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Make Your Mind Work For You

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Make Your Mind Work For You:

Make Your Mind Up Bethany Mota, 2017-06-13 From tips on life love and everything in between to original DIYs recipes and style hacks to the incredible story of a girl next door turned Internet sensation Make Your Mind Up is the ultimate guide to rocking your look and ruling your world from inspirational YouTuber designer entrepreneur and digital influencer Bethany Mota When Bethany first propped her camera on a stack of books and pressed record on her family s handheld camera in 2009 she didn t realize her life was about to change forever After uploading her first video to YouTube at just thirteen years old Bethany quickly became one of the Internet's go to beauty style and lifestyle vloggers. Since then she has filmed countless room tours and tutorials traveled the world experimented with hundreds of DIYs designed her own clothing line gone on an international tour competed on Dancing with the Stars and created health beauty and wellness content for multiple platforms But before Bethany found her MotaFam online life wasn t looking so great After being intensely bullied in school the already shy Bethany retreated further into her shell suffering from crippling anxiety and a lack of self confidence she just couldn t shake From growing up on a dairy farm in small town Los Banos California to figuring out how to overcome anxiety and find her voice to finally breaking out of her shell and learning to forge her own positive path Make Your Mind Up is more than just a heartwarming memoir or lifestyle guide this is a portrait of Bethany's life exactly how she lives it Career Rhonda Schaller, 2013-03 Have you dreamed of creating a better future for yourself as an artist Well now you can Artist educator and career coach Rhonda Schaller provides insights and practical tools for readers to cultivate an inspired sustainable art career Both the established artist and the emerging creative will learn how to visualize a better future empower their creativity and build a career plan for artistic success This fun to read self help guide will change the way you think and validate the way you feel Schaller gives artists many ways to solve career problems and plan the next steps providing more than 50 unique career planning exercises and tools including creative visualization self assessment and mind map exploration Based on her popular Creative Mind Business Mind Use of Creative Visualization in Career Planning course at the School of Visual Arts chapters include Your Personal Vision What Would You Do If You Couldn t Fail Visualizing Great Business Relationships Artist as Entrepreneur Attracting Funding and Take Charge of Your Life Required reading for every working artist who wants to have a creative career this book will facilitate brainstorming and self understanding for every career stage and show artists how to apply their values and desires to become more successful MAKE BETTER **DECISIONS** BHANU SRIVASTAV,2022-07-07 Making decisions is something we do all the time We decide what we re going to wear for the day what we re going to eat and make so many other large and small decisions from moment to moment Decision making is how we survive but just because we do already do it doesn't necessarily mean we have the skills or fortitude to Make Better Decisions Sound decisions that are aligned with our values hopes dreams and aspirations require more than a rote response What we fail to understand are the fundamentals of making the right decision for ourselves and in

some cases those who depend on us for some of life s most important decisions Make Better Decisions provides a road map to shoring up our decision making skills and helping us to follow a path that aligns with where we want to go Without these crucial skills we can inadvertently sabotage our efforts and create roadblocks to our success Here is a sampling of what you ll find in this book How to unlearn bad decision making skills Why it s important to not make rash decisions Creating realistic deadlines for yourself How to create and weigh better options When to see help from an outside source How to put what you ve learned into practice If you re ready to take your decision making skills to the next level read Make Better Decisions today

28,000 Days...Make Yours Count! Kara Vaval Ferrier,2016-11-18 Currently the average life span of a human being is 75 years which translates to 28 000 days My question to you is What will you do with your 28 000 days 28 000 Days Make Yours Count offers its readers practical and tested suggestions on how to rise to their God given potential and live their best lives Each chapter offers a view of life through the lens of someone whose tragedies might easily have caused her to see herself as a victim of her circumstances But instead Kara Vaval Ferrier decided to learn the lessons in her experiences and rise above them An easy read 28 000 daysMake Yours Count clearly lays out the approach to life to which Kara credits her success She shares them with the conviction that if applied the principles will undoubtedly produce similar results for the committed Hardwiring Your Mind Donovan Ekstrom, 2024-07-09 Unleash the Fire Within Forge a Buddha Level Mind with reader Neuroscience Burn away stress and unlock happiness with a revolutionary method that blends ancient wisdom with cutting edge science Donovan Ekstrom s Hardwiring Your Mind is more than a self help book it s a mental mastery manual Discover how to Hack your happiness Reprogram your brain for joy using the latest breakthroughs in neuroscience Zen Your Stress Achieve Buddha like calm even in the face of modern chaos Ignite Your Potential Cultivate laser focus and unwavering willpower become unstoppable Hardwiring Your Mind is your searing guide to forging an unshakeable mind and a life filled with fierce happiness Pre order now and become the master of your own destiny **Control Your Mind and Rule Your** Emotions: Break Overthinking & Command Your Feelings Gabriel Sullivan, 2025-07-21 Control Your Mind and Rule Your Emotions Break Overthinking Command Your Feelings Take control of your thoughts find calm resilience and clarity in any situation Why You Need This Book Do racing thoughts and emotional turbulence steal your focus and peace You re not alone In today's hectic world emotional mastery isn't optional it's essential This empowering guide gives you a clear science driven path to break free from overthinking calm emotional storms and confidently navigate life s challenges What You ll Learn How Overthinking Hijacks You Understand why your mind loops on worry self doubt or replaying the past and break free using practical proven techniques Emotional Command Techniques Learn tools to identify process and guide emotions like anxiety anger and sadness into healthier responses using real exercises Rewrite Negative Patterns Replace harmful thought loops with empowering habits by applying simple mindset shifts and daily routines so mental clarity becomes second nature Build Lasting Emotional Strength Create powerful daily rituals and mental frameworks that reinforce a positive

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Merchants Trade Journal ,1914 Popular Science, 1926-03 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better **Practice of Yoga** A. P. Mukerji, 2020-09-28 Concentration signifies the state of being at a centre con and centrum Applied to thought it is the act of bringing the mind to a single point Each human being must practise concentration subjectively and objectively In other words each human being aims with more or less precision at concentration on a point within and a point without his own world Concentration without is illustrated when you devote all your attention upon Nature such as learning a trade a profession a science an art or some form of business This is Evolution outgoing or positive mental energy I shall call this Objective Concentration Concentration within implies the withdrawing of attention from the external world and the placing of mind on God Spirit Heaven Religion Peace Nirvana Eternity etc This is Involution i e incoming or negative energy When Objective Concentration alone is practised you develop into a hard headed practical man of the world or a successful man of business You are keen and shrewd The world is a very matter of fact thing to you You cannot think of anything else beyond money making and pleasures and worldly affairs You are a worldling of the world very clever rich and a master along your own lines But spiritually you are an imbecile worse than a baby This is the Objective Mind the deepest immersed in matter literally made of the dust It is the brain of worldly wisdom common sense prudence methodical arrangement order discipline classification the skill and knowledge of the expert in any branch or department of art or science This side of the mind is well developed in Scientists Mathematicians and Businessmen etc Where it is not guided by the Subjective Mind it can only see diversity and difference and is the slave of Maya the slaver of the Real Subjective Concentration is seeking the Kingdom of Heaven within you God is Spirit and they that worship Him must worship in Spirit and Truth LAPLACE the great astronomer asserted that he had swept the heavens with his telescope and found neither God nor Heaven Yes poor LAPLACE He looked for God objectively instead of subjectively How to Work Without Losing Your Mind Cate Sevilla, 2021-01-14

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