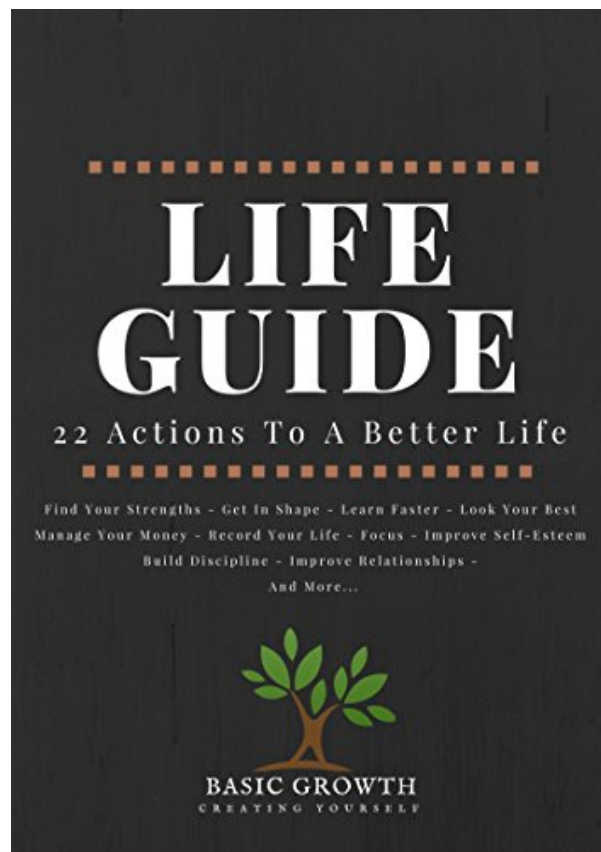
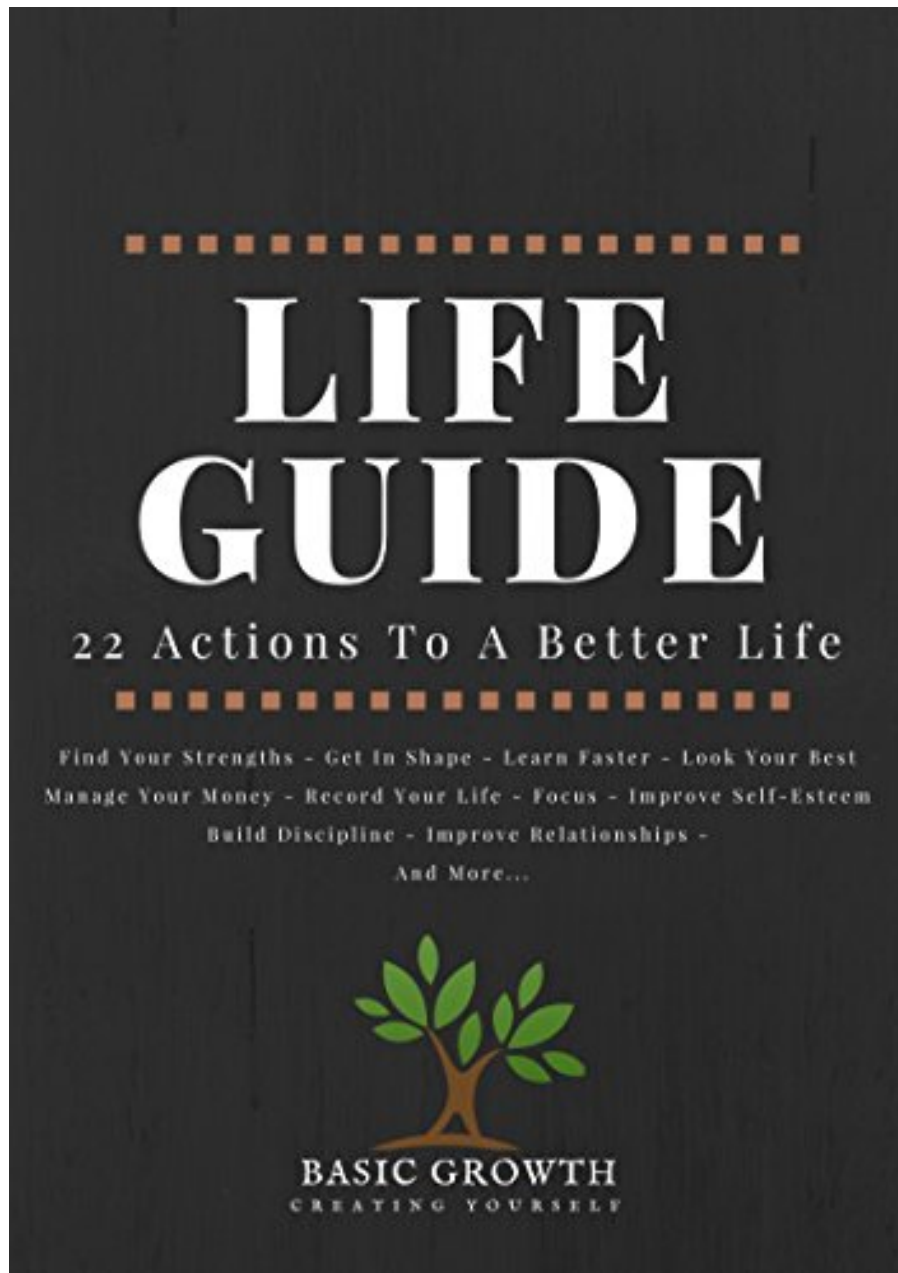


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The Life Guide - 22 Actions To A Better Life

Summary

These days you're getting pushed through formal education, clueless of where you want to go in life. You're advised to get a "safe" 9-5 job and slave away at your desk for the remainder of your life to pay off your ever-increasing debt.

You're overloaded with media propaganda and toxic foods that destroy your body and mind of their needed vitality (vegetating as I like to call it)

Additionally, relationships never seem to work out, leaving you confused about what's wrong with you....

All these problems arise because we've never been taught how to deal with them – They are all preventable..

In here you'll learn to take more control of your – maladjusted – brain through practical psychology

Content Overview

In this book you'll find advice on;

- Change Your Beliefs
- Build On Strength (NOT Passion)
- Get In Great Shape
- Learn Faster & Memorize More
- Do Meaningful Work
- Record Your Life
- Find A Flow Activity
- Manage Your Money
- Get Paid For Performance
- Stay ENGAGED In Life
- Prioritize Your Social Life
- Define Your Demographics & Set Boundaries
- Set Goals & Focus Down
- Develop Social Skills
- Build Confidence
- Look Your Best, Every Day
- Quality Relaxation

- Do A Morning Ritual
- Stay Motivated
- Visualize
- Build Up Habits

For more information please check out the preview of my book on Amazon now!

If you want to find some more information on me you can check out my blog (<http://www.basicgrowth.com/>) where I write about the importance of creating yourself. If you're having any questions or thoughts on this book, feel free to send me a message at simonsomlai@basicgrowth.com

Take care,

- Simon

Tags: (Find your strengths, build discipline, self-development, self improvement, life guide, what to do with my life, build confidence, build up habits, set goals & focus down, social skills, manage your money, stay motivated, quality relaxation, stress)

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