occur.

If you're always picturing people getting mad at you and thinking of negative outcomes, then your body suffers as well. You may experience chest pains, anxiety disorders, indigestion, and other health problems. Why worry when you can't do anything about the situation? Moreover, you don't even know yet what will happen yet. Both good and bad things happen unexpectedly. Why bother to worry? It's just not worth it.

Your mind directly influences your body's capabilities and reactions; so if you always project negative thoughts and images in your mind, your body suffers as well. But if you always think of positive and enthusiastic stuffs, your body will react positively too.

The mind is an absolute powerhouse, a dream granter, and goal achiever, all rolled into one. But do you know how to optimize it for best performance?

Many times we've heard people say that "If you think you can or you can't, you're right."

That is so true. But do you know exactly how to use your thoughts in reaching what you desire to achieve?

They say affirmations work. Yes, they do. But the results might be minimal and might not turn out according to your expectations.

Do you want to know a method that is much more powerful? What I'm going to tell you is a technique that is so effective in itself; that if you combine it with affirmations, then you possess one of the deadliest combos of self-improvement.

Want to know the secret? Here it is.

Visualize images. It's as simple as that. Our mind

communicates with our body using images. You know that the thought of people getting angry with you can negatively affect your health. Otherwise, picturing yourself relaxing at your favorite vacation spot can ease some of your stress.

Take this exercise.

Imagine the juiciest whole piece of fried chicken right in front of you. You can smell its tempting aroma. You sliced it into pieces and heard the crispy crunching sound. Picture yourself taking a large bite and enjoying the gastronomic experience. Did that make your mouth water? Did that make you hungry?

Images are very powerful and can be used to improve your health, attain your goals, and achieve anything that you put your mind into.

For instance, you're a burn victim. You have a wound that is quite agonizing. Don't just say, "Hey, burn wound. Get out of my skin." Picture it in your mind getting smaller and smaller. Visualize it melting and vanishing into thin air.

You may imagine the wound itself healing miraculously, or you may designate any object of your choice to represent that wound. For example, you visualize a black stone as a symbol of your illness. Imagine that object shrinking and disintegrating slowly. As you're thinking of this, feel your wound and all negative forces simultaneously going along with the action of the black stone. Let them become smaller and smaller until they have ceased to exist.

So which technique is better - imagining the real thing or assigning a representational object to it? It all depends on you. Pick and apply the method that you are more comfortable with, the one that you are more inclined to think and visualize upon.

But it's not as easy as you think. Practice makes perfect. One way you can optimize the power of imagination is by becoming more observant and meticulous. If you're going to use a certain flower in your visualization, go to the park and become a keen observer of that flower. Touch it. Smell it. Feel its texture. The more senses involved, the more powerful your visualization will become.

Visualization can be a very powerful tool in getting what you want in life. Practice and apply it often. You'll be amazed at the results.

***About the Author:***

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## CHAPTER 18

### “HOW TO START, SURVIVE, AND FINISH YOUR JOURNEY TO SUPER SUCCESS”

"The more you hate, the more you love."

What an ironic statement. Whoever said those words must have been drunk. The bottom line is this: It is extremely difficult to like or love something that you despise.

But what can we do to solve this dilemma? What if you're trapped in an environment that you don't want to be involved in? What if you're sick and tired of your job that you feel like puking every time someone mentions your work?

Of course, you take inspired and motivated action to get out of your present rut and start living the life you've always dreamed of.

Guess what? It's not going to be easy. You will have to come out of your comfort zones to discover potentials and opportunities waiting for you. You have to conquer your fear and take calculated risks. You have to stay focused and persevere despite the difficulties you will encounter.

Success doesn't come easy. It takes heart and passion. It may also take some time before you can actually reap the fruits of your labor.

But how do you actually survive this stage? This is the moment when you're working extra hard to reach your goals. This is also the instance when you're enduring whatever adversity hits you.

For example, you're employed in a job that you hate. You know deep inside that you would not like to stay in the rat race throughout your life. So you decided to engage in a part-time business or to study night courses. Good move, my friend.

So far so good. A few days later, time started running out for you. Your family complains that you've never spoken a word to them in such a long time. You're getting crazy over your very hectic schedule. Soon

enough, your attitude changes negatively. You get mad and frustrated over the tiniest setbacks. You hate the world for all the misery it has brought upon you.

Stop right now!

That is not the way to go. You are attracting negative elements into your life. Yes, you have to work harder, dig deeper, and sacrifice more to attain your ambitions. But no, you don't have to hate the world and feel bad about your difficult situation. Remember the Law of Attraction. If you hate the world, the world hates you back.

So what do you have to do?

Learn to love your current situation. See all the positive sides of life. Be enthusiastic. Love your boss, your coworkers, your family, your friends, and even strangers that you meet on the streets. It may not be easy, but nothing is impossible with a strong will power. Just don't fall in love so much that you totally forget about your dreams.

Balance is the key. Dream and take some positive action to move you toward your goals. Take it one step at a time. But while you're slowly crawling into the long journey to success, be patient and be as enthusiastic as possible. Don't hurry up too much that you totally forget how to enjoy life.

One fine day, you will finally attain what you have always longed for. But when that day comes, don't spit back on the face of those who belittled you before.

Stay humble. Don't look down on others when you see that you are becoming more successful than they are. Help them. Inject your positive aura into their personalities. When you give, you will yield back equal or greater rewards.

Are you ready to begin the journey? Start it with the courage and desire to improve your life. Survive and go through it with persistence, enthusiasm, and positive thinking. Finish it with a resounding bang

of accomplishment and with the desire to help others succeed as well.

***About the Author:***

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## CHAPTER 19

### “HOW TO SAVE YOURSELF FROM NEGATIVE INFLUENCES”

Watching the news can be hazardous to your health.

It's a fact, especially when you're watching events related to terrorism, kidnapping, murder, accidents, or calamities. These incidents make you worry and will leave you feeling weak and insecure. Imagine the uncomfortable feeling of becoming a victim someday. This will have a negative effect on your outlook in life.

Your surroundings have a big impact on you. How can you think and grow rich if you're bombarded with messages that relates "how difficult life has become" or "how poor most of us has turned out to be?"

You can't change your environment, but you certainly can control your mind. This is where visualization comes into play. Use your imagination, just as you would when you're still a little child. Imagine your home as a palace, your simple meal as fine dining gourmet, and your nearby park as your favorite vacation spot. Just imagine. Unconsciously, your thoughts will transform the images into their physical components.

If the media can indirectly influence you just by reporting what's happening around, imagine what impact everyday people have on you. These are the people that you see and meet everyday. These are also the same people who are expressing their own views of what is right and what is wrong.

When we grow up in a negative environment, we tend to acquire the traits and characteristics of people around us.

Many gangsters have been brought up by folks who have either misguided them or have taught them the wrong things in life. Through the years, they have instilled within themselves the vices of people around them.

Here's another case.

Pick a nice person, throw him in a group of bad-mouthed individuals who incorporates swear words in their everyday

language. Sooner or later, you'll notice that nice person speaking in the same manner as the group.

This just goes to say that anyone who joins in the company of a like-minded group will have a big chance of being influenced by the personality of that group. So what can you do if you're surrounded by people who deviates from your way of thinking?

You can't just avoid them. They'll think of you as a snob. Don't change the way you treat them, but simply learn how to shield out pessimistic comments or suggestions.

Sometimes, they will dictate you to do what you are against to do. Be firm with what you believe in. Do not let them affect your decisions. You know that you can do what they thought would be impossible. If you have to suffer the ridicule, so be it. You will have the last laugh anyway.

Moreover, you should be with people who have the same principles and ideologies as you do. You will be more encouraged to continue your dreams if you have a support group or mentor who will prod you to pursue your goals despite the setbacks.

When I was starting my internet endeavors, no one (and I mean not even one) of my relatives and friends believed me. But I did not let their discouragement stop me from becoming successful.

I remained firm in my quest to make a living online. I made friends with respected internet marketers who shared the same vision as mine. They have also experienced the same treatment from non-believers; but they have proven that what the mind can conceive, it can achieve. Through their help, I was able to put aside my doubts and achieve my goals.

You have the power to make your dreams a reality. Now show the world what stuff you are made of.

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## CHAPTER 20

### “SUREFIRE WAYS TO ATTAIN MONEymAKING SUCCESS”

You have probably heard other people say that "Money isn't everything" or "Money can't buy happiness." They may be right in some aspects; but it's not just about the money.

It's about having an ideal lifestyle - being able to have control over your time and schedule, having no one ordering you around, not having to look at the price tags every time you go out shopping, and just enjoying the freedom that you truly deserve.

But why do many people fail to achieve financial freedom? Through experience, I have observed that they have limited belief.

That's the problem with most people. They have set up a boundary in their minds. This barrier stops any possibility of surpassing the current limits of their belief.

For example, many people would think that their boring day job is all that they're good enough for. They do not like to think outside the box. They do not grab opportunities that are theirs for the taking. Fears and doubts have been causing them to miss these golden chances of a lifetime.

There are plenty of opportunities out there. They may enroll in night classes, do some research on how to make more money, or start an internet business.

When I was just starting my online endeavors, all my friends and relatives (with the exception of my internet marketing friends, of course) would discourage me in entering this venture. They would repeatedly inform me that I'm wasting my time and nothing good would come out of it.

Had I listened to them, I would not have achieved online success. If they have succeeded in implanting their own restricted beliefs into my mind, I never would have tasted the joy of being an infopreneur.

No offense to them. I respect their decisions. Everyone has the right to voice out their opinions, but no one has the right to force others in accepting their belief. Thank goodness my internet marketing pals have encouraged and supported me all the way.

Believe that you have the capacity and power to attain moneymaking success, and you're halfway there.

Plan everything. Make a list of things that would allow you to save money. Cut back on using your credit card, pay your bills on time, make wise investment decisions, and try your best to start in some sort of business (no matter how small).

More importantly, action should be taken. It's not enough to just believe. You have to make a move. Does making mistakes frighten you? Don't be. The more mistakes you make, the closer you will get to success.

Sacrifice. Instead of watching TV or going shopping, invest more time on those activities that would propel you in reaching your financial goals.

Many people would repeatedly complain that they're sick and tired of their lives, but do they really deserve a better life? The harder you work, the more chances that success will hit you.

Never, ever give up. Quitting is not an option. You must keep on pounding and pounding until you have achieved your mission.

Money may not be everything, but living your life the way you want it to be is.

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## CHAPTER 21

### “MISCOMMUNICATION – ROOT CAUSE OF PROBLEMS?”

People of two opposing ideas can stir up arguments and fights. It's that situation when one thinks he has the right concept while the other one also believes he has the proper notion. Both of them would try to outsmart each other until one claims victory.

Here's an actual example.

My girlfriend Riza would sometimes buy me signature clothing. When my Mom found out how much it costs, she would advise us to budget our money and just buy the affordable ones.

A problem occurs when Riza thinks that her effort to give me the best was unappreciated. Mom, on the other hand, would think that Riza is such a spender.

There's a conflict with their beliefs. No two people are exactly alike. We are totally unique; not only physically, but mentally and emotionally as well.

There will be many times when your opinion will not correspond with that of another. So how can people prevent this kind of conflict from occurring?

Communication is the key to overcome doubts and misunderstandings.

You should let other people know what's in your mind. Don't keep them guessing.

There was a story about two couples who were filing a divorce. After the lawyer have spoken to them both, he found out that the root cause of all their problems was due to miscommunication.

Here's one of the couple's problems.

The man filing the divorce said that he just hated the breakfast meal that his wife often prepared for him. On the other hand, the wife said that she's only preparing the meal because she thought it was her husband's favorite. But she never liked cooking it because it's very difficult to prepare.

See? If only one of them took the initiative to speak out what's in his or her mind, then that particular dilemma would be over.

Now why would people prefer to keep their complaints and criticisms to themselves? What's holding them back?

It's because they do not want to be rejected. Most, people, if not all, would like to be accepted and to be perceived as likeable in the eyes of others.

So can you get your message across without hurting their feelings?

Substitute negative statements with positive ones.

Instead of saying "You don't understand," say "Let me explain." Instead of remarking "You're wrong," say "Permit me to clarify." Instead of stating "You failed to say," just mention "Perhaps this was not stated."

There are certain words that affect a person more negatively in comparison with other words that have the same meaning.

Nothing could be more pleasing to the ear than hearing someone else say that you are right. In this case, be prepared to let other people know that you respect their opinions. You may add your comments at the end, but acknowledge them first.

Say:

You're right, although ...

Great suggestion, however ...

I agree with your opinion, however ...

I would feel the same way if I were you, although ...

I understand your situation, however ...

Reassure your counterparts that the decision made will benefit both parties. People need to feel that they have made the right choice.

Communication is a gift. Use it wisely for everyone's advantage.

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## CHAPTER 22

### “THE TRUE AND MAGNIFICENT POWER OF GIVING”

You've probably heard of the popular saying "It's better to give than to receive." But do you actually know what hidden power lies within this magnanimous act known as "giving?"

When you give something from your heart without expecting anything in return, you release a powerful force that will trigger your good deed to "bounce" back to you in amazing, and sometimes unusual ways.

I firmly believe that whatever you impart to others will come back to you a hundred fold. You are doing yourself a big favor by helping someone in need. By doing even the smallest acts of generosity, you are inviting good vibrations to come into your life.

You would be earning the respect and love of your recipients. You know that you will always have a loyal group of friends who would help, protect, and do anything for you just because they feel that they have to repay you in any way they can. Most people would have the urge or drive to reciprocate any act of kindness you've shown them.

However, this does not mean that you must expect them to repay you. Give without any expectation of rewards. Don't do it just because you have an ulterior motive. Give unconditionally. Give because you are happy doing it. The universe will get back to you in its own special way.

Speaking of happiness, the act of giving can summon the spirit of joy to come into your heart. How would you feel when you've given something to your less fortunate neighbors? Let me tell you that nothing could brighten up my day more than hearing them express their most heartfelt gratitude and seeing their smiles extend from ear to ear.

Giving is also a healthy habit. It could prolong your life by instilling within you an inner sense of peace and accomplishment.

Just like all things in life, giving has its limitations. Being too generous can have its toll. Your kindness might be taken advantage of and people might abuse your good intentions.

Beware of individuals who are continuously seeking your aid. It's better to teach them how to solve their problems than to always attend to their needs.

As one saying goes ...

"Give them some fish and you'll feed them for a day. Teach them how to fish and you'll feed them for a lifetime."

Lastly, here's what I consider the most important rule about giving. Keep your good deeds to yourself. Don't announce to the whole world that you've donated \$100,000 to your favorite charity or that you've helped save a child from a life-threatening disease.

If you really desire to give, do it secretly and in private. Some people would write "anonymous" rather than their own names when they've made a contribution. The universe smiles upon these individuals, and they will get their just rewards in due time.

Now that you know how wonderful it is to give, would you go out to the world and share your blessings?

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## CHAPTER 23

### “4 AMAZING TIPS TO SUCCESSFULLY PERSUADE ANYONE”

Having excellent persuasion skills is one of the most important abilities to possess in today's fast-paced world. We need the support and cooperation of other people to help us in reaching our goals. The saying "No man is an island" is an undeniable truth.

Here are some hot tips to effectively influence and persuade anyone you desire.

#### 1) Enter their world.

You must understand the situation according to their point of view. Set aside your personal interests and concentrate on them.

Just pretend that if you are them, what would you do? What would be your opinion? Then take the appropriate action that would be beneficial to them.

Copy them. Observe how they act, how they speak, and how they think. If they rub their forehead while they think, act like them. If they speak at a clear and slow pace, try to do the same thing. This is called mirroring.

In due time, the people you're mirroring will subconsciously feel more comfortable with you. It's as if they see themselves in you.

However, you must proceed with caution. Do not let them be aware that you are copying them. They might interpret it as mockery and you'll just get into trouble.

#### 2) Be Friendly and Nice.

Smile to brighten up the day. Make a sincere compliment to raise their spirits. Little things like these count a lot.

Make them feel that whenever they need help or just someone to look up to, you'll always be there to lend a hand. They would tend to be more receptive to people that they trust.

If you want to ask your boss a favor, do everything you can to please him. Overdeliver and exceed his expectations. Soon, he will notice your efforts and will be more than glad to grant your request.

3) Provide them with compelling evidence.

Explain to them how your ideas or suggestions could be the most effective techniques to implement. Show them undeniable proof that you have the best product by way of testimonials, before and after scenarios, and detailed comparisons against your competitors. Just make sure that all your claims are true and verifiable. Always maintain a good reputation.

4) Meet their existing needs and desires.

People are self-centered. They are initially concerned with their own well-being before others. If you can prove that your proposal will provide more advantageous benefits to them than to your own, then they will probably accept it.

If you could focus more on their interests, desires, needs, and expectations, then you would satisfy their cravings for attention. Moreover, it would show that you really care about them. Mutual trust and respect would be established.

This is the most important thing to remember when persuading anyone. No matter how close you are to becoming like them or how overwhelming your evidence is, if it does not satisfy the "What's In It For Me?" test, your persuasion efforts will not produce satisfactory results. Always bear in mind how they will benefit from your actions.

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## CHAPTER 24

### “THE ART OF ADAPTING TO CHANGE”

One of the main reasons that may hinder us from reaching our innermost goals and desires is our inability to be flexible.

This fact may be hard to swallow, but it's true. We do everything we can to eliminate any type of suffering in our lives, yet challenges and pressures can bring out the best in us.

If you have been burdened by mistakes in the past, learn from them, forget about them, and move on. Some people tend to focus on how bad their lives have been due to these mistakes. As a result, they remained stuck in their miserable lives.

Treat your mistakes as lessons, and apply them as learning references in your future endeavors.

So what if you invested in a business and you lose a ton of money? In this situation, some people would remain deeply discouraged for a long time that their personal lives are being affected negatively. They can't eat well and they just stare at the ceiling all night long, thinking how this bad incident happened. Furthermore, they would probably vow not to venture into new opportunities again.

You don't have to be like them. If you're afraid to fail, then you risk all your chances to achieve your goals in life. Try again; but this time, be more careful and use your past mistakes as guide maps.

Look at it this way. If you try, at least you get a 50% chance of getting what you want. But if you did not try at all, you have absolutely no chance of attaining your desires in life. It's a no-brainer.

But when you try, make sure you follow through. I've met so many people who have accepted my proposal to write reports for me, but most of them would stop right in the middle of their work and quit. They have the drive to start, but they lack the motivation to go through all the difficulties. Yes, this is another fact of life. Those who persist may have some hell of a time at present, but

they shall have the last laugh.

Let's fast forward into the future. Let's say you did try, you followed through, and you succeeded. Congratulations. So you became wealthy by reaping the fruits of your labor. This does not mean you'll stay in that situation for good. Problems may rise again, so always be ready to adjust to the current situation. The only thing permanent in this world is change.

If you need to sacrifice something for a better cause, then do it. If you have to miss your favorite show on TV or if you have to deny your friends' invitation to go out on a Saturday night so that you can devote more time to those activities that will lead you closer to your goals, so be it.

You may encounter difficulties. You may receive criticisms. You may even be regarded as being "different" or "strange" by other people. Don't let them discourage you. Just keep on striving, and success will be yours for the taking.

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## CHAPTER 25

### “BUILDING SOLID RELATIONSHIPS USING THE POWER OF WORDS”

We may not be aware of it; but the words we utter daily may have different interpretations, even if you think that they mean the same thing.

Here's an example.

Would you rather have someone tell you that you are "slim," or would you like to hear that you are "thin?" Being slim has a slightly positive effect because it is attributed to health and fitness.

Rather than saying you have failed, just mention that you have not yet achieved success. Get the picture? Always try to speak words in the most positive manner you can think of.

Here's another important advice.

Never compare the negative qualities of one person with another.

A former boss of mine has this to say to me when I made an error in my previous day job, "James (not real name) is doing a much better job than you are. He's not committing any mistake like you do."

That crushed my heart. My boss thought this would motivate me to do better. Nope, it just hurt my feelings and lowered my self-esteem. Of course, I would never make the same mistake again after her harsh scolding. I've learned my lesson well. But she could have said it nicely.

Experiences arising from discouragement and condemnation will have a negative effect on the recipient.

Some parents might believe that instilling fear on their children would improve their performance. They would say, "You're always failing. Why can't you be like your brother? You're such a disgrace to this family."

Now that's not the proper way to do it. They should inspire,

encourage, and motivate their children; not belittle them even further.

They should tell their children that they have the capacity to achieve great things, if they would only put a little more effort. Teach them values that would make them feel important and loved.

You may even go as far as giving them qualities that they do not yet possess. By giving them confidence and by making them believe that they have such characteristics, they will eventually acquire such traits. Tell them how bright you think they are, and you will soon be surprised at the results. They will significantly improve if you firmly made them believe that they have the capacity to do so.

So if you ever wanted to persuade or encourage someone to do better, make sure that he or she is motivated out of inspiration, and not out of fear. Give advice that cares, and not offensive words borne out of hatred or anger.

Think first before you speak. Many relationships have been ruined by the wrong choice of words. Some people voice out anything that comes to their mind, without first filtering the good words from the bad ones. This might result in misunderstandings and arguments, which could have easily been prevented if we speak out in a way that is neutral and non-offensive.

Words are very powerful indeed. Use them responsibly for the benefit of all.

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## CHAPTER 26

### “HELPFUL TIPS TO OVERCOME PROCRASTINATION”

Many among us, on many instances, have the habit of putting aside to a later time or day some things that needs to be done or acted upon like a project, work, job, or duty. For purposes of discussion, we will confine ourselves to procrastination on repair works typically at home. It equates to other circumstances as well.

Procrastination is one habit that is hard to beat. We procrastinate for various reasons:

1. When we think that the work that needs to be done can afford to wait or be delayed.
2. When we are busy with something else we think is more important.
3. When we do not like the work involved or when it is difficult to do.
4. When we are not sure if the work that needs to be done will be effective.
5. When the things needed in the work are not yet available or incomplete.
6. When we forget about it.

And many other reasons like laziness or a combination of the above.

Hard to beat as it is, we stand to gain more and virtually loose nothing if we overturn this habit.

Check out these helpful tips:

1. When we think that a work can afford to be delayed, it can also afford not to be delayed. By having the work done without further delay, we feel a sigh of relief making the load of work on our back lesser or lighter, which eventually makes us feel better.

2. After being busy with something more important and you have time to spare, this spare time can be used to attend to the things on the pending list.
3. Delaying work that is difficult makes the work even more difficult. A leak on the roof may not be harmful if it doesn't rain; but once it rains, water goes into the house resulting in wet floors and carpets and eventually, the extent of damage could be more than can be imagined.
4. When we are not sure if work that needs to be done will be effective, we must seek advice from people who are more knowledgeable on this field. Procrastinating won't help.
5. Delayed work due to incomplete materials will remain delayed unless we fill in the incomplete items. Again, procrastinating won't help.
6. Make a list of all pending work in the house and post it on the refrigerator door to constantly remind us about them.

Bottom line is:

We may feel lazy at times and tend to delay some work that needs our attention. It's understandable that 'starting' to get a job done is the most difficult part, but once you have started, half of the job is already done and the second half will be easy.

Every time you feel like procrastinating, picture yourself as the job that needs to be done - like a prisoner wherein justice being delayed results to justice being denied.

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## CHAPTER 27

### “4 BRILLIANT TIPS TO SPEED READ FASTER THAN EVER”

Many people, particularly students, would love to be able to absorb information faster. But before retaining information, they have to go through the first stage of learning, which is reading.

For many individuals who are pressed for time, speed reading has become a necessity. However, it's not just the reading part that is important. Equally essential is for the reader to fully understand the words coming out from the book or paper.

Here are some great tips to read and comprehend faster.

#### 1) Relax.

If you're in the stressed mode, it would be much more difficult to concentrate; hence, it would just be a lot harder for the information to sink in.

#### 2) Know what you want.

Focus on the areas that you really need to learn. Some people read all parts of a book, when all they need to know is a specific chapter.

Know your priority. If you need to find out about a certain subject, go to the Table of Contents and search for the heading that best suits your need. If you need to learn more, then adjust accordingly. The important thing is to weed out the stuffs that you don't currently need.

#### 3) Get rid of the structure words.

Did you know that around 60% of the words we read are structure words? Examples are the words "the, or, and." They are essential in the structure of the sentences; but when you ignore them, they basically mean the same thing. They only serve to beautify, yet you can understand what you are reading even without them. Try not to focus too much attention on structure words.

4) Practice, practice, practice.

When I started exercising with weights, I can only lift the lighter ones. As the time goes by, I slowly add more and more weights as my body tends to adjust and become more comfortable carrying heavier ones.

The same concept goes for speed reading. Set a goal. Figure out how fast you can read, then create a plan to increase your ability.

If you can read 200 words per minute, set a goal to read 250 words a minute. After accomplishing this feat, set a goal to read 300 words per minute.

This takes time and practice, but the effort is all worth it. If this is your first time to set such a goal, read first those materials you are familiar with.

Carry on with more difficult ones as you progress. This way, you're not overwhelming yourself with understanding different new words and at the same time developing your speed reading skills.

***About the Author:***

Michael Lee is the author of "How to be a Red Hot Persuasion Wizard...in 20 Days or Less", an ebook that teaches powerful persuasion techniques on how to tremendously enhance your relationships, boost your profits to the next level, and get anything you want...just like magic. Get a sample chapter and highly-stimulating "Get What You Want" advice at his site: <http://www.20daypersuasion.com> . He is also the Co-Founder of <http://www.self-improvement-millionaires.com> and is licensed as a Certified Public Accountant.

## CHAPTER 28

### “INSOMNIA: HOW TO END THE FRUSTRATION”

Insomnia is a common sleep sickness that has bothered many people around the world. But the consequences brought about by this disorder may not be as ordinary as it may seem. It can be downright punishing.

You know the frustration of looking repeatedly at your clock while endlessly moving around in your bed. It's mental and emotional agony to say the least. The tension builds up to its peak when you see the sunrise, and you have to go to the office lacking so much energy after spending a sleepless night.

You don't have to suffer anymore. Here are some tips to help you snooze faster than you could ever expect.

1) Wake up and go to bed at the same time everyday, even during the weekends. Some insomniacs tend to sleep at any time of the day to catch up on some sleep they lose during the night. Now this is the biggest mistake you can make. It ruins your body clock and will only worsen your insomnia. If you can't sleep one night, get up the usual time the next morning. You'll be sleeping soundly like a baby the next night.

2) Don't eat within 4 hours before you go to bed. If in case you went hungry, try some crackers or light snack. But don't indulge in an "eat-all-you-can" feast right before bedtime. Your food won't be digested well, resulting in poor and uncomfortable sleep.

3) Don't drink caffeine or alcohol. Caffeine can obstruct your ability to sleep. Alcohol can make you drowsy, but it can wake you up in the middle of the night and bring you side effects that will hinder a continuous sleep process.

4) Relax and stay fit. Avoid having a stressful lifestyle. Exercise daily to release tension. Engage in breathing exercises to relax your body. Most important of all, don't carry your problems or emotional baggage to sleep with you. Forget about it

for the mean time. You can go back and solve your dilemma better the next day after a restful sleep.

5) Never force yourself to sleep. Trying your best to sleep requires some work. You don't want to work when you want to doze off. Sleep comes best if you are in a relaxed and comfortable state. Just lie down, relax, and let the sleeping fairy cast its spell upon you.

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