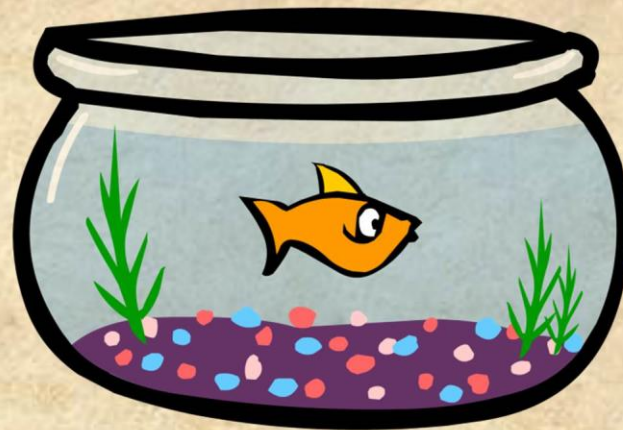


The Glass Prison

How to Stay Productive
during a Lockdown



Thejendra Sreenivas

The Glass Prison

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How to Stay Productive during a Lockdown

Thejendra Sreenivas

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Second Edition: 2022

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Dedication

Dedicated to all productivity students.



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Acknowledgments

My first thanks go to **Toni Morrison**, a famous American author, and recipient of countless awards including the Nobel and Pulitzer prizes, who first planted the incredible seeds of writing a book in my head. Even though I have never met her it was her amazing quote, *"If there is a book that you want to read, but it hasn't been written yet, then you must write it,"* that inspired and motivated me to write articles and books nearly two decades ago.

My second thanks go to my family members, friends, neighbors, and relatives for helping me accomplish this literary feat by completely forgetting or ignoring me on countless weekends while I was pounding on my keyboard with wild ideas setting my head on fire.

My third thanks go to the various bits and pieces of enlightenment gained from dealing with countless people over the years, opening all the mental taps, personal and witnessed experiences, pleasant and nasty encounters, rational and irrational thoughts in solitude, wake-up calls, famous quotes, and most importantly those bizarre ideas being mysteriously pumped into my brain by a naughty higher power. So, a lot of earthly and cosmic folks have directly or indirectly contributed to the flow of thoughts presented in this and all my other books.

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About the Author

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.

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Please visit my web cave - www.thejendra.com or www.author-world.com for details of my books, magazine, and coaching information.



Review Request

Thank you for buying and 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.



Preface

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 at home for days and weeks is not easy and can be very stressful. While watching movies, exercising, or listening to music are 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 the positive use of the 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.



Declutter your Smartphone

Smartphones have become indispensable in our lives and we cannot live without them even for a few hours. But just like our vehicles, homes, offices, and our minds and body these smartphones and tablets can also get bogged down. Even they need a tech cleansing. Use this lockdown time to give it a good tech bath and improve its performance. So, do the following. Take a complete backup of your phone data, contacts, etc., using the inbuilt backup mechanism or some third-party tool that saves to the cloud or your computer disk and save two copies. Then dive in and start deleting all unwanted smartphone apps that you may have installed over the months and years. Next, scan your contact list and delete all unwanted numbers and retain only the essential ones. You will be amazed to know how many unwanted numbers you will find. Next delete all unwanted photos, videos, screenshots, and other endless social media messages that you never had time to remove. Next, update all the useful apps and also see if the phone manufacturer has a firmware update. Do the same activities for all the smartphones in your house. Once you do all these activities your phones will become healthy and vibrant.

People who smile while they are alone used to be called insane, until we invented smartphones and social media - Mokokoma Mokhonoana



Tidy up your Computer

Just like your smartphone your computer also needs a tech cleansing. But too many people are unable or unwilling to spend a few hours to fine-tune their computers and will be using them endlessly. This lockdown is a good time to give your computer its much-needed maintenance. Similar to a smartphone, first take a backup of all essential data. Make two backups just in case. Then roll up your sleeves and do the following. Uninstall all unwanted applications, tools, and other teeny weeny stuff like browser add-ons you may have installed over the years. Next, search your disk drive for large unwanted files and delete all of them. Install a disk defragging tool and a registry cleaning tool. For example, you can install the tested and proven Wise Disk cleaner and Registry cleaner tool. Run these tools and you will see how much junk it will clear from your system. Reboot your system after such scanning and cleaning. Next check your essential software if they have any updates and patches by the software manufacturer and install all of them. For example, Microsoft can automatically check your system for what patches are missing and install them. Also check your hardware manufacturer's website for updates to your system model's bios, firmware, newer drivers, etc. For example, the Dell computers website can check your Dell model for updated drivers and other essential tools and guide you through the installation. Once you do all these activities your computer will become more efficient than before.

Computers are like air conditioners. They work fine until you start opening windows.



Stop Devouring News

Today the world has become news obsessed. Almost all our free time is spent watching or reading news on TV or our Smartphones. Now, why do we do this? We do this because we think that we have to be well informed about what is going on in the world every day and every hour. So, we spend hours consuming every bit of news that is bombarded to us in the hope of being well informed. Hence, we diligently watch the news about crimes, politics, robberies, violence, accidents, disasters, etc., happening around the world.

But is that time well spent? Have you ever taken some time to ponder the impact of the avalanche of negative information on your mind, body, and soul? Rarely do we stop to ask ourselves questions about what we consume; is it important, does this news matter to our country, locality, neighborhood, etc?

We all grew up believing that following the news makes us better citizens. There was a time when we used to wait for a full day to get a newspaper to know what is happening around the world. Secondly, the journalists and editors who released newspapers ensured that only useful and relevant news was printed in them because print space was limited. So, we would get a healthy dose of news around the world. But not anymore.

Today, we are electronically bombarded with endless news from countless TV channels, the internet, social media, news apps, and so on. The velocity and ferocity of news have dramatically increased. Nowadays, anything and everything is news because the channels operate 24x7 and they have to show or

invent something in the garb of news. News producers hijack your brains by constantly flashing words like breaking news, standby for an important announcement, and so on. Their news selections are designed to show what's scary, infuriating, or exposing their political biases. In addition, we also have tons of WhatsApp messages and videos being forwarded from friends.

Unable to recognize this trend, you are also conditioning your mind and body to believe that you must consume every piece of news that is being blasted out from multiple sources within minutes. You feel overwhelmed by the pressure of trying to keep up with everything. Your mind and body will be literally taking on the stress of the world.

But most of such news is pointless. It's not important to your life. It's not going to help you make better decisions. As you consume more and more of such news, you will have less and less time for what really matters. This is why you must start applying brakes on consuming so much news. Just like overeating, being bombarded by endless news is also bad for your health. It leads to fear and aggression and hinders your creativity. Non-stop news also inhibits thinking. Thinking requires concentration and concentration requires uninterrupted time. News cannot help you concentrate because they are like bubbles popping on and off distracting you.

Now let us look at what happens when you stop devouring news. First, you will feel much better. Once you quit gulping news by the buckets you will notice an improvement in your mood as less noise is entering your brain. A few weeks after you quit news addiction it will be difficult for you to name anything useful that's been lost.

Basically, watching random news accomplishes nothing in terms of improvement to your quality of life or knowledge. The only thing it's really doing is altering your mood and your behavior. Just imagine if you spent that time learning a new language, reading books, or learning something useful in that time.

So, starting today, cut down on consuming endless and aimless news. Switch off news notifications on your smartphone. Switch on the TV only a few times to see what is happening and don't keep it running endlessly. Learn to separate useful and useless news. For example, if there are some new taxes that are going to impact you personally read its details. But if the news is about two neighbors fighting somewhere on the planet just ignore it. If the news is big enough it will anyway reach you from other sources.

Few things are as important to your quality of life as your choices about how to spend the precious resource of your free time - Winifred Gallagher



Start a Blog

If you have the skills, experience, passion, and energy for anything, then think of starting a small blog and sharing your knowledge. Imagine using your words and knowledge to inspire people to change their lives, make them productive, learn something new, help others, etc. All this is achievable by starting a blog. For example, if you are a technical person then you can write short useful articles about the technology you know. Or if you are a finance person, then you can write finance articles. Scout the internet for blogs that may be similar to the ones you want to start and get ideas from what those bloggers are doing. But don't copy their stuff even if you are writing on a similar topic. Ensure you write in your own words. Not only will blogging keep you productive you may even get some money, get recognition, better job prospects, get speaking opportunities, meet other bloggers, etc., depending on who is reading your articles. Even if you write one or two small useful paragraphs a day on a topic that you have expertise then within a couple of months you will have a ton of stuff floating on the internet with your name as the creator. Isn't that great? Who knows? Someday you can even start earning a lot of money from your blog.

Don't focus on having a great blog. Focus on producing a blog that's great for your readers – Brian Clark



Start Writing a Book

If you have enough knowledge on any subject you can even write a book. Writing and publishing books is one such good and everlasting hobby that you can continue even when you get old and physically weak. Other advantages of becoming an author are it will teach you humility, help you gain and share knowledge, teach you the mysteries of life, position yourself as an expert, attract clients, get speaking opportunities, give you deep personal satisfaction, help earn some pocket money, build contacts, build credibility and respect in society, get fans and testimonials, change lives, make you a better human being, and so on.

For example, if you have worked in the chemical industry for many years, then you would have gained enormous knowledge that you can pass on to newcomers with your book. Or, if you prefer fiction and imaginary stuff, then you can write storybooks, fantasy, horror, mystery, thrillers, poetry, drama, adventure, romance, science fiction, or any of their combinations. Writing and publishing are also listed in the top twenty professions on our planet because if you write a book you are perceived as an authority or expert in something. So, it is worth giving it a try during this lockdown.

If there's a book that you want to read, but it hasn't been written yet, then
you must write it - Toni Morrison



Learn Cooking

A lockdown is also a great time to learn some new skills. Cooking is one such skill that you learn if you have spare time. Although we all like to eat, not everyone is willing to cook. Now is the time to jump into this activity. There are plenty of advantages if you learn how to cook. The first one is you don't have to depend on anyone or eat out daily. The sky's the limit with cooking and you can learn to make your favorite dishes. It's also good for your purse as you don't have to eat at restaurants by shelling out money every day. You can control the ingredients and you will know what is in your food. You will feel eager to experiment and create your own recipes. No matter where you live or the help you have you won't miss out on a good lunch or dinner. This means you can stop ordering pizza, and eat frozen food, or noodles every day. You can even host parties and invite friends over.

In France, cooking is a serious art form and a national sport - Julia Child



Organize your Paperwork

A lockdown is also an ideal time to organize your finances and other paperwork. But did you know that you could be having more than 30% of unwanted financial papers in your drawer or cupboard? This is because you would have accumulated dozens and dozens of papers over the years and stored them in your cupboards. For example, when I did a cleanup once I found plenty of old and expired insurance papers for the motorbikes and cars that I had owned and sold over the years. This means I was having the paperwork for vehicles that I did not even own anymore. Similarly, you could also be having dozens of such papers, bills, agreement copies, insurance papers, brochures, etc., that you would have accumulated over the years. Now, this is a good time to examine all those papers, retain only the necessary ones, and dispose of the rest. You can also organize and label all papers so that you don't have to turn the cupboard upside down to search for some small paper. In all probability, you will discover that nearly 30% or more of the papers you have are now useless.

Getting paperwork under control makes me feel more in control of my life
generally - Gretchen Rubin



Learn a New Language

When we are busy with our regular work we rarely think of learning a new language though we wish we knew more languages. Why not use this time to learn a new language? It doesn't matter if you don't become fully fluent enough to read and write essays in the new language. But it's possible to learn to speak a few sentences just for fun. There are also free and paid apps and videos that will teach you the basics of almost any language. Learning a new language has many benefits and it will also broaden your mind and world. Secondly, it may even help you in your career if you learn a foreign language well enough to speak and read. In today's interconnected world with offices in different countries, proficiency in other languages can be a vital skill that can enhance your career. For example, if your German office has a new exciting role that you may like, then you can apply for that position if you have learned German.

Even if the new language doesn't help you in your career, being able to communicate with someone in their language can be very exciting. Knowing the language will make you like a local citizen and you can use this knowledge to make new friends or be safe in a foreign country by understating the local do's and don'ts. Other advantages of learning new languages are, that you will improve your memory, be able to switch languages, learn other cultures, be confident, etc. Imagine being in a foreign country, getting into some trouble, and solving it by knowing the local language versus not knowing the language and depending on others who may or may not be honest.

One language sets you in a corridor for life. Two languages open every door along the way
- Frank Smith



Do a Massive House Cleaning

When you go to the office every day you will never get multiple days of free time where you are forced to stay at home. All you will get is a weekend but you may not have the energy or interest to do any major activity like cleaning the house end-to-end. But if you have plenty of time and can't go out anywhere, then it's a good opportunity to initiate a massive house cleaning. So, start a head-to-toe scan of your house and make a list of all unwanted stuff lying around gathering dust, occupying space, wasting money, wasting electricity, etc.

You will be amazed to know how much junk would have accumulated over the years. Now is the time to initiate a war on them and start disposing of them one by one. You can even sell some of those items and make some money. Even if you can eliminate some 30% to 50% of the junk your house will become more airy, vibrant, and spacious.

Have nothing in your home that you do not know to be useful or believe to be beautiful - William Morris



Learn to use your Right Brain

Most people want to be creative and often feel they have some untapped talent or creative ability that they can demonstrate but are not sure what it is or how to activate it. But there is a method to activate your creativity and that is to start using the right side of the brain. As you may be aware, the human brain has two parts called the left and right sides. The right hemisphere of your brain is for creative thinking, while the left side is for logical thinking. Activities such as music, art, and using imagination are right-brain activities, while standard processes and repetitive tasks are logical left-brain activities.

But most people are eternally busy with day-to-day tackling life using their logical left brain that they don't tap into the right side of their brain. Soon, they lose connection to their creativity. But being creative makes you feel more alive and confident. When you are more creative, you shine better and can tackle problems and issues in a far superior way. Here are a few simple ways to activate your right brain and become more creative,

Learning Music - Learn singing or playing some instrument. Or, listen to different kinds of music from around the world. Today, it's possible to listen to such music via the internet or world band radios without spending any money. This helps to stimulate the auditory cortex of the right brain and leads to increased creativity.

Take an Art Class - Even if you feel you don't have any artistic abilities, activities like painting, drawing, and sketching can stimulate your right brain to

become more active. Don't worry if you're not good at it. Just let your right brain mess around with colors, shapes, and textures. Give it a try and you may notice your creative juices flowing.

Use your Left Hand - If you are right-handed, then try doing activities like writing or operating the computer using your left hand. This is called using the non-dominant side of your body. Stimulating your right brain by using your wrong hand can help in activating your creative and intuitive side.

Daydream - Set your imagination on fire. Think of crazy and illogical things without being constrained by any rules or laws applicable in the real world. For example, imagine what your forefathers were ten thousand years ago, or fighting sabretooth tigers, or split the world, starting a world war, or shrinking and entering an ant hill, and so on.

Loud laughing - Humor is a right brain function but not everyone can be humorous. Becoming humorous takes time, patience, and the ability to think in wacky ways. To cultivate humor you need to read joke books, MAD Magazines, and other fun stuff to get the hang of humor, which will in turn activate your creativity.

Breathe from Left Nostril - Most people breathe out of only one nostril at a time and the body switches the dominant nostril every few hours. This switching pattern was first noticed by a German nose specialist in 1895. Since then, many studies have shown that different things occur in the body and brain depending on which nostril is being used. One study showed that when you breathe through your left nostril, the right side of your brain becomes more active and dominant. When you reverse the process and breathe through your right nostril

the left brain becomes more active. Will this make you more creative? Give it a try.

Write down your dreams - Everyone gets amazing dreams frequently but most of us don't remember anything or have only a faint remembrance of what we dreamt after waking up. Take a challenge to remember and write down what you dreamt as vividly as possible even though it serves no purpose.

Creativity is not just for artists. It's for businesspeople looking for a new way to close a sale; it's for engineers trying to solve a problem; it's for parents who want their children to see the world in more than one way - Twyla Tharp



Listen to Useful Speeches

Instead of just watching movies, sitcoms, or listening to music why not use this time to enhance your knowledge? For example, you can listen to useful speeches from experts around the world. One excellent source for such speeches is the TED Talks available from www.ted.com. TED Talks are influential videos from expert speakers on education, business, science, tech, and creativity, with subtitles in 100+ languages. They have an impressive collection of speeches by world-renowned experts on practically any topic. Their slogan is ideas worth spreading and most videos are about twenty minutes of short powerful speeches. Unlike YouTube, these talks are not flooded with advertisements and popups every few minutes that force you to wait till the ad is over or spoil your train of thoughts or attention. TED even has a series of animations on literature where you can watch short cartoon videos on Shakespeare and other literary gems from the ages. Give it a try. You will be amazed.

You never really learn much from hearing yourself speak - George Clooney



Start Listening to Podcasts

The traditional way of passing free time by most individuals or families is to watch TV or listen to music. But, there is an ever better way to spend your time while commuting or sitting at home. And that can be done right from your smartphone. Today, there is an exciting world of audio programs produced by some of the leading experts in every field. And they are called Podcasts.

Podcasts are basically short audio files on a specific subject. There are thousands of podcasts on hundreds of subjects. For example, if you like photography the traditional method of learning the ropes was by reading books or through personal experimentation. But today you can subscribe to a free podcast on photography created by leading photographers of the world who will share their tips, tricks, and other stuff on photography. Podcasts are a knowledge treasure house at your fingertips accessible through your smartphone. Never in history has so much information been made available to everyone to listen freely. And even paid podcasts are also highly affordable.

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So, go ahead and install a podcast app on your smartphone right now and dive into the wonderful world of podcasting. You will never regret this decision.

Your podcast content should not be about you, but about solving your prospects' problems - Steve Lubetkin



Learn to do Nothing

When was the last time that you sat for an hour or two doing absolutely nothing? When I mean nothing, it means no fiddling with your phone, reading a book, watching TV, etc. Do you remember such a time? No? If not, then you should start it today. This concept is called Nixsen, a stress-reducing practice, from the Netherlands that means to do nothing, or to be idle. Instead of constantly filling your mind with what shall I do next or having an endless array of tasks Nixsen is the practice of slowing it all down. Nixsen helps you to manage stress and reduce burnout.

In today's hectic personal and work life we are constantly pressurized to be more productive, do more with less time, not waste any minute, and so on. But Nixsen is the exact opposite of that thinking and is the chance to do nothing and enjoy it without regret. Here are some methods to practice Nixsen,

Look at wild animals in the forest, especially lions. Once they have had their food they just spend their time doing nothing. They are just recharging their batteries quietly yawning, sleeping, or just staring at the wilderness. Don't think Nixsen is plain laziness. Instead, think of this as a method of relaxation and rejuvenation of your mind, body, and soul. Many people, especially the hyper-productivity types, may feel uncomfortable sitting idle as their mind is tuned to be always busy. So, start small, say 15 minutes, to begin with, and then increase it.

Unless there is some emergency, resist the urge to stop Nixsen and start doing something that is nagging you. Don't have any regrets about doing Nixsen. Think of this as a time well spent to recharge your batteries. Remember Nixsen is about switching off completely like sleeping but when you are awake.

Silence is a source of Great Strength - Lao Tzu



Declutter your Email

Just like a tech cleanse of your computer and smartphone you can also do massive housekeeping on your email. As you will agree, your email will be flooded with useful and useless emails from years that you never had time to organize. This is now a good time to dive in and delete all unwanted emails and unsubscribe from anything that you don't want. Just sort your email by the sender and delete all unwanted mails by bulk. Next unsubscribe from all newsletters that you may have subscribed to long ago but rarely read them now. You can also organize your email into neat folders and move them there so that your inbox is clean and neat.

An organized email is also good for finding information fast. For example, if you are searching for some old information using some keywords what would you like to see? A search result that shows 1000 emails or a search result that has 50 results for that keyword. So, go ahead and clean up your email. Make it lighter and faster. Do your bit to delete unwanted information from using up internet space.

The from line is what recipients use to determine whether to delete an email.

The subject line is what motivates people to actually open the email - Loren

McDonald



Evaluate your Expenses

This lockdown is also a good time to evaluate all your expenses and cut down whatever is unnecessary. Classify all your expenses as **Must-Have** and **Nice-to-Have**. The must-have all essential expenses that you cannot live without. The nice ones are optional. Start a frugality exercise. Today you may be strong, confident, and earning enough money, but is there any guarantee that you will still be earning enough money for the next twenty or thirty years? Unless you are filthy rich, it's very important to save money continuously to tackle emergencies, health problems, loan repayments, children's education, home repairs, your retirement, and even your funeral expenses. Just because you are earning a bundle today does not mean you should spend everything on luxuries and fancy living. You will never know what will hit you tomorrow or if the economy will go crazy like it's happening now.

So, aim for a 15-20% reduction in your expenses and more if possible. For example, suppose you are earning \$5000 per month and your monthly expenditure for the absolute essentials is \$3000-\$3500. Then, you should make it a habit to save the remaining \$1500-\$2000 every month. This way if you save for a year you will have \$18,000-\$24,000 with you. Suppose you lose your job (or are stuck in extended lockdowns) then this \$18,000-\$24,000 will help you cover your monthly expenses for eight months, while you can look out for another job without going crazy. And if your job is less secured or layoffs are common in your industry, then you should save even more.

If you buy things you do not need, soon you will have to sell things you need

- Warren Buffett



Organize your Passwords

One of the biggest headaches for people today is to remember numerous passwords of the various internet services and websites they use. In the past, there were only a couple of internet sites like Yahoo or Gmail to visit occasionally and you could easily remember a few passwords. And that was not a problem some years ago because financial sites like banks and credit cards weren't internet or Smartphone enabled like today. But that's a dangerous method now with all the hacking and spoofing every day.

This is now a good time to organize and document all your passwords and store them in a safe location in your house along with their password recovery questions and phone numbers. You may remember all the passwords but what if you meet with an accident and your family is unable to access your financial accounts and dealings? So, start organizing and documenting your passwords in a table along with necessary information and instructions and store it safely. This way your family members can use them if you meet with some major trouble. You can also segregate the passwords for financial transactions and non-financial activities.

The palest ink is better than the most retentive memory – Chinese Proverb



Listen to Foreign Music

We are all accustomed to listening to music from our own language or a language that we can understand. For example, in India, we listen to songs in our own language and also from English that we understand. But why not go beyond that and listen to music from other countries? Today it's possible to listen to music from almost any country. So, give it a shot. For example, if you are in Australia then try to listen to some popular music from Spain, Africa, or Japan. Who knows? Maybe you will find a bunch of melodious songs that you like, even though you may not understand the language. For example, in India, the most popular and melodious songs are from the Hindi film industry. So, people from all states listen to these songs even though they may speak other languages. And these songs are so melodious that people worldwide can listen to them even if they don't understand one word of them. Similarly, the world of music is vast and unexplored. Also, great music like symphony orchestras or patriotic songs can be a terrific stress reliever. So, give it a try. You may be pleasantly surprised.

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



Read History

This is also a good time to read some history and gain some knowledge, wisdom, and tips for leading your life. History is not some boring or useless stuff as most people think. History prevents you from reinventing the wheel. Throughout history, people have committed the same mistakes of trying to subdue people, wage wars, commit treachery, and various forms of atrocities on each other leading to the same guaranteed disastrous results as experienced earlier.

Modern man is no different and even today you see dictators and cruel people ruling many countries and organizations. And similar crimes and follies occur inside workplaces with equivalent disastrous results. Hence, it's highly necessary to read history as it teaches the current generation to understand things that don't work or never worked in the past. If you can understand history from the right perspective, it can help the present business managers and executives to avoid needless and futile experimentation with people management. By learning the patterns of events in history, you can recognize the repeat of the same patterns in what is going on around you today.

Hidden inside history lies an immense wealth of advice and real case studies that can not only help every businessman but practically everyone whether connected with a business or not. But a history book will not help any businessman if it's read in the traditional way of simply memorizing events, dates, names, etc., intended to just pass an exam. To extract business gold from

history, you need to read it from a completely different angle. And that angle is to concentrate on what mistakes our forefathers did and how you can avoid them today.

History will not tell you where you are going, but it will tell you how you got there. What you did in the past decided the present and what you do now will later decide the future. History offers a wealth of information about how people, societies, and even civilizations behave. History can teach you some great lessons in people management like the mistakes our ancestors did, the disastrous consequences, the fall from grace of mighty leaders and dictators, and many great ups and downs.

History is splattered with examples of bad people management and its disastrous results. Many kings have been assassinated due to their bad people management by the very people they trusted. For example, Julius Caesar was stabbed by his trusted friend Brutus. Many have been beheaded for their follies. Wars have started due to abuse, criticism, and harassment. Applied to business, organizations make the same mistakes again and again but disguise them as newer or modern management theories and learning experiences. But by reading and understanding history you can avoid repeating the same mistakes again and again.

History helps you look at both the past and future at once. And you can constantly educate yourself from those who were born earlier than you and become like Janus, the Roman god who had two heads back to back to look into the future and the past at the same time.

History helps create good businesspeople and professionals, though it may not exactly define a specific job profile in the corporate world. But studying the

global past gives one the knowledge and flexibility required in many work situations. For example, you can develop good research skills and use historical examples to design modern business plans. For example, the wisdom of Aristotle or Socrates told centuries ago are still valid for many business success and failures.

Knowledge of history is an asset for a variety of work and professional situations in a modern global context. History helps in identifying, understanding, and avoiding cultural sensitivities. It provides evidence about how nations have interacted with other countries and societies in the past, and how that long-standing enmity or friendship between the countries can affect business.

The farther backward you can look, the farther forward you are likely to see -

Winston Churchill



Read a Dictionary

We have always been taught to refer to a dictionary if we want to find the meaning of some word. That's what most people do and once they find the meaning they close the book. But how about reading a dictionary like a book just for fun? Won't that be interesting? Try it. It will be like reading a unique book with no story. You can learn the meaning of several new and complex words and improve your reading and writing skills. Think of reading a dictionary as a self-improvement exercise and once you dive in it can be just as enjoyable as reading any other book. Another advantage of reading a dictionary is you can find equivalent words for many common words we use for speaking or writing. Sometimes a report, concept, or idea can be enhanced or simplified if you use a better word than what you would normally use.

Words - so innocent and powerless as they are, as standing in a dictionary,
how potent for good and evil they become in the hands of one who knows
how to combine them - Nathaniel Hawthorne



Revive your Handwriting

Computers and smartphones have ruined our penmanship. We can no longer write even a couple of paragraphs using a pencil or pen. Or even if we can write our handwriting would have become erratic and even repulsive over the years. We can no longer write any readable cursive text like the way we used to when we were in school and college. Remember we even used to get extra marks if our handwriting was good and there were classmates whose handwriting was awesome?

But no longer. Today most people use a pen only for some minor notes or to sign some papers. This is because technology has ruined our handwriting. And it's so bad that sometimes we can't even read our own writing after a couple of days.

Why not use this time to revive our handwriting? It doesn't matter if you have to start all over again like a kindergarten kid. Wouldn't it be great if you can go to the stage where you could write pages and pages of clear readable text with a pencil or a pen? Don't bother if it takes half an hour to write what you can type in a few minutes. Just think of this as a challenge or a joyful revival of your childhood abilities that you, unfortunately, lost due to technology. Another advantage of learning to write by hand is it improves hand-to-eye coordination and your motor skills. Some experts even say handwriting improves your learning abilities. So, why not revive this lost art even if you don't have any major use for it in your office?

I like the process of pencil and paper as opposed to a machine. I think the writing is better when it's done in handwriting - Nelson DeMille



Some More

Here are a few more suggestions before we conclude.

Read comics.

Read a book of famous quotations.

Do gardening.

Do drawing and painting.

Watch National Geographic, Discovery, History Channels, etc

Install Stellarium software and watch the universe.

And many more.



Conclusion

That's all folks. I think this should be enough. But feel free to add to this list. I hope the ideas in this book will be useful to destress and spend time productively during this lockdown or in the future. Please pass the information in this book to all your friends and relatives who are sailing in the same boat.



Be Careful

Finally, be careful. Don't break a leg, fall down, sprain your back, damage some essential item, etc., during this crisis. You cannot call a plumber, carpenter, electrician, and other help during this time.





That's all Folks

Thank you for downloading and 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 my newsletter with your friends, coworkers, relatives, and your social media platforms.



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

Thejendra Sreenivas
Book Publishing Coach
www.thejendra.com

Other Books by the Author

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

Start Saying NO!

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.

Visit www.thejendra.com to download a sample magazine and get subscription details.



All the above 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.

Online Courses by the Author

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/TRxN7zgvpg0>



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 Gmail account to access the video. Contact me at thejendra@yahoo.com or thejendrabs@gmail.com to get full access to this course.

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



Freelance Services by the Author

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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In this freelance gig, I will coach you to start your podcast easily. You don't need to be a technical expert or spend a lot of money to start one. I will teach you what equipment you need, how to record your episodes in your voice, add intro music, create cover art, and finally host it on a podcast distributor to start sharing your knowledge with the world.

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The Glass Prison

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 at home for days and weeks is not easy and can be very stressful. While watching movies, exercising, or listening to music are 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 the positive use of the 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.

About the Author



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