

CAN PANIC

MAKE
YOU
WORK
HARDER?



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ZAI**D** TH**=**INKS

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!

Can panic make you work harder?

Panic

Panic is just an energy; we have to know how to use it

Can

Can you imagine all the things you could do with that energy?

Be

Be the one that channels misery into something big

The

The first thing to do is learn how to stay in control

Biggest

Biggest things come from small daily steps

Motivation

Motivation only comes with action

IF

If you decide to do one thing today that pushes your life forward, what would it be?

You

You are the only person that can do this

Know

Know inside that the universe rewards hard thinkers and
hard workers

How

How you deal with panic will determine your future

To

To be happy you must first know how to control panic

Use

Use the negative energy and transform it into something useful

It.

It doesn't matter if you lose, it matters if you try

Are

Are you aware of how powerful you are?

You

YOU CAN'T LET PANIC WIN

Ready?

Ready to change your future and transform your life?

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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“You don’t have to control your thoughts. You just have
to stop letting them control you.”

Dan Millman