



START
NOW

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ZAID TH[?]ANKS

THINK & THRIVE

My mission is to motivate busy or lazy people to read more. I do this by writing very short books — literally one word per page. The whole book can be finished in less than 20 minutes. For the extra curious, each page may also contain an optional hidden message.

It's completely your choice!

Reading instructions

1. Open this book.
2. Scroll down.
3. Read all the big black words — there's only one word on each page.
4. Hungry for more? Look for the hidden sentences at the bottom of each page.

Have fun!

Start Now.

You

You've been waiting too long to feel ready

Are

Are you willing to take that first step?

Not

Not tomorrow, TODAY!

Going

Going somewhere needs action

Anywhere

Anywhere you want, you'll get there if you start acting

By

By now, you should know that waiting only makes it
harder

Waiting

Waiting for inspiration is an illusion

You

You have to move closer everyday

Will

Willpower isn't about magic results; it's about having the
courage to start

Never

Never quit just because you've failed in the past

Feel

Feel the joy of small achievements and just start

Ready.

Ready to regain back control over your mind?

Start

Start with what you have

Anyway

Anyway, never stop — grow a little every day

Because

Because you are not alone in this, we've all been there

Time

Time passes quickly, make sure to use it right

Is

Isn't it beautiful — the joy you feel just by starting?

Running

Running away from problems won't solve them

Out!

Out of small steps, great journeys begin

The End.

Stay in touch with me

Make sure to follow my social media accounts if you want free content about stress, anxiety and panic.

- [Instagram](#)
- [Threads](#)

Till soon?

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“The best time to plant a tree was 20 years ago. The
second-best time is now.”

Chinese Proverb