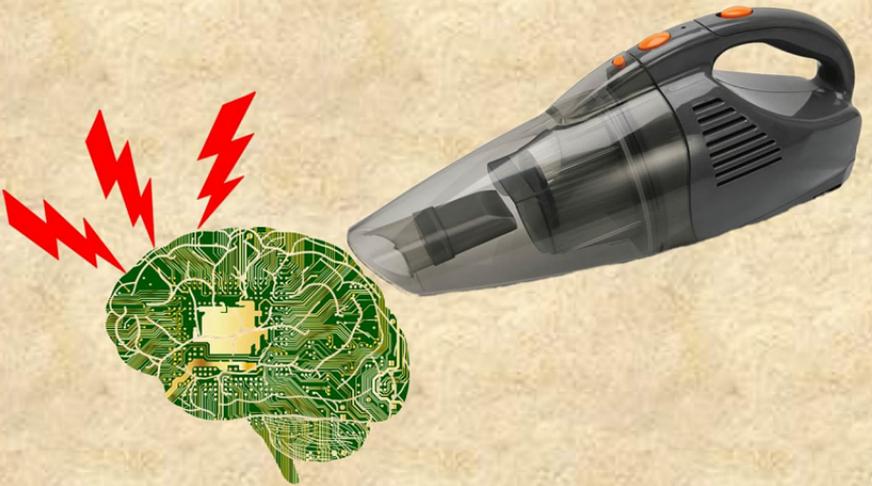


# Mind Cleaner

Reduce Stress, Anxiety, and  
Toxicity in 30 Minutes



**Thejendra Sreenivas**

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Reduce Stress, Anxiety, and  
Toxicity in 30 Minutes

**Thejendra Sreenivas**

Book Publishing Coach

[www.thejendra.com](http://www.thejendra.com)



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# Dedication

Dedicated to every stressed and burned out person.



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## About the Author

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Good day. My name is **Thejendra Sreenivas**. I was a Technology Manager in the IT industry for nearly 30 years. Before entering the IT industry, I was also an electronics lecturer for a short duration.

I have written and self-published 35+ books on various subjects. All my books are available in both Paperback and Kindle on Amazon and as an eBook on Apple, Kobo, B&N, Google Play, and many other retailers. I am also the Editor and Publisher of a font-optimized digital magazine called **Self Improvement International** which contains articles on personal development, workplace issues, humor, writing, and publishing.

I am now a **Book Publishing Coach** and offer services like *Assisted Self-Publishing, Manuscript Formatting, Facebook Ads, Ghostwriting, One Page Websites, Article Writing, and Podcast Creation*. In addition, I also offer Personal Development Coaching.

Please visit my web cave - **[www.thejendra.com](http://www.thejendra.com)** or **[www.author-world.com](http://www.author-world.com)** for details of my books,

magazine, and coaching information.



## Preface

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Just type the word stress in any internet search engine and it will throw up thousands of articles and videos on stress and the harm it can cause. Mankind (and even animals and plants) has always been plagued by stress for ages. On our planet, the number of reasons why people get stressed or agitated can run into hundreds. For example, the modern crazy workplace is one of the single biggest sources of stress for employees and their families. And some of the other reasons for stress are,

1. Low Self Esteem
2. Lack of Confidence
3. Financial problems
4. Talkative People
5. Fear and Anxiety
6. Office Politics
7. Impatience
8. Unfulfilled Desires, etc.

While some stress is unavoidable and even necessary, a highly stressed person can not only cause problems for himself or herself but also cause various hassles to their family members. And you cannot simply ignore stress as it is a serious health matter it will deteriorate you with time. For example, a person who can't handle stress in the office can wreak havoc at home daily. So what can you do to control stress?

The common methods of stress reduction are,

1. Meditation
2. Yoga
3. Taking Medicines
4. Attending Stress Reduction Workshops
5. Coaching
6. Exercises
7. Music
8. Dietary changes
9. Going to fitness centers, and many others.

While each of the above methods has immense benefits they still take time, money, and effort. And not everyone can spare their time in this rat race

world that we live in. However, there is another relatively unknown stress reduction technique that is simple, cost-effective, non-medicinal, and extremely powerful. And you don't need any professional help to use this technique unless you are a severe medical case. This is the technique of regularly reading inspirational quotes by famous personalities over the ages.

**How will reading quotes help?** It has often been observed that a short piercing sentence, a stinging insult, or a chance remark by someone can have a terrific impact on you than a long sermon or advice. For example, I remember reading a true story of a bankrupt businessman on his way to commit suicide who suddenly stopped in his rogue pursuit by accidentally reading an inspirational quote on some billboard. So, a famous quote saved his life by giving him a sudden dose of inspiration to continue with life no matter what. Such is the power of an inspirational quote. This inspirational effect is very similar to how a small pin can puncture a high-pressure balloon or a car tire. And most inspirational quotes are also short piercing sentences of wisdom that can puncture your high stress and change your life in an instant. It is like

taking an aspirin for the tormented mind. So whenever you are feeling doubtful about your abilities, when disappointments are staring at your face, and you don't see any light at the end of the tunnel simply dive into some great quotes in this book, and you will begin to smile amid overwhelming sorrow. And if you make a habit of reading inspirational quotes regularly you will experience a stark difference in the way you think, act, and behave henceforth. Like a vacuum cleaner sucking dust from your furniture, these gems of wisdom will suck your mental dust like stress, anxiety, and toxicity and gradually make you calmer, handle criticism, understand mankind better, and become well-equipped to tackle life's ups and downs.

**But what is Mind Candy?** Instead of calling them inspirational quotes, I call them **mind candies** because they make your mind sweet, just like regular candies make your taste buds happy. Thousands of such literary gems have been stated by hundreds of famous personalities over the ages. This book contains a list of carefully selected mind candies to puncture your bad moods created for the usual reasons like hopelessness, fear of the future, insecurity, bad bosses,

family and health troubles, city life, etc.

You may notice the quotes in this book are in no specific order. And this is done deliberately as this book tries to imitate a box of candies containing a variety of colorful chocolates each one having a unique taste, color, shape, size, etc. Similarly, the quotes range from mild to wild and have the power to jolt you like an electric shock. Maybe some quotes can even be the exact solution to a nagging problem you are currently worrying about. Hope you will like them and more importantly read them regularly. Why read regularly? That is because stress is like dust and will invade your mind again and again, so it must be dusted again and again. So let us start.



## Mind Candies

---

For a long time, it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something that had to be gotten through first, some unfinished business, time still to be served, and a debt to be paid. Then my real life would begin. At last, it dawned on me that those obstacles were my real life. - Alfred D Souza

Leave the mind in its natural, undisturbed state. Don't follow thoughts of this is a problem, that is a problem, etc. Without labeling difficulties as problems, leave your mind in its natural state. In this way, you will stop seeing miserable conditions as problems. - Lama Zopa Rinpoche

Six billion of us walking the planet, six billion smaller worlds on the bigger one. Shoe salesmen and short-order cooks who look boring from the outside - some have weirder lives than you. Six billion stories, every one an epic, full of tragedy and triumph, good and evil, despair and hope. You and me - we aren't so special, brother. - Dean Koontz

If you ever want something badly, let it go. If it

comes back to you then it's yours forever. If it doesn't, then it was never yours, to begin with - George H. Powell

Happiness is like a butterfly: the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder. Henry David Thoreau

Risk! Risk anything! Care no more for the opinions of others, for those voices. Do the hardest thing on earth for you. Act for yourself. Face the truth. Katherine Mansfield

Never give in. Never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honor and good sense. Never yield to force. Never yield to the apparently overwhelming might of the enemy. - Winston Churchill

One ought never to turn one's back on a threatened danger and try to run away from it. If you do that, you will double the danger. But if you meet it promptly and without flinching, you will reduce the danger by half. - Winston Churchill

Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand. - Thomas

Carlyle

Today is the tomorrow you worried about yesterday. - Author Unknown.

There will be a time when loud-mouthed, incompetent people will seem to be getting the best of you. When that happens, you only have to be patient and wait for them to self-destruct. It never fails. - Richard Rybolt

I was ashamed because I had no shoes until on the street I met a man who had no feet. - Ancient Persian Saying

Hating people is like burning down your own house to get rid of a rat. - Harry Fosdick

I wondered why someone didn't do something about the situation. Then I remembered that I am someone.

There is one safeguard known generally to the wise, which is an advantage and security to all, but especially to democracies as against despots – SUSPICION. - Demosthenes

Before all else, be armed. - Niccolo Machiavelli

Man is what he believes. - Anton Chekhov

If you don't like something, change it. If you can't

change it, change your attitude. Don't complain. -  
Maya Angelou

Whenever you are asked if you can do a job, tell  
them, Certainly, I can! Then get busy and find out  
how to do it. - Theodore Roosevelt

Somebody is boring me. I think it's me. - Dylan  
Thomas

In order to live free and happily you must sacrifice  
boredom. It is not always an easy sacrifice. - Richard  
Bach

All God does is watch us and kill us when we get  
boring. We must never, ever be boring. - Chuck  
Palahniuk

Life is never boring, but some people choose to be  
bored. - Wayne Dyer

We have to distrust each other. It is our only  
defense against betrayal. - Williams, Tennessee

Rough diamonds may sometimes be mistaken for  
worthless pebbles. - Thomas Browne

Don't get angry. Don't raise your voice. Just  
negotiate. - The Godfather

One of the symptoms of an approaching nervous  
breakdown is the belief that one's work is terribly

important. - Bertrand Russell

The gem cannot be polished without friction, nor man perfected without trials. -Chinese Proverb

Your most unhappy customers are your greatest source of learning. – Bill Gates

Intense feeling too often obscures the truth. - Harry Truman

Growth must be chosen again and again; fear must be overcome again and again. - Abraham Maslow

A man who trims himself to suit everybody will soon whittle himself away. - Charles Schwab

God won't ask about the floor area of your house. He will ask how many people you helped who didn't have a house.

He who knows how to be poor knows everything. - Jules Michelet

A person without a sense of humor is like a wagon without springs. It's jolted by every pebble on the road. - Henry Ward Beecher

You can turn painful situations around through laughter. If you can find humor in anything, even poverty, you can survive it. - Bill Cosby

Until you're ready to look foolish, you will never have the possibility of being great. - Cher

Every calamity is a spur and valuable hint. - Ralph Waldo Emerson

Yield not to calamity, but face her boldly. - Virgil

If you have time to whine and complain about something then you have the time to do something about it. - Anthony D'Angelo

Never complain and never explain. - Benjamin Disraeli

We do not take humor seriously enough. - Konrad Lorenz

Don't get mad. Just get even.

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict. - William Ellery Channing

Fate is being kind to me. Fate doesn't want me to be too famous too young. - Duke Ellington

I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel. - Maya Angelou

The key to happiness is not to get more, but to

enjoy what we have and to fill the empty frame of our lives instead of enlarging it. - Albert Szent-Gyorgyi

The search for happiness is one of the chief sources of unhappiness. - Eric Hoffer

Nobody can make you feel inferior without your consent. - Eleanor Roosevelt

The definition of insanity is doing the same thing over and over again and expecting a different result. - Albert Einstein

Hatred is self-punishment. - Housabaloon

The only gracious way to accept an insult is to ignore it; if you can't ignore it, top it; if you can't top it, laugh at it; if you can't laugh at it, it's probably deserved. - Russell Lynes

Never interrupt your enemy when he is making a mistake. - Napoleon Bonaparte

Humour is the mask of wisdom. - Friedrich Durrenmatt

I have learned more from my mistakes than from my successes. - Humphrey Davy

Laughing at our mistakes can lengthen our own life. Laughing at someone else's can shorten it. - Cullen Hightower

A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life. - William A. Ward

A life spent in making mistakes is not only more honorable but more useful than a life spent doing nothing. - George Bernard Shaw

Never go to excess, but let moderation be your guide. - Cicero

Indecision is often worse than the wrong action. - Henry Ford

The weak can never forgive. Forgiveness is the attribute of the strong. - Mahatma Gandhi

God won't ask how many fancy clothes you had in your closet. He will ask how many of those clothes you gave away to the Salvation Army.

Fortune favors the bold. - Terence

People of humor are always to some degree people of genius. - Samuel Taylor

People are just as happy as they make up their minds to be. - Abraham Lincoln

The greatest test of courage on earth is to bear defeat without losing heart. - Robert G Ingersoll

Successful people ask better questions, and as a result, they get better answers. - Anthony Robbins

Never despair, but if you do, work on in despair. - Edmund Burke

It is surmounting difficulties that make heroes. - Louis Pasteur

There's no disaster that can't become a blessing and no blessing that can't become a disaster. - Richard Bach

Meet success like a gentleman and disaster like a man. - F E Smith

The formula for achieving a successful relationship is simple: you should treat all disasters as if they were trivialities but never treat a triviality as if it were a disaster. - Quentin Crisp

If you want to lift yourself up, lift up someone else. - Booker T Washington

Difficulties should act as a tonic. They should spur us to greater exertion. - B C Forbes

Blessed are we who can laugh at ourselves, for we shall never cease to be amused.

Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict. - William

Ellery Channing

It is not because things are difficult that we do not dare; it is because we do not dare that they are difficult. - Seneca

What seems like a blessing may be a curse, and what seems like a curse may be a blessing. - Chinese proverb

Divide each difficulty into as many parts as is feasible and necessary to resolve it. - Rene Descartes

Courage is what it takes to stand up and speak; courage is also what it takes to sit down and listen. - Winston Churchill

To escape criticism do nothing, say nothing, be nothing. - Elbert G Hubbard

There are two primary choices in life: to accept conditions as they exist or to accept the responsibility for changing them. - Denis Waitley

To expect too much is to have a sentimental view of life and this is a softness that ends in bitterness. - Flannery O'Connor

Never was anything great achieved without danger. - Niccolo Machiavelli

Danger - if you meet it promptly and without

flinching - you will reduce the danger by half. Never run away from anything. Never! - Winston Churchill

Dwelling on the negative simply contributes to its power. - Shirley MacLaine

Positive thinking will let you do everything better than negative thinking will. - Zig Ziglar

A sense of humor is a major defense against minor troubles. - Mignon McLaughlin

The art of politics consists in knowing precisely when it is necessary to hit an opponent slightly below the belt. - Konrad Adenauer

Beware the fury of a patient man. - John Dryden

The first requirement of politics is not intellect or stamina but patience. Politics is a very long-run game and the tortoise will usually beat the hare. - John Major

Patience is the companion of wisdom. - Saint Augustine

I have always found that if I move with seventy-five percent or more of the facts I usually never regret it. It's the guys who wait to have everything perfect that drive you crazy. - Lee Iacocca

Nothing would be done at all if one waited until

one could do it so well that no one could find fault with it. - Cardinal Newman

It's not whether you get knocked down, it's whether you get back up. - Vince Lombardi

Victory belongs to the most persevering. - Napoleon Bonaparte

The time is always right to do what is right. - Martin Luther King, Jr

The man who gets angry at the right things and with the right people, and in the right way and at the right time and for the right length of time, is commended. - Aristotle

Take calculated risks. That is quite different from being rash. - George S Patton

If the creator had a purpose in equipping us with a neck, he surely meant us to stick it out. - Arthur Koestler

You have to believe in yourself, that's the secret. Even when I was in the orphanage, when I was roaming the street trying to find enough to eat, even then I thought of myself as the greatest actor in the world. - Charlie Chaplin

Whenever you are asked if you can do a job, tell

them, Certainly, I can! Then get busy and find out how to do it. - Theodore Roosevelt

The gods help them that help themselves. - Aesop

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction. - Ernst F Schumacher

Simplicity is the ultimate sophistication. - Leonardo da Vinci

In times of stress, be bold and valiant. - Horace

It's not stress that kills us, it is our reaction to it. - Hans Selye

Without an open-minded mind, you can never be a great success. - Martha Stewart

How you use today will determine how tomorrow uses you. - Earl Wilson

I have known a great many troubles, but most of them never happened. - Mark Twain

Self-pity in its early stages is as snug as a feather mattress. Only when it hardens does it become uncomfortable. - Maya Angelou

When faced with a mountain, I will not quit! I will

keep on striving until I climb over, find a pass-through, tunnel underneath, or simply stay and turn the mountain into a gold mine, with God's help! - Friedrich von Schiller

Never give up, for that is just the place and time that the tide will turn. - Harriet Beecher Stowe

The road to success is not to be run upon by seven-leagued boots. Step by step, little by little, bit by bit - that is the way to wealth; that is the way to wisdom; that is the way to glory. - Thomas Fowell Buxton

It's hard to beat a person who never gives up. - Babe Ruth

If you see ten troubles coming down the road, you can be sure that nine will run into the ditch before they reach you. - Calvin Coolidge

Be like a postage stamp. Stick to one thing until you get there. - Josh Billings

Nature never hurries, yet everything is accomplished. - Lau Tzu

Money was never a big motivation for me, except as a way to keep score. The real excitement is playing the game. - Donald Trump

The person who says he enjoys a cold shower early

in the morning will easily lie about other things too.

The only point in making money is, that you can tell some big shot where to go. - Humphrey Bogart

My nature is the most peaceful in the world. All I ask is a simple cottage, a decent bed, good food, some flowers in front of my window, and a few trees beside my door. Then, if God wanted to make me completely happy, he would let me enjoy the spectacle of six or seven of my enemies dangling from those trees. I would forgive them all the wrongs they have done me - forgive them from the bottom of my heart, for we must forgive our enemies. But not until they are hanged! - Heinrich Heine

No one can earn a million dollars honestly. - William Jennings Bryan

We all need money, but there are degrees of desperation - Anthony Burgess

Great talker, great liar. - French Quote

Let's be honest with each other. There's not a single business anywhere on this planet that is without its own unique problems. Business is complicated and imperfect. Every business everywhere is staffed with imperfect human beings and exists by providing a product or service to other imperfect human beings. -

Bob Parsons

We have grown literally afraid to be poor. We despise anyone who elects to be poor in order to simplify and save his inner life. If he does not join the general scramble and pant with the money-making street, we deem him spiritless and lacking in ambition.

- William James

If you don't like something change it; if you can't change it, change the way you think about it. - Mary Engelbreit

Come to the edge, He said. They said we are afraid. Come to the edge, He said. They came. He pushed them... and they flew. - Guillaume Apollinaire

Any game you play, you got to lose sometime. - Roy Acuff

I believe God is managing affairs and that He doesn't need any advice from me. With God in charge, I believe everything will work out for the best in the end. So what is there to worry about? - Henry Ford

Many think that assigning blame settles matters. - Mason Cooley

A man may fall many times but he won't be a

failure until he says someone pushed him. - Elmer G. Letterman

All blame is a waste of time. No matter how much fault you find with another, and regardless of how much you blame him, it will not change you. - Wayne Dyer

The search for someone to blame is always successful. - Robert Half

Every stress leaves an indelible scar, and the organism pays for its survival after a stressful situation by becoming a little older. - Hans Selye

Take your life into your own hands and what happens? A terrible thing: no one is to blame. - Erica Jong

When you blame others, you give up your power to change. - Dr. Robert Anthony

I can be changed by what happens to me. But I refuse to be reduced by it. - Maya Angelou

The superior man blames himself. The inferior man blames others. - Don Shula

I don't have any bad habits. They might be bad habits for other people, but they're all right for me. - Eubie Blake

The more we depend on God the more dependable we find He is. - Cliff Richard

With God, what is terrible is that one never knows whether it's not just a trick of the devil. - Jean Anouilh

Delay is preferable to error. - Thomas Jefferson

A lot of people are afraid to say what they want. That's why they don't get what they want. - Madonna

Sometimes the most urgent thing you can possibly do is take a complete rest. - Ashleigh Brilliant

Cheerfulness is the best promoter of health and is as friendly to the mind as to the body. - Joseph Addison

Living in solitude, eating lightly, controlling the thought, word, and deed; ever absorbed in yoga of meditation, and taking refuge in detachment. - Bhagavad Gita quotes

Those who think they have no time for bodily exercise will sooner or later have to find time for illness. - Edward Stanley

No person can be a great leader unless he takes genuine joy in the successes of those under him. - W. H. Auden

Effective leadership is not about making speeches

or being liked; leadership is defined by results, not attributes. - Peter Drucker

To supervise people, you must either surpass them in their accomplishments or despise them. - Benjamin Disraeli

Don't find fault, find a remedy. - Henry Ford

If you judge people, you have no time to love them.  
- Mother Teresa

I have my standards. They may be low. But, I have them. - Bette Midler

Success is never final, failure is never fatal. It's courage that counts. - John Wooden

Men do not fail; they give up trying. - Elihu Root

Defeat is not the worst of failures. Not to have tried is the true failure. - George E Woodberry

I have not failed. I've just found 10,000 ways that won't work. - Thomas Alva Edison

Failure is a detour, not a dead-end street. - Zig Ziglar

Failure is unimportant. It takes courage to make a fool of yourself. - Charlie Chaplin

If you are going through hell, keep going. -

## Winston Churchill

Most people who succeed in the face of seemingly impossible conditions are people who simply don't know how to quit. - Robert Schuller

The time comes in the life of any nation when there remain only two choices - submit or fight. That time has now come to South Africa. We shall not submit and we have no choice but to hit back by all means in our power in defense of our people, our future, and our freedom. - Nelson Mandela

The first time you see Winston Churchill you see all his faults and the rest of your life you spend discovering his virtues. - Violet Asquith

Who gossips with you will gossip of you. - Irish Sayings quotes

Always, expect the unexpected.

Don't make a threat and then not do it. - Suzanne Vega

Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more; Love more, and all good things will be yours. - Swedish Proverb

Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure. -

Oprah Winfrey

To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. - William Londen

This is a ruthless world and one must be ruthless to cope with it. - Charlie Chaplin

Avoid lawsuits beyond all things; they pervert your conscience, impair your health, and dissipate your property. - Jean De La Bruyere

A man is as unhappy as he has convinced himself he is. - Seneca

Don't criticize what you don't understand, son. You never walked in that man's shoes. - Elvis Presley

Enjoy your life without comparing it with another  
- Marquis de Condorcet

Simplicity is the ultimate sophistication - Vinci

Direct threats require decisive action. - Dick Cheney

A lot of people are afraid to tell the truth, to say no. That's where toughness comes into play. Toughness is not being a bully. It's having a backbone. - Robert Kiyosaki

Don't be afraid to take a big step when one is indicated. You can't cross a chasm in two small steps.  
- David Lloyd George

Be bold, be bold, and everywhere be bold. -  
Herbert Spencer

Boldness is a mask for fear, however great. - John  
Dryden

The greatest test of courage on earth is to bear  
defeat without losing heart. - Robert G. Ingersoll

Discourage litigation. Persuade your neighbors to  
compromise whenever you can. As a peacemaker, the  
lawyer has a superior opportunity of being a good  
man. There will still be business enough. - Abraham  
Lincoln

Courage conquers all things. - Ovid

Create the kind of self you will be happy to live  
with all your life. - Foster C. McClellan

Courage is being scared to death, but saddling up  
anyway. - John Wayne

Forgiveness is a funny thing. It warms the heart  
and cools the sting. - William Arthur Ward

Sometimes the best revenge is losing well. - New  
York Times

If you are going through hell, keep going. -  
Winston Churchill

The trouble with the rat race is that even if you win  
you're still a rat. - Lily Tomlin

Forgive your enemies, but never forget their  
names. - John F. Kennedy

If you want to make God laugh loudly, just tell him  
your plans.

Enemies are so stimulating. - Katharine Hepburn

You can discover what your enemy fears most by  
observing the means he uses to frighten you. - Eric  
Hoffer

The less a man knows the bigger the noise he  
makes and the higher the salary he commands. - Mark  
Twain

Courage is grace under pressure. - Ernest  
Hemingway

Are you worried about pressure? I look at it this  
way: Pressure is having to do something you are not  
totally prepared to do. - Harvey B. Mackay

Pressure makes diamonds. - George S. Patton

Delay in vengeance gives a heavier blow. - John

Ford

If you are patient in one moment of anger, you will escape a hundred days of sorrow. - Chinese Proverb

When anger rises, think of the consequences. - Confucius

If you think you are too small to make a difference, try sleeping in a closed room with a mosquito. - African Proverb

Victory is always possible for the person who refuses to stop fighting. - Napoleon Hill

Every great movement must experience three stages: ridicule, discussion, and adoption. - John Stuart Mill

Always quit while you are ahead. - Chicago gangsters

If we really want to love we must learn how to forgive. - Mother Teresa

I will permit no man to narrow and degrade my soul by making me hate him. - Booker T. Washington

As we grow as unique persons, we learn to respect the uniqueness of others. - Robert H Schuller

A human being is a single being. Unique and

unrepeatable. - Eileen Caddy

Any intelligent fool can make things bigger, more complex, and more violent. It takes a touch of genius - and a lot of courage - to move in the opposite direction. - Ernst F. Schumacher

It is always the simple that produces the marvelous.  
- Amelia E Barr

If you haven't got any charity in your heart, you have the worst kind of heart trouble. - Bob Hope

Never let the urgent crowd out the important. -  
Kelly Catlin Walker

Remind yourself that God is with you and nothing can defeat you. Believe that you now receive power from Him. - Norman Vincent Peale

God places the heaviest burden on those who can carry its weight. - Reggie White

When you face the perils of weariness, carelessness, and confusion, don't pray for an easier life. Pray instead to be a stronger man or woman of God. - Luis Palau

God won't ask what your highest salary was. He will ask if you trampled over any people to obtain that salary.

Anger is a wind, which blows out the lamp of the mind. - Robert Ingersoll

It is wise to direct your anger towards problems, not people; to focus your energies on answers, not excuses. - William Arthur

We have grown literally afraid to be poor. We despise anyone who elects to be poor in order to simplify and save his inner life. If he does not join the general scramble and pant with the money-making street, we deem him spiritless and lacking in ambition. - William James

A man does what he must - in spite of personal consequences, in spite of obstacles and dangers - and this is the basis of all human morality. - John F. Kennedy

If someone betrays you once, it is his fault. If he betrays you twice, it is your fault.

To not prepare is the greatest of crimes; to be prepared beforehand for any contingency is the greatest of virtues. - Sun Tzu

Threats don't work with the person who's got nothing to lose. - Maduro Ash

Preparation, I have often said, is rightly two-thirds

of any venture. - Amelia Earhart

Spectacular achievement is always preceded by unspectacular preparation. - Robert Schuller

In the field of observation, chance favors the prepared mind. - Louis Pasteur

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. - Napoleon Hill

One doesn't discover new lands without consenting to lose sight of the shore for a very long time. - Andre Gide

If people want to try and force me out of the game it has to be done in some shape or form that I am unaware of, because I am contracted to do a job and I know I am doing it quite well at the moment so far as the ins and outs are concerned. - Darrell Hair, Australian Cricket Umpire speaking regarding a ball-tampering controversy against Pakistan.

The art of politics consists in knowing precisely when it is necessary to hit an opponent slightly below the belt. - Konrad Adenauer

The essential ingredient of politics is timing. - Pierre Trudeau

There are no true friends in politics. We are all sharks circling, and waiting, for traces of blood to appear in the water. - Alan Clark

Never break a person's rice bowl or let him lose his face. - Chinese proverb

Turn on to politics, or politics will turn on you. - Ralph Nader

If you have an important point to make, don't try to be subtle or clever. Use a pile driver. Hit the point once. Then come back and hit it again. Then hit it a third time--a tremendous whack. - Winston Churchill

Keep cool; anger is not an argument. - Daniel Webster

Speak when you are angry, and you will make the best speech you'll ever regret. - Laurence J. Peter

The greatest remedy for anger is delay. - Seneca

There's nothing wrong with anger provided you use it constructively. - Wayne Dyer

Anybody can become angry, that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way, that is not within everybody's power - that is not easy. - Aristotle

Speak softly and carry a big stick; you will go far. -  
Theodore Roosevelt

A real leader faces the music, even when he doesn't  
like the tune. - Anon

Music washes away from the soul the dust of  
everyday life. - Red Auerbach

Why waste money on psychotherapy when you can  
listen to the B Minor Mass? - Michael Torke

A hobby a day keeps the doldrums away. - Phyllis  
McGinley

In times of great stress or adversity, it's always best  
to keep busy, to plow your anger and your energy into  
something positive. - Lee Iacocca

When angry, count to ten before you speak. If very  
angry, count to one hundred. - Thomas Jefferson

The only way to make a tiger happy is to allow  
yourself to be devoured by it.

Blows that don't break your back strengthen it. -  
Arabian Proverb

Poverty is no disgrace, but ignorance is. -  
Unknown

Worrying is like a rocking chair: it gives you

something to do, but it doesn't get you anywhere. -  
Unknown

It is the lack of faith that makes people afraid of  
meeting challenges, and I believed in myself. -  
Muhammad Ali

The real art of conversation is not only to say the  
right thing in the right place but to leave unsaid the  
wrong thing at the tempting moment. - Dorothy  
Nevill

Patience will achieve more than force. - Edmund  
Burke

Patience is the companion of wisdom. - Saint  
Augustine

Rudeness is the weak man's imitation of strength. -  
Eric Hoffer

In times of stress, be bold and valiant. - Horace

To be free of destructive stress don't sweat the  
small stuff by realizing that all stuff is small.

It is better to have a permanent income than to be  
fascinating. - Oscar Wilde

Fame does not feed you. Only money does. -  
Anonymous

You have to earn money the hard way because no one will serve it up to you on a silver platter. - Gordon Wu

Annual income twenty pounds, annual expenditure nineteen six; result happiness. Annual income twenty pounds, annual expenditure twenty pounds ought and six; result misery. - Charles Dickens

Rich or poor, it's good to have money. - Sid Lance

Never invest your money in anything that eats or needs repairing. - Billy Rose

Before you criticize someone, walk a mile in their shoes. That way, you'll be a mile from them, and you'll have their shoes. - Jack Handey

Unjust criticism is usually disguised as compliments. It often means that you have aroused jealousy and envy. - Dale Carnegie

Wealth consists not in having great possessions but in having few wants. - Epicurus

The very first step to building wealth is to spend less than you make. - Brian Koslow

What were you worried about this time last year? Can't remember? - Author Unknown

If I had listened to all the critics I would have died drunk in the gutter. - Anton Chekhov

It is always the best policy to speak the truth unless of course, you are an exceptionally good liar. - Jerome K Jerome

Be frank and explicit. That is the right line to take when you wish to conceal your own mind and confuse the minds of others. - Benjamin Disraeli

The key to everything is patience. You get the chicken by hatching the egg, not by smashing it. - Arnold H. Glasgow

I don't know the key to success, but the key to failure is trying to please everybody. - Bill Cosby

He who has never failed somewhere, that man can never be great. - Herman Melville

We are all failures, at least the best of us are. - J M Barrie

Don't tell your problems to people: eighty percent don't care, and the other twenty percent are glad you have them. - Lou Holtz

I don't have any solution, but I certainly admire the problem. - Ashleigh Brilliant

People who want the most approval get the least,

and people who need approval the least get the most. -  
Wayne Dyer

A man cannot be made comfortable without his  
own approval. - Mark Twain

Lean too much on the approval of people and it  
becomes a bed of thorns. - Tehyi Hsieh

A truly strong person does not need the approval  
of others any more than a lion needs the approval of  
sheep. - Vernon Howard

Do not trust the cheering of the crowd, for those  
persons would shout as much if you and I were going  
to be hanged. - Cromwell, Oliver

Do not look for approval except for the  
consciousness of doing your best. - Andrew Carnegie

The most splendid achievement of all is the  
constant striving to surpass yourself and to be worthy  
of your own approval. - Denis Waitley

Those whose approval you seek most give you the  
least. - Rozanne Weissman

Adopt the pace of nature; her secret is patience. -  
Ralph Waldo Emerson

Beware the fury of a patient man. - John Dryden

The two most powerful warriors are patience and time. - Leo Tolstoy

Everything comes gradually at its appointed hour. - Ovid

Genius is eternal patience. – Michelangelo

I've seen many troubles in my time, half of which ever came true. - Mark Twain

He that can have patience can have what he will. - Benjamin Franklin

The greatest power is often simple patience. - Joseph Cossman

Infinite patience brings immediate results. - Wayne Dyer

To escape criticism do nothing, say nothing, be nothing. - Elbert Hubbard

Any fool can criticize, condemn, and complain - and most fools do. - Dale Carnegie

When critics sit in judgment it is hard to tell where justice leaves off and vengeance begins. - Chuck Jones

Before you go and criticize the younger generation, just remember who raised them.

You have enemies? Good. That means you have

stood up for something, sometime in your life. -  
Winston Churchill.

Do what you can, with what you have, where you  
are. - Theodore Roosevelt

I have always found that if I move with seventy-five  
percent or more of the facts I usually never regret it.  
It's the guys who wait to have everything perfect that  
drive you crazy. - Lee Iacocca

Nothing would be done at all if one waited until  
one could do it so well that no one could find fault  
with it. - Cardinal Newman

Have no fear of perfection - you'll never reach it. -  
Salvador Dali

Don't ever follow any leader until you know whom  
he is following. - Source Unknown

A real leader faces the music even when he dislikes  
the tune. - Unknown

Before following a leader it is wise to see if he is  
headed in the right direction.

A good man always knows his limitations. - Clint  
Eastwood

There is no terror in a bang, only in the  
anticipation of it. - Alfred Hitchcock

Today is the tomorrow you worried about yesterday. - Author Unknown.

My life has been full of terrible misfortunes most of which never happened. - Michel de Montaigne

Pain is inevitable. Suffering is optional. - M. Kathleen Casey

As soon as we stop worrying, a solution pops up. - David DeNotaris

Rather than sitting and worrying, do something, anything. Worrying is a waste of time. - Catherine Pulsifer

Drag your thoughts away from your troubles by the ears, by the heels, or any other way you can manage it. - Mark Twain

Pay no attention to what the critics say. A statue has never been erected in honor of a critic. - Jean Sibelius

Criticism is the disapproval of people, not for having faults, but for having faults different from your own.

Once a decision was made I did not worry about it afterward. - Harry S. Truman

Don't wait until everything is just right. It will

never be perfect. There will always be challenges, obstacles, and less-than-perfect conditions. So what? Get started now. With each step you take, you will grow stronger and stronger, more and more skilled, more and more self-confident, and more and more successful. - Mark Victor Hansen

People often say that motivation doesn't last. Well, neither does bathing - that's why we recommend it daily. - Zig Zigler

Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.

Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret, and depression. Do not repeat them in the future. - Swami Sivananda

Little by little, one walks far. - Peruvian proverb

Knowing is not enough; we must apply. Willing is not enough; we must do. - Johann Wolfgang von Goethe

Ask yourself this question - Will this matter a year from now? - Richard Carlson

Success is the sum of small efforts, repeated day in and day out. - Robert Collier

When one door of happiness closes, another opens, but often we look so long at the closed door that we do not see the one that has been opened for us. - Helen Keller

There is more to life than increasing its speed. - Mahatma Gandhi

Reading inspirational and motivational quotes daily is like taking my vitamins. - Rosie Cash

The smartest decisions are based on less information, not more.

Worrying about something that may never happen is like paying interest on the money you may never borrow. - Unknown

To fear is one thing. To let fear grab you by the tail and swing you around is another. - Katherine Paterson

If you woke up breathing, congratulations! You have another chance.

God brings men into deep waters not to drown them, but to cleanse them. - Aughey

We understand that you can't work all day. In fact, a healthy dose of intellectual distraction is necessary for productivity. Theoretically, for all we know, there

may even be statistics that prove two hours of actual work per day is enough to keep the world running smoothly.

Too many people spend money they haven't earned, to buy things they don't want, to impress people they don't like - Will Smith

If fifty million people say a foolish thing, it is still a foolish thing - Bertrand Russell

It is better to be bored to death in a boring job than be worried to death without a job.

A man who doesn't spend time with his family can never be a real man. - Godfather

Meditate. Live purely. Be quiet. Do your work with mastery. Like the moon, come out from behind the clouds! Shine. - Buddha

When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. - Napoleon Hill

Never argue with idiots. They will bring you down to their level, and then overwhelm you with their experience. - Dave Johnson

It doesn't depend on size, or a cow would easily outrun a rabbit. - German proverb

Fall down seven times, stand up eight. - Japanese proverb

Efforts may fail, but don't fail to make efforts.

When you have to kill a man anyway it costs nothing to be polite. - Sir Winston Churchill

There are two days about which nobody should ever worry, and these are yesterday and tomorrow. - Robert Burdette



## *That's all Folks*

*Thank you for reading my book! If you enjoyed this book or found it useful, I would be very grateful if you would post a short review online and also share it with your friends, coworkers, relatives, and your social media platforms.*



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**Other Mild & Wild Books**  
**Unique Online Courses**  
**and**  
**Affordable Freelance Gigs**

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Book Publishing Coach

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## Other Books by the Author

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### Personal Planner

**Personal Disaster Preparedness Planner**  
Organize your Information, Belongings, and  
Activities to Protect your Family in a Crisis

This book is an information gift for those left behind when you are gone from this planet or bedridden due to an accident or illness. Losing a loved one, especially someone who was managing everything, leaves everyone stressed and confused especially if they can't access crucial information and documents needed thereafter. The last thing you need is your family ransacking your home to find your insurance papers, financial and property documents, important passwords, legal will, etc. This easy-to-use planner is designed exactly to avoid such a situation in a crisis. It provides a single source to document all essential details like your contacts, legal matters, bank accounts, investments, properties, health information, business affairs, passwords, online activities, and your day-to-day activities.

Scan and fill whatever is necessary. You need not complete everything in one go. But ensure that you gradually cover everything that your family needs in case you disappear. I have tried to cover both physical and digital areas necessary for today's lifestyle. Review this planner regularly and update everything that has changed. Share this book with trusted family members or someone who will make decisions after your passing or in case of your accident or serious illness. Use this helpful planner to give yourself and your loved one's peace of mind.



## **Humor Books**

### **Become a Dictator**

#### **A Short and Snappy Guide**

Everything you wanted to know about how to become a dictator, but were too embarrassed to ask is available right here in this concise guide. It contains the most comprehensive specifications and do's & don'ts for every aspiring dictator. There is no need to read thick boring books on history, communism, etc. So grab your copy today before somebody else beats you to it.

### **Become a Modern Artist**

#### **The Greatest and Easiest Job on Earth**

This unique book is a collection of humorous and satirical steps on how to become a famous modern artist and earn millions of dollars by drawing and painting ridiculous irrational stuff that no one can understand. Everything you wanted to know about how to become an extremely creative person but was not sure whom to ask is available right here in this amazing guide. It contains the most comprehensive specifications for every aspiring artist and this is the only book that you need to become a successful

modern artist. There is no need to get a formal degree, read expensive books, or attend long stressful training on how to draw and paint correctly. So grab your copy today before somebody else beats you to it.

## **Big Money**

### **Top Secret Guide to the Stock Market Circus**

This unique book is a collection of humorous and satirical steps on how to make money in the stock market and become a millionaire. Everything you wanted to know about how to play the stock market game and become extremely rich, but were not sure whom to ask is available right here in this amazing guide. It contains the most comprehensive specifications for every aspiring investor and this is the only book that you will need to become a successful stock market guru. There is no need to get a formal degree, read expensive books, or attend complicated training on finance and economy on how to make a killing on the stock market. So, let us get started. So grab your copy today before somebody else beats you to it.

## **The Mirage Peddlers**

### **How to Become an Advertising Guru**

This unique book is a collection of humorous and satirical steps on how to become an advertising guru and bombard customers with high decibel and non-stop advertisements. Everything you wanted to know about how to advertise on TV, in Newspapers, and Internet, but were not sure whom to ask is available right here in this amazing guide. It contains the most comprehensive specifications for every aspiring marketer and this is the only book that you will need to become a successful ad guru. There is no need to get a formal degree, read expensive books, or attend long stressful training on how to become an advertiser. So grab your copy today before somebody else beats you to it. Spirituality Books.

## **The Mud Horse**

### **Fantastic Jobs for Firebrand Feminists**

Hey Feminists, Are you being overtly or covertly discriminated against by horrible men? Are you facing irritating issues like patriarchy, wage gap, misogyny, etc? Are you constantly being told that you are inferior to men? Do men laugh at you when you say

that you are also equal to them in all respects? Do you want to break that ridiculous male-female gender barrier and show the world that you are not just equal to men but superior to them? Do you want to end the thousands of years of male-dominated history and begin a new era where you can prove your worth? Do you feel that you are capable of doing much more than just carrying anti-patriarchy and anti-misogyny placards, ranting on social media, and giving bold interviews on TV and radio?

If you say yes to any or all of the above, then you have come to the right place. We are a brand new recruitment firm that specializes in hiring revolutionary feminists like you to cater to our increasing number of global vacancies. So, fasten your seat belts and give us a call. We have hundreds of suitable jobs worldwide that you can apply. Secondly, placement is guaranteed to almost 100% of our candidates if they fulfill our simple and basic criteria.



## **Spirituality Books**

### **The Inventor of Nothing** A Mild and Wild Chat with the Brilliant Cosmic Designer

Have you ever blamed or criticized God for something bad that happened to you? Do you feel like confronting and taking Him to task for all the rubbish that is happening around you? Are you baffled by the collective silence of our benevolent gods from all the rival religions? If yes, then look no further. All the answers you need are available right here in this awesome book.

Enlighten yourself with the Technical, Political, and Business justifications of our Creator for everything of everything like saints, savages, atheists, wars, diseases, religious headaches, corruption, natural calamities, business failures, media maniacs, ethnic cleansing, recessions, silent gods, terrorism, racism, crime, politics, lies and 1001 other problems you see worldwide daily. Become a Buddha and discover the mysterious secret behind his supreme serenity. Never blame poor God again!!!

## **The Miracle Law**

### **The Pristine Path to Purpose and Prosperity**

The Law of Attraction (LOA) has been a subject of curious debate over the last two decades. It's also known as a Miracle Law and has been very popular worldwide, and has also created a nice cottage industry with plenty of books, coaches, video courses, blogs, newsletters, etc. But most books on LOA often use complex words like Manifest, Subconscious Mind, Abundance, Endless Possibilities, Affirmations, Vibrational Alignment, Creative Visualization, etc. This confuses or turns off the average reader into thinking that such books are just a con game or some flashy get-rich schemes.

Hence, I have made this book a simplified "Get to the Point" guide on the Law of Attraction. It's designed to give the reader my helicopter view and interpretation of how LOA works, how to use it, celebrities who practice it, and so on. The information in this book is sufficient for a casual reader to dive in, quickly absorb the essence, and walk out with a fistful of knowledge of LOA. I hope you will find the book useful. So, grab your copy today.



## Personal Development Books

The Executive Self Help Books is a series of short non-fiction books on business management, leadership, inspirational, motivational, and self-improvement topics. Each book is an imaginary discussion between a retired professor who thinks unconventionally and a corporate executive who thinks like the crowd. This is a unique professor who thinks, "*What is popular may not be right, and what is right may not be popular.*"

Most self-help books are normally written in a textbook or step-by-step guide formats. But these books are written like a novel in a conversational style with interactive lectures, candid arguments, and idle talk between the two who belong to different generations. Each book discusses some self-improvement concept or an aspect of the executive's personal or professional life and the professor enlightens, alters, or completely demolishes the executive's earlier thinking and assumptions. The first book in the series is **The Power of Laziness** followed by **The Extreme Minimalist** and others. However, each book can be read independently. Give it a try, you will be pleasantly surprised.

## **List of Books**

### **The Power of Laziness**

Discovering the Wisdom of Slowness

### **The Extreme Minimalist**

Discovering the Joys of Minimalism and  
Frugality

### **Get to the Point**

A Short and Snappy Guide

### **The Curses of a Thousand Mothers**

A How we Pursue Joyful Sins

### **The Long Fuse**

Why the Buddha Never Took Aspirin

### **No Easy Future!**

Seven Habits to Tackle Tomorrow

### **The Compass Mind**

A Short Guide to Think in All Directions

## **The Goodness Trap**

### **How to Stop Living for Others and Start Pursuing your Goals**

Are you one of those goody-goody persons who are now facing the following problems? You have become a doormat or a bellboy to others. You are unable and unwilling to say no. People take you for granted. You are endlessly running errands for others. Everyone's urgencies are your emergencies. All your time, money, and effort are spent on helping others. You have become a cart-horse by taking on everyone's load. You have to take permission from your husband, wife, or other family members to buy the things you love with your own money, eat the dishes you like, wear the clothes you like, sleep an extra hour, and so on.

If you say yes to one or more of the above statements, then you are not alone. Millions of people worldwide, especially breadwinners, are in the same boat unable and unwilling to escape. But it's high time that you stop living for others and start living for yourself without any guilt or regret. This amazing book will show you how to do that.

## **The Gibraltar Briefcase**

### The Wise Weapons of Exceptional Executives

The Gibraltar Briefcase is a bunch of raw advice on management, leadership, and self-improvement for the modern business executive. The Rock of Gibraltar or Pillar of Hercules, located in Europe has been standing tough and strong for centuries despite several enemy attacks and long sieges and nothing can destroy the Rock or her people. The statement '*Solid as the rock of Gibraltar*' is often used to describe a person that cannot fail or be subdued. To become such a rock, you must continuously repair and detoxify yourself physically, mentally, and spiritually to protect the forts you hold dear. The techniques in this book are the knowledge weapons to help you thrive and survive in modern stressful workplaces and become like a rock but without turning into a stone.

## **The Glass Prison**

### The How to Stay Productive during a Lockdown

The global pandemic of 2020 has become a brutal wrecking ball on the worldwide economy. This mega crisis will not pass or go away quietly. Thousands and

thousands of doctors, nurses, and medical staff are slogging day and night to control this menace. Millions of people are under voluntary or forced lockdown in their houses. This is not a vacation and no one can travel anywhere. It's like being held in a glass prison that you dare not break. Being stuck in home for days and weeks is not easy and can be very stressful. While watching movies, exercising, or listening to music is the usual suggestions, you cannot do them for days and weeks. So, how can you stay mentally, physically, and emotionally healthy when you are stuck at home for days and weeks?

This book is a practical and straightforward guide with dozens of unique ideas and suggestions on how you can spend time at home productively without going nuts. Each chapter provides one or more suggestions for a positive use of time that can boost your morale, knowledge, and happiness for yourself and others. Start with one or two suggestions and see how easy it is to make the most of this downtime. The ideas given in this book can be used not only for this lockdown but for any future lockdowns also.



## **Children Books**

Meet little Tommy. He has a magic spaceship that can go anywhere he wants. It was a birthday gift to him by an alien who lives on Mars. Every holiday Tommy and his friends take secret trips to various exciting places around the universe like a Jungle, Outer space, Treasure Island, and into the Ocean.. Do you want to know what fun they have there? Just flip the pages.

### **Secret Trip to a Jolly Jungle**

The Adventures of Tommy and his Magic  
Spaceship

### **Secret Trip into the Ocean**

The Adventures of Tommy and his Magic  
Spaceship

### **Secret Trip to a Treasure Island**

The Adventures of Tommy and his Magic  
Spaceship

### **Secret Trip to Outer Space**

The Adventures of Tommy and his Magic  
Spaceship

## **The Magic Apple and his Mighty Friends**

Dear parents, do you spend sleepless nights worrying about why your child doesn't eat properly? Is your bundle of joy costing you a bundle of money with its endless tantrums during breakfast, lunch, and dinner? Do you always run behind your kid frantically trying to make it eat some healthy food? Are you going mad listening to those children's experts, or reading all those useless colorful books on child psychology? If you say yes to any or all of these questions, then don't worry. Just introduce your child to our Magic Apple and his mighty friends. Maybe, they can convince your child to become a wonder kid within weeks. Sounds interesting? Quick, start flipping the pages!



## Technology Books

### **IT Asset Management** A Practical Guide for Technical and Business Executives

IT Asset Management is often considered a boring and low-grade task by many technical executives, CTOs, and even CIOs. This is because most technical staff in many organizations hates getting involved in the commercial and financial aspects of managing IT assets as they think this is just a glorified storekeeper job. Such misconceptions result in frequent battles between the finance, audit, and technical departments.

However, IT asset management is an extremely crucial function of any organization and must be given the highest importance possible by the senior management. Secondly, it's not a mere storekeeper's job as many executives fear. This book simplifies the procedures and processes used to successfully implement a workable IT asset management department in an organization. It removes any doubts or uncertainties about how it can be easily achieved with the help of a simple combination of qualified internal members of staff, contractors, external

consultants, and some common sense.

## **Disaster Recovery and Business Continuity** A Quick Guide for Organizations and Business Managers

Disaster Recovery and Business Continuity (DR and BC) are often seen by organizations as costly and complex rocket science that can only be handled by specialists and magicians. Many business owners still live in constant fear and have nagging doubts about how to protect their businesses from various disasters, and who will help. Often, individual businessmen, IT departments, and managers of small and medium organizations live under the misconception that such activities are beyond their expertise or affordability, and perhaps applicable only to large organizations.

This excellent self-help book clears away such doubts and myths to show you how disaster recovery and business continuity can be successfully implemented with a simple combination of qualified internal staff, vendors, external consultants, and plain common sense. The entire book is written in a question-and-answer format for easy comprehension and speedy reading and can be read like a storybook. The chapters are short and just to the point. The

answers to the questions are also concise and rarely exceed one page. Real-world examples are used wherever necessary, along with mild doses of humor. Each chapter covers only one specific area of DR and BC and contains a set of basic and essential questions, which the author tries to explain in simple, jargon-free language.

An essential no-nonsense guide to disaster recovery and business continuity - Review in Professional Security Magazine.

## **IT Practical IT Service Management A Concise Guide for Busy Executives**

Getting to grips with IT service management is crucial for managers as well as technical specialists. It's not enough if you have up-to-date knowledge of the latest technical stuff. If you want your company to succeed everyone in the IT department must understand how their work is helping the company achieve its business goals. Practical IT Service Management is a concise guide to implementing a professional technical service management structure in your organization based on the latest international best practice framework, ITIL 2011 (IT Infrastructure Library), the most widely accepted approach to

technical service management.

This beginner's book explains the basics of IT Service Management and its implementation and interpretation in an easy, self-study approach for all technical and business staff in your organization. The entire book is written in a question-and-answer format for easy comprehension and speedy reading. Each chapter covers only one specific area of ITSM, and each topic is explained concisely, with very few answers extending beyond a page. Practical and real-life examples with a little bit of humor are used throughout. This excellent self-help book is designed to be a small stepping stone to the official books on ITIL published by OGC.

An essential guide to making sure that IT headaches will not jeopardize your business. Some years back this book was also adopted at the University of Michigan - Dearborn for a course called MIS 526: IT Service Management by a professor named Andrew Urbaczewski.



## Fiction Books

### FINK!

#### The Mafia's Nightmare

There is nothing worse than a brutal crime that remains unsolved for years. What can be more painful for the victims and their loved ones to see the perpetrators still roaming free from the tentacles of justice? But not anymore. There is someone in town now who can give solace to such victims. A new headache has now entered the underworld and that's not the police.

Meet a mysterious private investigator with the strange powers to solve cases that have stumped the police for decades. A man who can handle baffling criminal cases that even the world's greatest detectives fail to make any progress. A faceless stool pigeon who is sending shivers down the spine of the Mafia and the underworld by mysteriously unraveling all their darkest secrets. A chap every police chief would love to have on his team. Who is he? What is his secret? How does he do it? Why is he doing it? Who are his sources?

## **The Patriot's Confession**

### **A Spy Thriller**

Meet Agent 57, a veteran combat specialist with the highest security clearance from the US government and all its friendly nations. Never seen but only rumored to exist in the dark shadowy world of extreme security and high-value targets. A brilliant expert in geopolitics, covert operations, and operating knowledge of every secret weapon whose existence is completely denied by all government agencies. A chap trained to survive the harshest of weathers, the deadliest of hunger, and the toughest of tortures.

A gentleman born to uphold the liberty and freedom of all its innocent citizens. A man who never hesitates to take up any impossible task anywhere in the world. An unwavering patriot with such extraordinary talents that sets him light years apart from the crowd of mediocre secret agents you normally read in thriller novels and movies. A man that every president from the last three decades has blindly trusted his or her life with until he succumbs to that one fatal temptation that nobody ever dreamed a trustworthy agent like 57 would do.



# Self Improvement Digital Magazine



Self Improvement International is a digital magazine to be read, retained, remembered, and re-read. Each magazine carries a bunch of sparkling articles on Personal Development, Mental Health, Workplace Leadership, Technology, Inspiration & Motivation, Writing & Publishing, Humor & Satire, etc.

Simplicity is the hallmark of this wisdom treasure chest. Unlike the hordes of dazzling magazines you see in the newsstands the contents here are eye and eReader friendly and not crowded with complex cosmetics, awesome advertisements, great graphics, etc., that can distract or irritate your eyes. The text font is optimized for easy reading on all Android &

Apple devices, Amazon App, Kindle Reader, or your Web Browser. This means you don't have to constantly pinch and zoom to read the contents on your devices.

Like a basket of delicious healthy fruits, each issue can dramatically transform your personal and professional life. Think of this magazine as your electronic personal coach who can make you superior to the rest of the crowd. Give it a try. You may be pleasantly surprised.

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## Online Courses by the Author

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### Become a Minimalist Course

**Intended Audience** - Sole breadwinners. Salaried employees in unstable companies that frequently downsize or outsource. Those who feel their lifestyle is going out of control. Those who have dependents to maintain. Those worried about their future. People above forty years with health problems and increasing medical expenses. Those who competitively spend money to match rich people. Those who are grappling with their finances. Those wondering where their money disappears every month, and those who want to have better control over their income and expenditure.

**What is this Course?** - In this course, I will teach you an amazing life skill called Minimalism or Voluntary Frugality, which no college, university, or workplace will teach you. Once you learn minimalism you will be able to,

Confidently handle your life's ups and downs without any fear of putting yourself and your family

in trouble.

Become financially and psychologically superior to the rest of the crowd.

Handle today's unpredictable economy, downsizing, healthcare costs, workplace transfers, reorganizations, family issues, office politics, etc.

Stop living in a fool's paradise by spending recklessly.

And many more.

**Pricing** - This self-paced course is available for only US\$19.95/- as a PRIVATE YouTube video available only for subscribers. **Note** - You must have a Gmail account to access the video. Contact me at thejendra@yahoo.com or thejendrabs@gmail.com to get full access to this course.

More details are available in this YouTube Promo Link.

<https://youtu.be/TRxN7zgvpgo>



# Start an IT Asset Management Course

**Intended Audience** - Technology Managers. Finance Managers and Auditors. CIOs, CTOs, and CFOs. Anyone who manages IT assets in an organization and is responsible for optimizing its costs. Interested Board Members and IT Consultants.

**What is this Course?** - In this course, I will teach you how to start a unique and powerful department in your organization. Once you start this department in your organization you will be able to

Keep the top management, auditors, and finance departments happy.

Have complete control over all IT Assets, Software Licensing, Budget Overruns, Manage Thefts and Misplacements, Handle Data Security, Dispose of Unused IT Assets, and so on.

Gain valuable business skills like technical leadership, financial leadership, vendor management, and also the ability to interact with all layers of employees in your organization.

Gain a tremendous amount of industry knowledge about the latest hardware and software in the market.

Gain industry contacts, attend useful seminars, meet subject experts, and even get help in career moves.

Attend important meetings to present the ongoing and impending IT costs to the management.

Help senior management can make better decisions regarding their IT infrastructure. And many more.

**Pricing** - This self-paced course is available for only US\$99/- as a PRIVATE YouTube video available only for subscribers. **Note** - You must have a Gmail account to access the video. Contact me at thejendra@yahoo.com or thejendrabs@gmail.com to get full access to this course.

More details are available in this YouTube Promo Link.

<https://youtu.be/w8gU0mzSYqM>



## **Eliminate Stress in One Hour Course**

**Intended Audience** – Anyone who is suffering from stress, depression, anger issues, no interest in life, hopelessness, fatigue, and a feeling their life is going from bad to worse.

In this course, I will teach you an amazing technique to dramatically reduce your stress and burnout. As you are aware stress and burnout are the two biggest headaches for millions of employees worldwide. The usual methods of stress control are medications, counseling, exercises, therapy, seminars, and even spirituality like meditation and yoga. But all these remedies cost time, money, effort, and travel. And not everyone will have the time or money to frequently indulge in such stress management remedies

With my unique technique, you can drastically reduce your stress by more than 50 to 75% without taking any medicines, spending money, doing exercises, or traveling anywhere. You can practice my technique anytime sitting at home or in the office. All I need is less than an hour to demonstrate that technique. So, whenever you are feeling doubtful about your own abilities when disappointments are

staring at your face, and you don't see any light at the end of the tunnel, simply dive into my course and you will become energetic and courageous to tackle your life no matter what. Give it a try. You will be pleasantly surprised.

**Pricing** - This self-paced course is available for only US\$14.95/- as a PRIVATE YouTube video available only for subscribers. **Note** - You must have a Gmail account to access the video. Contact me at thejendra@yahoo.com or thejendrabs@gmail.com to get full access to this course.

More details are available in this YouTube Promo Link.

<https://youtu.be/UFtT0Q5GCG0>



## Become an Author Course

**Intended Audience** – Anyone who wants to share their Knowledge, Imagination, or Experience with others and write their first fiction or non-fiction will find this course highly useful.

**What is this Course?** - In this course, I will teach you how to become an Author and Self-Publish your book worldwide. You will learn how to overcome your initial fears, write your first book, edit it perfectly, format it for paperback and eBook formats, and finally upload it on international sites like Amazon, Apple, Kobo, Barnes & Noble, Google Play, etc.

Becoming an author is one of the most satisfying and rewarding experiences you can have. Once you become an author you can tell your story to the world, share your knowledge and experience with others, position yourself as an expert, stand out from your colleagues and get noticed, get speaking opportunities, earn royalties from book sales, keep your brain active, have a lifelong hobby, and so on.

**Pricing** - This self-paced course is available for only US\$49/- as a PRIVATE YouTube video accessible only to subscribers. **Note** - You must have a

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More details are available in this YouTube Promo Link.

<https://youtu.be/27IJCDptbLg>



## Freelance Services by the Author

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### Assisted Publishing Service

Assisted Self Publishing is a unique method where I will take care of all the complex technicalities of publishing your book globally for a one-time fee. What this means is I will do the MS-Word Manuscript Formatting, Create the Paperback/eBook Interiors and Covers to publishing standards, and guide you to Upload, Configure, and Publish them worldwide. For new authors learning all these tasks can be overwhelming and confusing. But with my assisted method, you don't have to worry about it.

My affordable publishing packages will get your book on three global platforms - Amazon International, Google Play Books, and Non-Amazon (Apple, B&N, Kobo, Flipkart, etc) in both Paperback and all eBook formats. In addition, you will retain 100% ownership of your Account, Content, Copyright, and Royalty.

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# Mind Cleaner

Just type the word stress in any internet search engine and it will throw up thousands of articles and videos on stress and the harm it can cause. The common methods of stress reduction are, Meditation, Yoga, Taking Medicines, Attending Stress Reduction Workshops, Coaching, Exercises, Dietary changes, going to fitness centers, and many others.

While each of the above methods has immense benefits they still take time, money, and effort. And not everyone can spare their time in this rat race world that we live in. However, there is another relatively unknown stress reduction technique that is simple, cost-effective, non-medicinal, and extremely powerful. And you don't need any professional help to use this technique unless you are a severe medical case. This book will teach you how. Like a vacuum cleaner sucking dust from your furniture, this book will suck your mental dust like stress, anxiety, and toxicity and gradually make you calmer, handle criticism, understand mankind better, and become well-equipped to tackle life's ups and downs.

## About the Author



**Thejendra Sreenivas** is an Author and Publishing Coach. He helps writers to self-publish their books worldwide on Amazon, Apple, Kobo, B&N, Google Play, etc. He has also published 30+ books on various subjects. Visit his cave – [www.thejendra.com](http://www.thejendra.com) for more details.