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F your feelings

F*ck Your Feelings: Master Your Mind, Accomplish Any Goal, and Become A More Significant Human4.5 out of 5 stars3534.5 out of 5 stars. 353 customer reviews.Kindle Edition\$0.00 Do you want to truly be your own master, increase your emotional toughness, control your lizard brain, and get more done during your day? Do you want to turn your dreams into action - all the time?95% of decisions are based on feelings. Not logic. Not rational thought. Feelings. Can you feel the pull of emotions, hunger, guilt, pain, jealousy, depression, and everything else weighing on every decision that you make?Business owners, entrepreneurs, regular people looking to get in shape, anyone with a goal that isn't terrified of tough love - you need to read F*ck Your Feelings - as soon as possible! In this book you'll learn how to use personal mind control techniques to control the way your brain is wired, constantly accomplish your goals, and feel MORE pleasure during the day.You cannot control your instincts until you understand how they work - PERIOD.Learn how to apply the fundamentals of emotional control so that you can uplift yourself ON COMMAND, fight through periods of stress and torment, and give yourself long-term satisfaction and peace.Packed with advice you can put to use right away, you'll learn how to SPOT andWhat pragmatic and actionable tactics will you learn?The one four letter word that practically guarantees you'll fail at whatever you do.The real nature of emotions, and the twenty minute exercise we can take to give ourselves lasting joy throughout the day.Why eating one marshmallow at the wrong time can ruin your relationships and cost you thousands of dollars.Why play, safety, and something called the VAGUS NERVE is critical for your performance in life.The "everything is everything" moment that will separate you from 92% of people - in the entire world.Also the following insights:How to survive and recover when your brain is HOOKED on dopamine, fear, amusement, and other toxic drugs.The actual, CONTROLLABLE physical property that decides whether you're a dreamer, or a doer!How feeling threatened or insecure can actually make you sluggish, lazy, and TRAPPED in failure.How to interact with your phone, tablet and computer without wrecking your back, eyes, and heart.And so much more!Here's what this book ISN'T: this isn't a get rich quick scheme, a business plan, or some touchy-feely nonsense about touching your inner self. This is about building the most consistent element in any business - YOURSELF.How will your business improve?Be more focused throughout the day.Gain the ability to say NO to temptation when it comes.HACK your brain so that you're always energized and pumped upNEVER be outside your comfort zone or afraid of a challenge.Implement these techniques and watch your profits skyrocket.Learn how to control your own mind and turn your desires into ACTION by scrolling up and clicking the BUY NOW button at the top of this page! "Gives the middle finger to the self-help genre...Refreshingly blunt." — Harper's Bazaar"The Ice Bucket Challenge of self-help books...sound advice." — New York Post"The Bennetts have no time for goey motivational slogans...Together they urge readers to abandon a quest for perfection in favor of realistic attempts at betterment...The Bennetts' goal is not that you might finish the book and say, 'I am perfect,' but that you might finish the book and say, 'I am the best version of myself that I can be at the moment.' — The New York Times Book Review"A tough-love, irreverent take on life's impossible problems." — The Atlantic"F*ck Feelings is the ultimate anti-self-help book." — Refinery 29"A highly informative and entertaining smack down to get your head on straight." — Kirkus Reviews starved review"Engaging...it's hard to argue with the book's advice." — Elle"F*ck Feelings offers not only reliable, practical, and eminently useful advice to deal with all of life's various points of pain, but it is also funny, engaging, intelligent, and warm. Full of arresting examples and memorable quips, the book will help anyone who reads it to replace fool's gold with the genuine gem of wisdom." -- Edward Hallowell, M.D., author of Driven to Distraction"I don't trust anything called a "self-help" book which is why I love F*ck Feelings. There's no smiling guru on the cover. We would all be smiling, motivated, people all day long if our F*cking feelings didn't keep F*cking us up - but this book helps. It gives clear examples of our own circular thinking and how to accept our feelings but not always cater to them, and it's FUNNY." -- Jen Kirkman, stand-up comedian and New York Times bestselling author of I Can Barely Take Care of Myself"Despite the in-your-face title, Dr. Michael Bennett really does believe in feelings. He just thinks that there is only so much time that one should spend examining one's belly button searching for answers or getting hung up on guilt or anger. Instead, people should recognize and accept their flaws and get on with modifying or changing their behaviors and attitudes. This is useful advice for everyone, including therapists who can use this technique as a way of helping patients avoid getting stuck in endless therapy. I found myself using it on several of my patients. A great combination - valuable education and a fun read." -- Gail Erick Robinson MD, DPsych, Professor of Psychiatry, University of Toronto"A wise, witty and practical book filled with wonderful case examples that speak to all of us. It has been a pleasure to read." -- Carol C. Nadelson, M.D., Professor of Psychiatry, Harvard Medical School, Past President, American Psychiatric Association Dr. Michael I. Bennett, educated at both Harvard College and Harvard Medical School, is a board-certified psychiatrist, Canadian, and Red Sox fan. While he's worked in every aspect of his field, from hospital administration to managed care, his major interest is his private practice that he's been running for almost thirty years. The author of F*ck Feelings, with his daughter Sarah Bennett, he lives with his wife in Boston and New Hampshire.Sarah Bennett has written for magazines, the Internet, television, and books. She also spent two years writing for a monthly sketch comedy show at the Upright Citizens Brigade Theater in New York City. When not living by her philosophy of "I will write for food," Sarah walks her dog, watches Red Sox games, and avoids eye contact with other humans. Somehow, she lives in New Hampshire and works in New York. F*ck Feelings, written with her father Dr. Michael I. Bennett, is her first book. F*ck Feelings introduction what's your goal? Most people read self-help books, or come to see shrinks, because they can't solve their problems after trying very, very hard to do it themselves. This is true whether they feel depressed, anxious, ill-treated, burdened with self-destructive behaviors, hurt by an unhappy relationship, too fat, too thin; you name it. They come expecting advice or treatment that will reduce symptoms, ease painful feelings, strengthen self-control, or mend broken relationships. Basically, they want a cure. These expectations are stoked by the public faces of therapy, particularly those telegenic, first-name-basis self-help gurus like Drs. Phil, Drew, Laura, Nick, etc. F*ck Feelings offers a more realistic approach from a medically trained, practicing psychiatrist who, over a forty-year clinical career, has treated hundreds of patients with intractable mental illness, bad habits, and troubled relationships—Dr. Lastname. That was the alias used by our authors—Dr. Michael Bennett, the aforementioned Harvard-educated psychiatrist, and his daughter Sarah Bennett, a writer who spent years writing sketch comedy at the Upright Citizens Brigade Theatre in New York—as we developed our collaborative technique at our website, fckfeelings.com. Observing the difference between what people expect from therapy and what they are actually likely to achieve, I, Dr. Bennett, came to believe that people use the very act of coming for help—and their overbelief in a cure for their problems—to deny the fact that there is much about life, others, and their own personalities that is beyond anyone's power to change. They would rather see themselves as failures or as partially developed seekers who cannot properly begin their lives until they have found an answer that has so far eluded them. Clinging to the belief that they can be cured, they want to know what they or any prior therapists did to block them from achieving their treatment goals. Unfortunately, many therapists, eager to help patients realize these wishes, support their false hopes. I am not one of them. F*ck Feelings explains that, in most cases, you have not failed and do not need to try harder or wait longer for improvement to begin; instead, you need to accept that life is hard and your frustrated efforts are a valuable guide to identifying what you can't change. After urging you to accept whatever it is you can't change—about your personality, behavior, spouse, kid, feelings, boss, country, pet, etc.—the F*ck Feelings approach shows you how to become much more effective at managing life's impossible problems, instead of vainly and persistently trying to change them. If you're willing to accept what you can't change, we have many positive suggestions for improving the way you manage the shit on your plate—beginning with not wasting time repeating what hasn't been working. Your issue may be the love or hate you wish you could stop, the urge to drink or drug that you wish would go away, the blues you wish you could cure, or the spouse, kid, or parent you wish you could change. By the time you seek help, however, it's usually obvious that something about your wish isn't feasible, but that hasn't stopped you from confusing that wish with a permanent, dedicated, high-priority goal. You can't go forward, or be helped by treatment, until you accept its impossibility, suck it up, and turn your bullshit wish into a goal that can actually be achieved. Accept whatever is obviously impossible about your goals. Accept that depression is often chronic and incurable, so you can stop blaming yourself for not controlling it. Stop treatments that don't seem to be helping. Embrace whatever positive steps help you to live with and manage your illness or issue. Accept that there are some losses that never stop hurting, so you can stop delving into them, get used to living with a heavy heart, and try to build a better life. Accept that you have some urges for stimulating but unhealthy substances, sex partners, or self-expression that no amount of self-understanding will change. Stop asking why you've got weaknesses and start preventing them from turning you into a jerk. After challenging advice seekers, patients, and our readers to accept what you can't change, we show how you're much less responsible for your misery than you thought. We teach good, often well-established methods for making the best of things—methods that you weren't using because you were too busy with wishful thinking instead of problem solving. Obviously, we don't guarantee happiness—quite the contrary—but instead we offer you methods for building strength and pride in your ability to deal with the inevitable misery of a tough life. It's not that we're against happiness, just against holding yourself responsible for making it happen when it can't. In our world, feelings don't rule, many things can't be changed, and acceptance of limits, not limitless self-improvement, is the key to moving forward and dealing effectively with any and all crap that life can throw your way. So, no, we can't tell you how to repair a long-broken relationship with a difficult parent, reform a bad boyfriend, or get respect from your boss, but that's only because nobody can. The only book that can actually teach you how to change how others think is a lobotomy manual. Instead, we can show you how to look past the disappointment, resentment, and/or neediness that result from those issues so they can be managed realistically. With the right limits, you can have a peaceful relationship with a difficult parent, and with the right standards, you can avoid bad boyfriends altogether. And with realistic expectations, you can get your work done in spite of a bad boss, or better yet, find a better one. Instead of false promises or happy endings, we provide concrete steps for getting past unavoidable bad feelings so you can do your best with what you actually control. This book is also filled with fun sidebars and tables, like this one, so that I, Sarah, can amuse myself: Bad Wish Good Goal Be my best me! Learn to accept that "me" isn't the best, and that that'll do. Learn to love myself! Love the effort I put into putting up with myself. Never drink again, ever! Never stop working hard to resist delicious alcohol. Given life's cruelty and unfairness, F*ck Feelings believes profanity is a source of comfort, clarity, and strength. It helps to express anger without blame, to be tough in the face of pain, and to share determination without sentimentality. On the other hand, we don't tolerate the reverent use of truly obscene F-words, like "fair" or "feelings." Each chapter addresses the usual wishes people have when they hope to solve a common problem—like loneliness, bad self-image, or conflict—and explains what part of these wishes are impossible to achieve. Using several composite case examples, we show you how to define the limits of what's possible, create realistic goals, and devise businesslike procedures for achieving those goals. We remind you, repeatedly, because you need to hear it, to respect yourself for how you deal with bad luck, not for the overall quality of your luck. We also include information on how to find off-the-page therapy that might work for you. So while other self-help books guarantee the path to happiness, F*ck Feelings guarantees that said path is nonexistent; furthermore, convincing yourself that there is such a path will actually lead you to feel like a true failure, instead of an unlucky hero. What F*ck Feelings can promise you is that there is no situation in life that can't be endured if you can keep your sense of humor, bend your wishes to fit reality, restrain your feelings, manage bad behavior, and do what you think is right. To those who want one of the many famous, overoptimistic Dr. Firstnames to tell them the secret to being happy, we say, fuck happy. Fuck self-improvement, self-esteem, fairness, helpfulness, and everything in between. If you can get over that, you can get real and get to a realistic solution, and yes, you can get it from this book, and from a real doctor, last name and all. Do you want to truly be your own master, increase your emotional toughness, control your lizard brain, and get more done during your day? Do you want to turn your dreams into action - all the time? 95% of decisions are based on feelings. Not logic. Not rational thought. Feelings. Can you feel the pull of emotions, hunger, guilt, pain, jealousy, depression, and everything else weighing on every decision that you make? Business owners, entrepreneurs, regular people looking to get in shape, anyone with a goal that isn't terrified of tough love - you need to read F*ck Your Feelings - as soon as possible! In this book you'll learn how to use personal mind control techniques to control the way your brain is wired, constantly accomplish your goals, and feel MORE pleasure during the day. You cannot control your instincts until you understand how they work - PERIOD.Learn how to apply the fundamentals of emotional control so that you can uplift yourself ON COMMAND, fight through periods of stress and torment, and give yourself long-term satisfaction and peace.Packed with advice you can put to use right away, you'll learn how to SPOT andWhat pragmatic and actionable tactics will you learn?The one four letter word that practically guarantees you'll fail at whatever you do.The real nature of emotions, and the twenty minute exercise we can take to give ourselves lasting joy throughout the day.Why eating one marshmallow at the wrong time can ruin your relationships and cost you thousands of dollars.Why play, safety, and something called the VAGUS NERVE is critical for your performance in life.The "everything is everything" moment that will separate you from 92% of people - in the entire world.Also the following insights: How to survive and recover when your brain is HOOKED on dopamine, fear, amusement, and other toxic drugs.The actual, CONTROLLABLE physical property that decides whether you're a dreamer, or a doer! How feeling threatened or insecure can actually make you sluggish, lazy, and TRAPPED in failure.How to interact with your phone, tablet and computer without wrecking your back, eyes, and heart. Here's what this book ISN'T: this isn't a get rich quick scheme, a business plan, or some touchy-feely nonsense about touching your inner self. This is about building the most consistent element in any business - YOURSELF.How will your business improve?Be more focused throughout the day. Gain the ability to say NO to temptation when it comes. HACK your brain so that you're always energized and pumped up NEVER be outside your comfort zone or afraid of a challenge.Implement these techniques and watch your profits skyrocket. Learn how to control your own mind and turn your desires into ACTION by scrolling up and clicking the BUY NOW button at the top of this page! Jump to ratings and reviewsDo you want to truly be your own master, increase your emotional toughness, control your lizard brain, and get more done during your day? Do you want to turn your dreams into action - all the time?95% of decisions are based on feelings. Not logic. Not rational thought. Feelings. Can you feel the pull of emotions, hunger, guilt, pain, jealousy, depression, and everything else weighing on every decision that you make?Business owners, entrepreneurs, regular people looking to get in shape, anyone with a goal that isn't terrified of tough love - you need to read F*ck Your Feelings - as soon as possible! In this book you'll learn how to use personal mind control techniques to control the way your brain is wired, constantly accomplish your goals, and feel MORE pleasure during the day.You cannot control your instincts until you understand how they work - PERIOD.Learn how to apply the fundamentals of emotional control so that you can uplift yourself ON COMMAND, fight through periods of stress and torment, and give yourself long-term satisfaction and peace.Packed with advice you can put to use right away, you'll learn how to SPOT andWhat pragmatic and actionable tactics will you learn?The one four letter word that practically guarantees you'll fail at whatever you do.The real nature of emotions, and the twenty minute exercise we can take to give ourselves lasting joy throughout the day.Why eating one marshmallow at the wrong time can ruin your relationships and cost you thousands of dollars.Why play, safety, and something called the VAGUS NERVE is critical for your performance in life.The "everything is everything" moment that will separate you from 92% of people - in the entire world. Also the following How to survive and recover when your brain is HOOKED on dopamine, fear, amusement, and other toxic drugs. The actual, CONTROLLABLE physical property that decides whether you're a dreamer, or a doer! How feeling threatened or insecure can actually make you sluggish, lazy, and TRAPPED in failure. How to interact with your phone, tablet and computer without wrecking your back, eyes, and heart. And so much more! Here's what this book ISN'T: this isn't a get rich quick scheme, a business plan, or some touchy-feely nonsense about touching your inner self. This is about building the most consistent element in any business - YOURSELF.How will your business improve?Be more focused throughout the day. Gain the ability to say NO to temptation when it comes. HACK your brain so that you're always energized and pumped up NEVER be outside your comfort zone or afraid of a challenge.Implement these techniques and watch your profits skyrocket. 600 people are currently reading!Viewing 1 - 30 of 42 reviewsJune 8, 2019Rent, don't buy, this book. If you are looking for a motivational book, you might rate this book higher than I have. If you're looking for a drill sergeant to motivate you past your procrastination, this would be a good fit. I received it as a gift and, while some of the content was compelling and interesting, ultimately the woo-woo factor, pseudo-science, overly repetitive and overly disciplinary tone turned me off this book.I've read The Power of Habit, which focuses on practically the same subject matter ("high performers and people who dramatically shift their life—stop smoking, do marathons, etc.—what's going on there?") but with much more credibility, reliability, and objective insight.Munsey, on the other hand, is very biased—it comes through loud and clear, and while that might be the point, this book didn't do anything for me. Some of the stuff in here is common sense-- people need play, people need nature, people need physical activity and positive social connection. Other content is just anecdotal (can I note that most of the people the author quotes or talks about as experts are all... men??).The focus of the book strays--supposedly this is about goal-management and self-actualization, but not only do most of Munsey's examples and 'research' relate to physical performance/well-being, most of his suggestions, too, are geared towards physical perfection, it seems, rather than more cerebral activities or hobbies. So, if I want to become a better knitter, there's nothing in here I haven't heard elsewhere.January 29, 2021all reviews in one place: night mode reading : skaitom nakties rezimAbout the Book: The book is meant to teach you the "do or die" attitude. The one that helps you ignore that loud little inner voice that tells you you can't, you won't. Then, at the very least, you can try.My Opinion: It was great at the beginning, interesting, full of strong ideas. But the farther it went, the worse it got. Repetitive, overfilled with too old or too obscure "research" and examples that get repeated in almost every book like this and also in every YouTube video that gets thrown into recommended if you search "experiment" too often. You end up googling up ideas and watching those said videos on youtube, knowing full well where it all leads.November 9, 2020A overflood of DOs and DON'Ts in terms of controlling vagelton and exploring the the intertwined world of actions, emotions and feelings, this book had been on my to-do read list for a while and I am glad that I got done with this! Great insights and practical explanations September 24, 2020A lot of repackaged ideas from different books, so don't expect anything groundbreaking here. Also, expect the normal, almost paternal tone, of this category of books. That being said found it not boring at all and actually a really useful tool to refresh some concepts that might have bump into elsewhere. Really enjoyed the practical recommendations approach and the helpful concept of getting to "Move The Chains (MTC) daily task at the top of your to-do list. This single task (MTC) that helps you towards where you want to be in life, whatever that is, and that you should never skip as it is the closest most aligned thing with your goals. Also, the friendly reminder that you can only control your efforts and how you face adversity, not the outcome might be helpful and is greatly illustrated at several points during the book. June 1, 2020Good info, and loads of it. But presented rather dryly. Probably better read than listened to as an audiobook.October 1, 2024Ryan Munsey really grabbed my attention with its bold title, and it delivered exactly what I expected—a no-nonsense, tough-love approach to self-improvement. Munsey’s message is simple but powerful: feelings can often sabotage our progress, and the key to success is mastering our minds and pushing through discomfort with discipline.As I read through the book, I appreciated how Munsey backs up his advice with insights from neuroscience and psychology, making it more than just motivational talk. He explains how emotions can trick us into making bad decisions or giving up too soon, and I found his focus on mental toughness and self-discipline particularly useful. It felt like a wake-up call to stop letting feelings dictate my actions and instead commit to what’s necessary for long-term success.What really stood out to me was how actionable the advice is. Munsey doesn’t just tell you to “get tough”—he provides concrete strategies to overcome self-doubt, build resilience, and create habits that lead to real progress. I found myself taking notes and thinking about ways I could apply his lessons in my own life.That being said, the book’s tough-love approach might not be for everyone. Personally, I enjoyed the directness, but I could see how some people might find the tone a bit harsh or aggressive. If you’re someone who prefers a more gentle, supportive style, this book might feel too intense. However, if you’re ready to face your excuses head-on and make real changes, Munsey’s straightforward style is incredibly motivating.Overall, Fck Your Feelings* is a great read if you’re serious about breaking through mental barriers and taking control of your life. It’s not here to comfort you, but if you’re looking for practical, tough advice to get you on the right track, this book hits the mark.January 26, 2021This is not the book I would recommend. The reason is simple - it's filled with questionable research papers such as brain-waves related theories and Emoto water experiment.Emoto water experiment was the place in the middle of the book where I lost hopes for this to be a good book.It looks like the author was reading all the research papers he can find on the topic to make his point. The truth is, there are a lot of garbage research papers, and many of the ones he mentioned were put into the category of pseudoscience.Certainly, there are good points in this book, but this just adds the complexity of determining what is real and what is pseudoscience. For me, this book goes into the category of "junk-books", sure there is something in those types of books, same as you can feed yourself with junk food, but ask yourself, do you really need it?October 13, 2021I actually listened to this book rather than read it. Overall I liked it. I liked how after every chapter it gave you steps on how to do whatever each chapter talked about and I liked that it got very scientific in the second half of the book. With that said, it didn't really open my eyes to anything new for me. I feel like self help books are all the same more or less, just depends on which authors the readers can connect with better through their various styles of writing and the examples that they give. However, I believe that this book can probably help most people because the author makes you feel like he's having a conversation with you rather than just lecturing you. But In conclusion, the content of this book didn't live up to its attention-grabbing title. Happy reading folks!November 12, 2021AudiobookMost of it was very dry and hard to keep attention. Full of facts and studies. Not for everyone- must be a "battery include" person- we all struggle to see our goals to completion- motivation will fail eventually- 95% of decisions made are based on emotions- high performers are wired with different software, not hardware- you don't have to follow that feeling or pay attention to it, just distract yourself from it- feelings vs. emotions- if test the gut of those people who are depressed and give it to a rat, the rat becomes depressed. The gut is linked to how you feel, it affects it. Too much stress affects the gut- Less serotonin is created on cloudy days and If live a sedentary lifestyleOctober 13, 2020I was by chance, I got to lay my hands on this book - a sort of serendipity. The best of the lines that got stuck into me is "Up to 95 % of the decisions we make are based on what we feel". And he goes on to say that in almost every situation, we are reacting instead of responding. He ponders us to think about decisions we'd made based on fear, selfishness, or anger. How did they serve us? How did they affect those around us? A great book and a must read for all the people, especially those who feel they have ended up reaching no where.December 11, 2021I never finished this book. I made it halfway through and was so annoyed by the "psychology" of it that I gave up. Between quoting debunked science and completely negating any view besides the authors own it was just me yelling at the audiobook that the last sentence was stupid. I'm sure it could work for a certain type of person but that person was not me. I understand the point that they're trying to make but life is not so cut and dry that simply doing the thing that you're not currently doing is going to overcome every obstacle.November 16, 2022****This book is fantastic****I can rely and compare the author with myself, he had his own gym was a personal trainer is a geek wich i am too. In this book you learn how to conquer you're feelings and life goals. Alot examples and techniques like kind of meditation on also wich hormones to control what social media and how time wasting it is, wrting this i have a big obstacle 2 x scooters stolen in two weeks, cops caught me with different number plate, missing clients, this all i want to look further when i have acquired the goal of Warren Buffet.June 8, 2022this book is the real truth about what we as a society have become. I love that they broke it down to if you're tired, so what? if you're sad, go out and do it anyways. I understand the message, i even realized the word fuck could be used in a game with shots during listening to the book. I also know depression and emotional pain have more control over people than many realize. But it was a good read, and i want to keep it for the future. October 12, 2024Pros: the Audible version was good, Ryan did a good job narrating it. I enjoyed the topics on some unique areas like vagal tone, HRV, and a few others that were useful and helpful and which were new to me. Cons: a lot of relatively derivative self improvement stuff, which if you're an active reader of the genre you will be like oh k here we go with X time management tactics, etc). He's fond of inspirational quotes and drops a lot of them in. February 25, 2021"Your life is perfectly designed for the results you are currently getting." This is a great book for anyone trying to develop and grow as an individual. There is a lot of good tools and scientific information to help you see the relationships and connections between feelings and thought. I will be recommending this book to my friends. March 5, 2021One recent Medium article ("We all want to be rich, and it drives us crazy") is the best opinion on countless of these books. "Instead of trying something productive, elite tries to sell you Bitcoin" and similar stuff. Or, Bitconnect (told you it was scam!) ... -DP.S. This book has nothing to do about BTC.April 6, 2024Thanks to Ryan, my HRV has become part of my daily routine to pay attention to it & see what things cause my autonomic nervous system to go haywire even if I am just sitting doing nothing versus being around people. Also, MTC & shoulders are ear poison has increased the awareness of my body & helped me understand making progress each day is better than none!November 18, 2024There is some good motivational stuff in here and some good advise on getting things done but there are also some honest seeming mistakes with science and some bad science. There is some good science too, but with self help books i take a rather strict line. If your willing to take things with salt there is value here but dont take it all to heart without some further checking.July 9, 2018A good smorgasbord of life improvement techniquesA good combination of ways to be a better human. The core principles are helpful. The 360 degree sphere growth model and "moving the chains" were the most helpful ideas i found. September 15, 2020Reminded me of "Own the Day, Own Your Life" by Aubrey Markus. A mix bag of studies and personal advice that is useful to keep you focused and motivated to do what you need to do. A little bit dry for my taste.April 17, 2023Unbelievable collection of great informationGreat tools to implement a positive change for a clear mind in order to obtain the results for personal growth both mentally and physically April 14, 2020Overall, a really good read. Difficult and dry in spots, but well worth the investment.May 31, 2020October 10, 2020January 2, 2021I liked this book a lot - mostly because it's motivating and because it explains in more detail the mechanisms of human feelings and how to master them.Displaying 1 - 30 of 42 reviewsGet help and learn more about the version. 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