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'Nothing you don't already know' is a brief guide to making the most of your life. It's for everyone who wants to take on the journey of fulfilling their potential and live a deeply meaningful life. In 2015, Alexander started sharing his writings about life on his Instagram page. This book holds a selection of his most popular quotes and writings that have already positively impacted thousands of people. Alexander's teachings are about living with purpose, overcoming fear, facing yourself, and making a difference. This concise handbook is full of remarkable reminders about meaning, purpose, and self-realization. The title refers to the idea that if you learn something profound, it's not as if you have learned something new. Rather, it's as if something is being unveiled to you that you have always known.

"When it comes to dating, I seem to be going around in a circle. The ones I want don't want me, and the ones who want me, I don't want." -Amelia "I don't know, I just think there's too much miscommunication between guys and girls. I mean, no one knows what the fuck is going on. We need to have the discussion. We need to vent it and get it out in the open," I said, grabbing my drink from the bedside table. _____ sat on the edge of the bed and put his shirt back on. "What do you want to know?" "I just want to know what guys are thinking. I mean we have sex and stuff and nothing lasting ever comes of it," I said, taking a cigarette out and lighting it. I knew I shouldn't be smoking in the room, but I was too drunk to care. "I don't think I should say. We don't know everything girls are thinking. I think some things are better left unsaid." "I want to know. I'd prefer shit to be clearer, because I'm always confused," I replied. I could tell he was still a bit sexually frustrated, but he seemed okay to chat. "Go ahead then, ask what you want. I'll try give it to you as straight as I can. But don't hate the messenger," _____ responded, taking the champagne from my hand and

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having some. "I won't, promise. So why do guys act so interested and then not get in touch at all? ?" I asked. Excerpt taken from The Modern Break-Up.

Why Celebrities Swear by These 15 Powerful Techniques As The Secret to Anything You Want in Life Do you easily complain or start nagging whenever something isn't going your way? Do you give fault and make others responsible for your misery? Are you annoyed looking around seeing others having exactly what you want in life? Believe it or not, you are the driver of your own life and no one else can steal your seat...if you don't let them. What if there were straight-forward, easy principles to get everything you want in life? Maybe you already manifest regularly or you've heard of it, but never consciously tried it. Using manifestation means using the power of your thoughts, feelings, or beliefs to bring something into your physical reality. At first, it sounds abstract, but science has proven, everything is made of energy objects, animals, thoughts, and humans. There are laws that control how this energy flows and where it goes just as there are laws of gravity and laws of growth. The more you know about these laws the easier it is to navigate the energy you need in the right direction. No wonder that even stars like Will Smith, Jim Carrey, Oprah Winfrey, and Lady Gaga swear by manifestation as the secret to their success. Jim Carrey makes it sound really simple. He says: "As far as I can tell, it's just about letting the universe know what you want and then working towards it while letting go of how it comes to pass." Yet, there are reasons why some people are better at manifesting than others. There are a couple of fundamentals you need to understand in order to apply manifestation effectively. With a little guidance and the right techniques, your best life is waiting for you. This is only a select sample of what you'll discover in *The Magic of Manifesting Flap or Fab: Why you should care about manifestation more than you think* The scientific secret behind changing your reality Why you might be manifesting your misery and how to

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avoid these common mistakes The smartest and most powerful way to attract anything you want in life How scientists manipulate your life with one particular weakness that outweighs all of science's strengths Is everything connected? Essentials about energy, flow, and connection Why your ego is the enemy and what you can do about it 15 techniques to guarantee your manifestation success story The #1 mental exercise Olympians and star athletes practice daily to increase their performance Intention vs. goals: The major difference and which is best to achieve success in life The biggest money lie revealed and how to create true abundance Warning Signs that you have a scarcity mindset and how to get rid of it And much more. If you think "manifesting" is just another 2021 buzzword, then you haven't heard the success stories of millions of people who made their dreams come true with this one powerful tool. Stop waiting for life to happen to you and start creating your best life right now. If you want to effortlessly get what you want, scroll up and click on "Buy now with 1-Click".

New York Times Bestseller Over 2.5 million copies sold For David Goggins, childhood was a nightmare - poverty, prejudice, and physical abuse colored his days and haunted his nights. But through self-discipline, mental toughness, and hard work, Goggins transformed himself from a depressed, overweight young man with no future into a U.S. Armed Forces icon and one of the world's top endurance athletes. The only man in history to complete elite training as a Navy SEAL, Army Ranger, and Air Force Tactical Air Controller, he went on to set records in numerous endurance events, inspiring Outside magazine to name him The Fittest (Real) Man in America. In this curse-word-free edition of Can't Hurt Me, he shares his astonishing life story and reveals that most of us tap into only 40% of our capabilities. Goggins calls this The 40% Rule, and his story illuminates a path that anyone can follow to push past pain, demolish fear, and reach their full potential.

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From poet, meditator, and speaker Yung Pueblo, comes a collection of poetry and prose that explores the movement from self-love to unconditional love, the power of letting go, and the wisdom that comes when we truly try to know ourselves. It serves as a reminder to the reader that healing, transformation, and freedom are possible.

"Burchard reveals that the main motive of humankind is the pursuit of greater Personal Freedom. We desire the grand liberties of choice--time freedom, emotional freedom, social freedom, financial freedom, spiritual freedom. Only two enemies stand in our way: an external enemy, defined as the social oppression of who we are by the mediocre masses, and an internal enemy, a sort of self-oppression caused by our own doubt and fear. The march to Personal Freedom, Burchard argues, can be won only by declaring our intent and independence, stepping into our personal power, and battling through self-doubt and the distractions of the day until full victory is won"--

Describing the hidden mysteries that are contained within each individual, the best-selling author of *The Spontaneous Fulfillment of Desire* examines fifteen of these secrets--including "Life Hurts When It Is Unreal" and "There Is No Time But Now"--that hold the key to enlightenment, transformation, and personal fulfillment. Reprint. 125,000 first printing.

Instagram guru Vex King provides guidelines on how to change the way one thinks, feels, speaks, and acts.

In *Care Package*, Sylvester has tackled life's biggest hurdles: shame, guilt, letting go, codependency, lack of purpose, people pleasing, setting boundaries, and negative self-talk. Sylvester guides the reader down the path of healing, the scary journey that is tough to do alone, but with *Care Package*, the reader is never alone.

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Overcome negative thought patterns, reduce stress, and live a worry-free life. Overthinking is the biggest cause of unhappiness. Don't get stuck in a never-ending thought loop. Stay present and keep your mind off things that don't matter, and never will. Break free of your self-imposed mental prison. Stop Overthinking is a book that understands where you've been through, the exhausting situation you've put yourself into, and how you lose your mind in the trap of anxiety and stress. Acclaimed author Nick Trenton will walk you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. What's more, the book will provide you scientific approaches to completely change the way you think and feel about yourself by ending the vicious thought patterns. Stop agonizing over the past and trying to predict the future. Nick Trenton grew up in rural Illinois and is quite literally a farm boy. His best friend growing up was his trusty companion Leonard the dachshund. RIP Leonard. Eventually, he made it off the farm and obtained a BS in Economics, followed by an MA in Behavioral Psychology. Powerful ways to stop ruminating and dwelling on negative thoughts. -How to be aware of your negative spiral triggers -Identify and recognize your inner anxieties -How to keep the focus on relaxation and action -Proven methods to overcome stress attacks -Learn to declutter your mind and find focus Unleash your unlimited potential and start living.

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