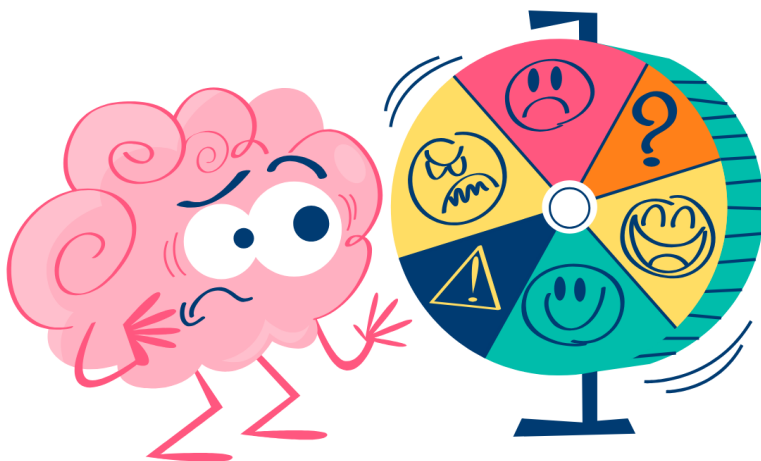


ZAID SOUFI

# IS OBSESSIVE ALWAYS BAD?



THERE IS ALWAYS A GOOD WAY TO  
MAKE USE OF OUR WEAKNESSES.

# ZAID TH<sup>?</sup>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!**

Is obsessive always bad?

# Being

Being on this earth is not easy, especially when we are  
constantly thinking about something

# Obsessed

Obsessed: What people say when you are hyper-focused  
on something

# Is

Is this always a bad thing? Not really

# Not

Not every obsession is harmful, used right, it can be your  
strongest weapon



# Always

Always look at your weaknesses differently—they can  
be your strengths

A

A wise man learns about his mind and use that  
knowledge

# Problem.

Problems exist and they will always will, but you've got  
this!

# As long

As long as you obsess over growth, you have no problem

**As**

As you like, you can use your obsessive energy

# You're

You're always one step away from a totally different life

# Obsessed

Obsessed with growth, strength and positivity

# About

*As you like, you can use the obsessive energy*



# Things

Things change fast when you take small daily steps

# That

That obsessive behaviour will become your best friend

# Matter

Matter what happens, keep moving forward

**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 mind is a powerful servant, but a dangerous  
master.”

David Foster Wallace