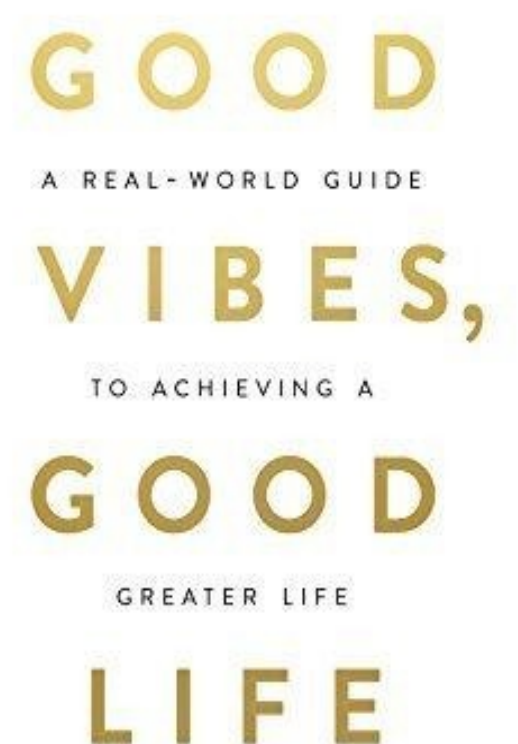


Good Vibes, Good Life PDF

Vex King



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Good Vibes, Good Life

Unlock Your Potential with Self-Love and Positive
Thinking

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About the book

In "Good Vibes, Good Life," Vex King masterfully weaves the transformative powers of positive thinking into a fabric of self-care, mindfulness, and manifesting your dreams. As a guiding light out of darkness, King introduces the reader to the profound effect that a shift in mindset can have on personal success and happiness. Using his own journey of overcoming adversity as a rich backdrop, King imparts key insights and practical wisdom on harnessing the law of attraction, cultivating self-loans for a successful life, and finding a purpose. Overflowing with motivational mantras and actionable tips, this book is an invaluable resource for anyone looking to elevate their life, nurture their mental and emotional health, and embrace the powerful mantra that good vibes truly lead to a good life. Engage with King's uplifting narrative and embark on a path to self-empowerment and holistic well-being.

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About the author

Vex King is a motivational speaker and wellness author renowned for his compelling insights into personal growth and transformation. Through his writing and public speaking, King aims to inspire his audience to embrace positivity and harness the power of their mindset to achieve greater success and happiness. Born in London to Indian parents, he faced multiple challenges growing at an early age, including poverty, racism, violence, and family issues, which shaped his understanding of life's struggles. Vex King drew upon these personal experiences and his later successes to author "Good Vibes, Good Life," a bestseller that underscores his life philosophy of using positive thinking, self-love, and shifting one's mindset to manifest personal and spiritual development. His work, characterized by a combination of personal anecdotes and practical advice, has enabled him to amass a significant following and has made him a highly influential figure in the field of modern self-help and spirituality.

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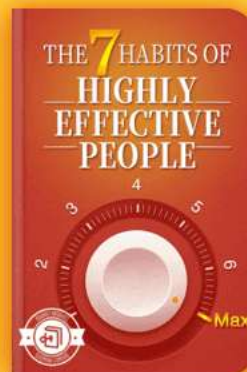


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Part 2 : Positive Lifestyle Habits

Part 3 : Make Yourself a Priority

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Part 5 : Manifesting Goals: Mind Work

Part 6 : Manifesting Goals: Taking Action

Part 7 : Pain and Purpose

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Part 1 Summary : A Matter of Vibes

Introduction to Personal Challenges

Vex King reflects on his university experience marked by financial struggles and limited resources, leading to significant emotional turbulence. Despite early optimism and attempts to maintain a positive outlook, his situation pushed him to explore personal development through the Law of Attraction, inspired by the book **The Secret**.

Discovery of the Law of Attraction

The Law of Attraction suggests that focusing on positive thoughts can attract desired outcomes. King shares an experience where, motivated to go on holiday with friends, he practiced positive thinking and ultimately received an unexpected tax rebate, reinforcing his belief in the Law of Attraction.

Facing Setbacks and Realizations

However, King encounters harsh realities during a



challenging group project, questioning the efficacy of the Law of Attraction amid personal conflicts and negative emotions. This leads to a significant struggle with self-doubt and a desire to abandon his university path.

The Impact of a New Perspective

Attending his sister's wedding in Goa brings a transformative shift in perspective. Feeling gratitude instead of negativity inspires him to refocus and commit to his studies. King begins to embody positivity again, leading to improved academic performance despite initial doubts.

Limitations and Lessons of the Law of Attraction

King acknowledges that while the Law of Attraction can manifest success, not all desires align with true intentions or needs. He notes blessings in disguise when his wishes do not materialize, offering a deeper understanding of life's unpredictability.

The Law of Vibration Explained

King introduces the Law of Vibration, emphasizing that



everything in existence is vibrational. He explains that one's reality is shaped by matching vibrations, and to attract desired outcomes, one must align emotionally and energetically with them.

Good Vibes Only: The Essence of Positive Living

The pursuit of good vibes equates to seeking higher emotional states, which lead to greater satisfaction in life. King emphasizes that projecting positive emotions will reap similar vibrational rewards, fostering a cycle of attraction that enhances one's experience of joy and success. In essence, by embracing self-love and fostering positivity, individuals can elevate their vibrations, create desired outcomes, and ultimately live fulfilling lives.



Part 2 Summary : Positive Lifestyle Habits

Introduction

Higher states of vibration foster positive emotions and the manifestation of good things in life. To achieve this, engaging in various lifestyle habits can help elevate your vibration and promote a loving, joyful state. While some activities might provide only momentary relief, practices like meditation can lead to lasting emotional transformations.

Surround Yourself with Positive People

Being around individuals who vibrate higher can uplift your own energy. Their positive emotions and perspectives can help you shift your focus towards optimism and joy. Forming meaningful relationships with positive people can enhance your mood and attract more positivity into your life due to the Law of Vibration.

Change Your Body Language

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Your body language significantly influences your thoughts and feelings. Simple actions like smiling can trigger the release of positive hormones. Shifting your posture and movements can improve your internal emotional state, reinforcing confidence and enhancing your vibration.

Take Some Time Out

Stepping back from stressful environments is crucial for maintaining your vibration. Whether you take time alone or immerse yourself in nature, allowing yourself to unwind can recharge your energy levels and promote feelings of peace.

Find Some Inspiration

Inspiration drives optimism and motivation. Consuming inspirational literature, media, or audio can stimulate growth and a renewed sense of purpose, helping you shift towards a positive trajectory in your life.

Stay Clear of Gossip and Drama

Avoid engaging in gossip as it lowers your vibration and



celebrates negativity. Drama often stems from ego and leads to unnecessary stress. Focus on constructive interactions and protect your energy by steering clear of negative narratives.

Sort Out Your Nutrition and Water

What you consume profoundly affects your vibration. Eating high-vibration foods (like fresh fruits and vegetables) boosts energy, while low-vibration foods can drag you down. Staying hydrated with clean water is also essential for maintaining higher vibrational states.

Express Gratitude

Practicing gratitude shifts your focus from scarcity to abundance. By acknowledging the good in your life, you amplify your vibrational state and cultivate a more positive mindset. True gratitude requires feeling thankful, which can foster joy and perspective.

Study Your Emotions

Understanding your emotions rather than suppressing them is vital for personal growth. By identifying and challenging



your feelings, you can transform negative thoughts into more positive, empowering beliefs.

Awareness of the Present

Living in the present moment is essential for maintaining high vibration. It minimizes anxiety and allows for a deeper appreciation of life. Engage with your surroundings fully to experience richness and joy in the now.

Meditate

Meditation is a powerful tool for raising vibration. It fosters awareness of the present moment and facilitates emotional transformation. Committing to a regular meditation practice can lead to profound personal changes over time. Simple breathing techniques can enhance your connection to your life force and boost emotional wellbeing.

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Part 3 Summary : Make Yourself a Priority

Introduction

It is not selfish to prioritize your own well-being by distancing yourself from those who negatively impact your energy. While kindness is important, it's crucial to maintain balance and nurture your relationship with yourself, as it affects your interactions with others.

Recognizing Toxic Relationships

Toxic individuals drain your energy and hinder personal growth. These relationships often lead to emotional distress, making it essential to identify and cut off those who consistently harm you.

Self-Reflection on Behaviour

We often criticize others without examining our own actions, which can also be harmful. Acknowledging our toxic traits



and striving to improve them is vital for personal growth and self-love.

The Importance of Healthy Relationships

Healthy relationships foster mutual respect and support. Recognizing the need to choose friendships that encourage growth is essential, while letting go of those that don't can lead to a more fulfilling life.

Facing Family Challenges

Family does not always equate to support. Open communication about hurtful behaviours can sometimes lead to change. However, in extreme cases of toxicity, prioritizing your well-being may require cutting ties.

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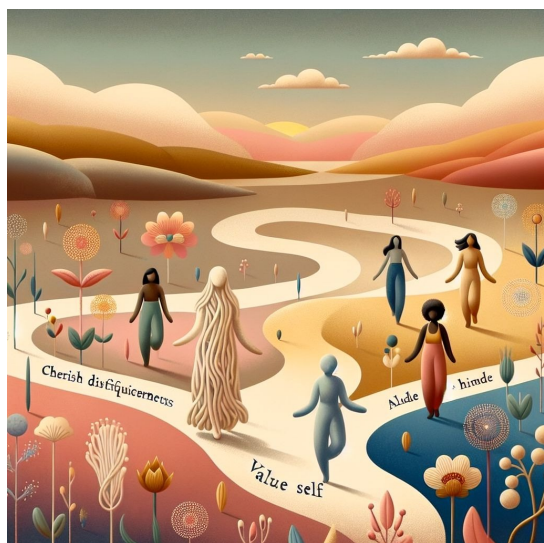
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Part 4 Summary : Accepting Yourself



Self-Importance and Self-Love

You won't always be important to others, so it's crucial to prioritize your own importance. Enjoy your own company, practice positive self-talk, and fulfill your own needs to avoid dependency on others. Many neglect self-love, often caring more about others' opinions than their own. This leads to superficial pursuits and unhappiness. Recognizing your worth is essential, and embracing self-love can lead to healthier relationships.

Physical Beauty

Taking care of your physical appearance is important, but



societal standards of beauty can create insecurities. Media perpetuates unrealistic images, leading to judgment and comparison. It's vital to embrace your uniqueness and flaws, as true beauty transcends societal expectations.

Self-acceptance fosters authenticity and empowers you to inspire others.

Comparison

Focus on your own journey rather than comparing yourself to others, which can diminish joy. Each person moves at their own pace, and social media often presents an unrealistic portrayal of life. Celebrate others' successes while striving for your own, knowing that personal growth matters more than external validation.

Inner Beauty

Inner beauty, characterized by kindness and love, often receives less attention than physical appearance. Strive to recognize and celebrate inner qualities as true beauty surpasses superficial looks. Building character and values is far more important than focusing on external validation.



Celebrating Achievements

Success is not solely marked by wealth or fame; daily perseverance and personal growth are significant achievements. Recognizing and celebrating your accomplishments can boost self-esteem and provide motivation for future endeavors.

Embracing Uniqueness

Individuality is a strength. Embrace your unique traits and decisions rather than conforming to societal expectations. Authenticity leads to a more fulfilling life, free from the judgments of others.

Self-Compassion and Forgiveness

Practice self-forgiveness for past mistakes. Shift negative self-talk to a more compassionate inner dialogue. Letting go of past grievances against yourself and others builds a more positive and peaceful present, allowing for personal growth. Forgiveness releases the hold of past hurt, promoting emotional freedom and well-being.



Critical Thinking

Key Point: The Importance of Self-Love and Personal Worth

Critical Interpretation: Vex King's assertion that self-love and acknowledging one's worth is paramount challenges conventional societal beliefs that emphasize external validation. While many may agree with the idea that self-importance should be prioritized, it's crucial to explore the potential pitfalls of this perspective.

Although valuing self-worth can foster independence and happiness, it risks leading to self-centeredness or unhealthy narcissism. Critics like Professor Mark Leary in 'Self-Presentation' highlight how an extreme focus on self-worth may undermine the importance of community and collective support. Thus, while self-love is important, it is equally vital to balance personal values with an awareness of one's role within the broader society.



Part 5 Summary : Manifesting Goals:

Mind Work

Chapter Section	Summary
Introduction	Belief and achievement in manifestation are interconnected; maintaining high vibrations and belief systems is essential for goal realization.
The Importance of Positive Thinking	Choosing empowering thoughts leads to positive outcomes, while negative beliefs hinder progress.
Your Mentality is Your Reality	Reality is shaped by perception and beliefs; questioning convictions fosters growth and defines your perspective on goals.
Understanding the Subconscious Mind	The subconscious influences reality through unexamined beliefs; be mindful of what you allow in.
Going Beyond Thoughts	Transforming perceptions enhances personal power; events are neutral, and interpretation shapes experience.
One Thought is All it Takes	Small changes, like a positive thought, can lead to significant outcomes; control your thoughts to shape reality.
Changing Your Beliefs	Identifying and questioning limiting beliefs is essential; find supporting evidence for empowering beliefs to reshape mindset.
Repeating Affirmations	Affirmations, when repeated with conviction, instruct the subconscious to manifest goals effectively.
The Power of Words	Words carry energy that influences reality; positive communication enhances well-being and desired changes.
Set the Intention	Clear intentions align goals with identity, essential for effective manifestation.
Write Down Your Goals	Documenting specific goals increases achievement likelihood; details should be written in the present tense.
Imagine It to Live It	Visualization, engaging all senses, is a powerful tool for aligning with goals used by successful individuals.
The Universe is Supporting You	Trust in the Universe's alignment with intentions; combine intention with action for successful manifestation.

Introduction

Napoleon Hill's quote highlights the connection between

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belief and achievement in manifestation. Maintaining a high vibration and a strong belief system is crucial for realizing your goals.

The Importance of Positive Thinking

Positive thinking involves choosing empowering thoughts over limiting ones. A positive mindset leads to more favorable outcomes, while negative beliefs restrict progress. Empowering thoughts foster action, whereas limiting thoughts hinder success.

Your Mentality is Your Reality

Reality is shaped by individual perception and beliefs. Questioning your beliefs can lead to personal growth and a more fulfilling life. Your perspective on goals is crucial; external opinions are not your reality.

Understanding the Subconscious Mind

The subconscious mind plays a key role in shaping beliefs. Unquestioned ideas, both good and bad, take root in the subconscious and influence reality. Be aware of what you are



allowing into your subconscious.

Going Beyond Thoughts

Changing your perception can transform your personal power. Awareness of your reactions allows for better decision-making. Events themselves are neutral; it's how we interpret them that defines our experience.

One Thought is All it Takes

The butterfly effect in chaos theory illustrates that small changes, like a single positive thought, can lead to significant changes in outcomes. Control your thoughts to shape your reality.

Changing Your Beliefs

Identifying and questioning limiting beliefs are first steps to change. Find evidence that supports new, empowering beliefs to reshape your mindset.

Repeating Affirmations

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Affirmations can shape your reality when repeated with conviction. Positive statements set instructions for the subconscious to manifest goals effectively.

The Power of Words

Words carry energy and influence reality. Positive communication can enhance well-being and manifest desired changes.

Set the Intention

Clear intentions are essential for goal attainment. Reflect on what you truly want, aligning your goals with your identity to manifest them effectively.

Write Down Your Goals

Documenting specific, honest goals increases the likelihood of achieving them. Write in detail and present tense, allowing your subconscious to work towards these outcomes.

Imagine It to Live It



Visualization is a powerful tool used by successful individuals to create mental scenarios that align with their goals. Engage all senses to enhance the effectiveness of visualization practices.

The Universe is Supporting You

Trust that the Universe aligns itself with your intentions. Recognize signs and inspirations as helpful nudges toward achieving your goals. Combine intention with action for successful manifestation.

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Example

Key Point: Changing your beliefs is the first step to transformation.

Example: Imagine waking up every morning and staring at yourself in the mirror, repeating the words 'I am capable of achieving my dreams.' With each affirmation, you begin to feel a shift within you. This newfound belief empowers you to tackle challenges you once avoided, like applying for that dream job or starting a new fitness routine. Instead of hesitating, you embrace opportunities, knowing that your improved mindset is paving the way for success.



Part 6 Summary : Manifesting Goals: Taking Action

Introduction

It's essential to focus on actions rather than current circumstances. Building momentum toward goals is key, even if it involves taking small steps. Consistent effort, dedication, and a clear vision can significantly contribute to achieving dreams.

Change Requires Action

Change is not about waiting for opportunities but recognizing and acting on them. Expecting outcomes without personal effort is unrealistic, and many of life's opportunities may be disguised as action steps. Be proactive instead of stagnant.

The Easy Route

Many know what needs to be done yet hesitate due to fear or seeking shortcuts. True goals often require hard work.



Comfort zones rarely facilitate growth, so embracing discomfort is necessary for progress.

Consistency Leads to Results

Consistency is vital for achieving desired outcomes. Fluctuating commitment will yield fluctuating results. Regular practice builds habits that lead to significant improvements over time.

Ordinary or Extraordinary?

Extraordinary individuals work toward their goals even when motivation lags. Commitment and grit, even in unappealing tasks, distinguish successful people from those who merely conform to average standards.

Procrastination Will Delay Your Dreams

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great concept !!!highly recommended!

Rahul Malviya

Beautiful App



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busy schedules. The summaries are spot
on, and the mind maps help reinforce wh
I've learned. Highly recommend!

Alex Walk

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Part 7 Summary : Pain and Purpose

Introduction

Life's challenges arise not from our weaknesses but our strengths, pushing us to discover our true power. Every experience shapes us, and even negative events can be seen as growth opportunities. While grieving is natural, adopting a perspective of strength rather than victimhood is crucial for defining our future.

Pain changes people

Life tests us before offering blessings, and many positive changes stem from painful experiences. Trusting the process can be difficult, but lessons learned from low points lead to better choices, transforming heartache into personal growth.

Lessons will repeat themselves

Life conditions us through challenges, ensuring we learn vital lessons. If we fail to learn, the same obstacles may reappear until we demonstrate our growth. Recognizing patterns in our



lives helps us understand the lessons behind experiences.

Notice the warning signs

Life presents signs guiding us towards authenticity. Ignoring these warnings can lead to repeating past mistakes.

Reflecting on unpleasant experiences allows us to learn and make necessary changes, helping us avoid repeating harmful cycles.

Your higher purpose

We all possess unique potential and a purpose to contribute positively to the world. Fulfillment comes from identifying and living this purpose, rather than merely existing.

Following what excites us can lead to discovering our path and life's meaning.

Money and greed

Money is energy and an amplifier of our true selves. Our perceptions of money shape our reality; believing in abundance fosters prosperity. Money should assist us in our journeys, not define our purpose or happiness.



Achieving true happiness

Happiness originates from within, not from external sources like people or possessions. True happiness is a sustained state of joy, developed through self-mastery and positive mindset. Focusing on loving ourselves and appreciating the present fosters lasting fulfillment.

Final words

Pursuing a greater life is challenging, but commitment and positivity can guide us. Every hurdle offers a lesson, and trusting our instincts is vital. Embracing self-love and maintaining a high vibration will lead to living a meaningful and fulfilling life. The journey may be difficult, but the rewards are significant.





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Best Quotes from Good Vibes, Good Life by Vex King with Page Numbers

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Part 1 | Quotes From Pages 14-24

- 1.The premise of the Law of Attraction is that what you think about, you bring about.
- 2.Change the way you think, feel, speak and act, and you begin to change your world.
- 3.Good vibes are simply higher states of vibration.
- 4.The feelings we project are returned on a like-for-like basis through our experiences.
- 5.Not everything I've wanted has manifested. This has usually been a blessing in disguise.

Part 2 | Quotes From Pages 25-50

- 1.Higher states of vibration will help you feel good, which means you can manifest more good things in your life.
- 2.Surround yourself with people who are vibin' higher than you.

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- 3.It's hard to crack a smile when things are going wrong. But a 2003 study by Simone Schnall and David Laird showed that if you fake a smile, you can actually trick your brain into thinking you're happy by releasing feel-good hormones called endorphins.
- 4.Don't underestimate the importance of taking time to relax.
- 5.What you consume, consumes you; what consumes you, controls your life.
- 6.Before you complain about school, remember that some people can't even get an education.
- 7.Ignoring negative emotions is like keeping poison in your system.
- 8.Every second you spend thinking about the next moment you avoid embracing the present.
- 9.Meditation is really concentration.
- 10.Everything and anything done in a state of conscious awareness can be meditation – even the washing-up.

Part 3 | Quotes From Pages 51-78

- 1.It's not selfish or a sign of weakness to distance



yourself or walk away from those who constantly bring down your vibe. Life is about balance. It's about spreading kindness, but it's also about not letting anyone take that kindness away from you.

2. Your longest relationship in life is with yourself. Only when you manage this relationship well can you manage your relationships with others.
3. So sometimes you have to cut out those people who continuously cut you. They're venomous and restrict your progress.
4. Always review your behaviours and make an effort to change any that are toxic – towards yourself or others. This isn't only how you grow, it's also an act of self-love.
5. Sometimes you have to break away from the toxicity so you can heal.
6. You can't change those who aren't ready to change.
7. Sometimes, simply by shifting our perspective and focusing on the positives we see in people who challenge us, we're able to feel better about our relationship with



them.

8. Before you try to fix someone else's vibe, make sure you're not killing your own in the process. Protect your own energy first.
9. Not everyone is going to get you, accept you or even try to understand you. Some people will just not receive your energy well. Make peace with that and keep on moving towards your joy.
10. If you keep trying to satisfy others, you will never keep up. In the end, you will satisfy neither them nor yourself.





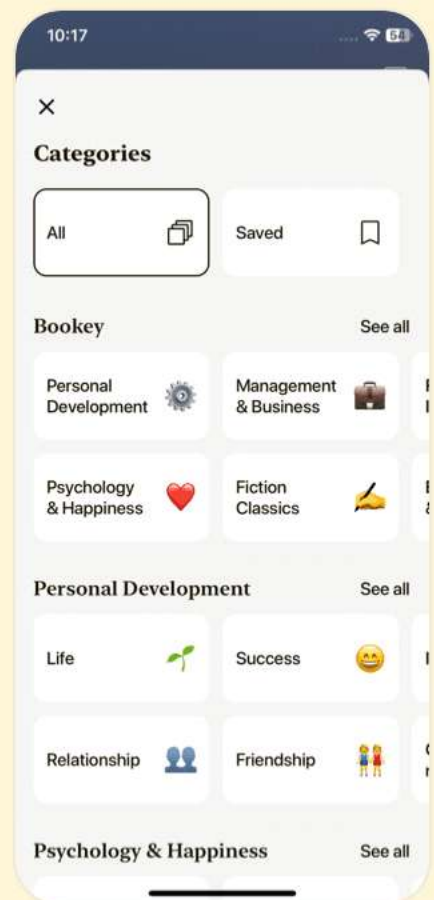
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Part 4 | Quotes From Pages 79-94

1. You won't be important to other people all the time, and that's why you have to be important to yourself. Learn to enjoy your own company. Take care of yourself.
2. If I asked you to name all the things you love, how long would it take for you to name yourself?
3. Transform your own world and you'll hone the skills needed to change the world around you.
4. The size of your jeans doesn't define you. The colour and shade of your skin doesn't define you. Those marks on your face don't define you.
5. Your personal beauty isn't for everyone, and that's fine. It doesn't mean you're less beautiful than any other human being.
6. Comparing our lives with others' that we see online is a waste of energy.
7. Your competition is you. Outdoing yourself is your daily task, and that's where your comparison should be directed:



on the person you were yesterday.

8. Your individuality is a blessing, not a burden.

9. Forgive yourself for the bad decisions you've made, for the times you lacked belief, for the times you hurt others and yourself.

10. When you forgive people you don't improve the past, you improve your present and future.

Part 5 | Quotes From Pages 95-119

1. 'Whatever the mind of man can conceive and believe, it can achieve.'

2. 'Positive thinking is the act of choosing ideas that empower you over those that limit you.'

3. 'Your mentality forms your reality.'

4. 'If you can't change a situation, change your perception of it. That's where your personal power is.'

5. 'You're only ever one positive thought away from a more desirable outcome.'

6. 'Escape your mental limitations. Don't spend your life being imprisoned by a belief system that limits your



potential and prevents your dreams from coming true.'

Part 6 | Quotes From Pages 120-139

- 1.It's not about where you're at. It's about what you're doing about where you're at.
- 2.Step out of your comfort zone and face your fears. Growth takes place when you are challenged, not when you are comfortable.
- 3.If you want something enough, you'll take action on it. But don't wait for your pain threshold to be tested. This will only delay results in the manifestation process.
- 4.We must be consistent as we strive to achieve our goals.
- 5.The difference between ordinary and extraordinary is simple: extraordinary people will get things done even when they don't feel like it, because they're fully committed to their goals.
- 6.Procrastination is a habit. If the task ahead of you seems so insurmountable that you don't know where to start, you'll put it off – again and again; perhaps you choose a distraction as being more favorable or comfortable.



7. You don't need it all figured out. The more you think you do, the more you'll procrastinate and fear moving forward. Have courage and start now, even if you start small. Just go for it!
8. Embrace good vibes and learn to let things flow. There is no need to force outcomes.





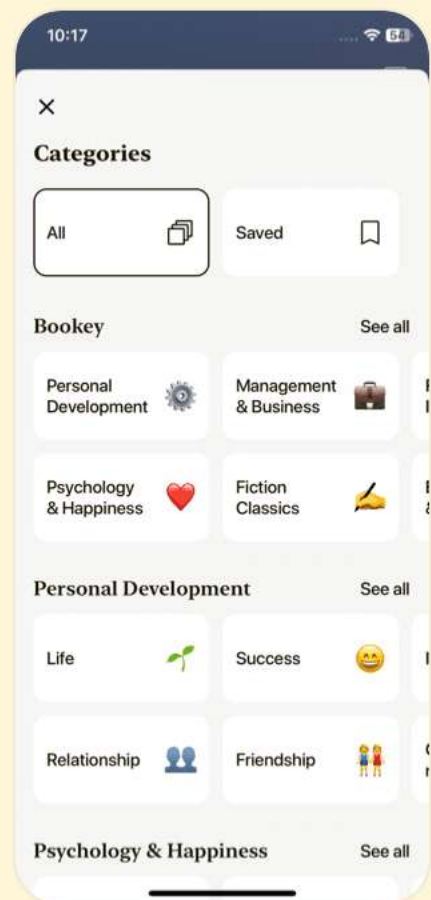
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Part 7 | Quotes From Pages 140-154

1. Life doesn't battle you because you're weak, it battles you because you're strong. It knows that if it gives you pain, you'll realize your power.
2. Life will test you just before it will bless you.
3. Just because you can't see the point behind a challenging time, doesn't mean there isn't one.
4. The past cannot be changed; only our perception of it can.
5. You came here loaded with potential, ability, gifts, wisdom, love and intelligence to share with the world. You are here to make the world a better place.
6. Money is merely energy – neither good nor bad, and unlimited in our infinitely abundant Universe. Make money to assist you, not to complete you.
7. Happiness doesn't come from other people, from places or things. It comes from within.
8. Going after a greater life is far from easy, and that's why most people settle for less.





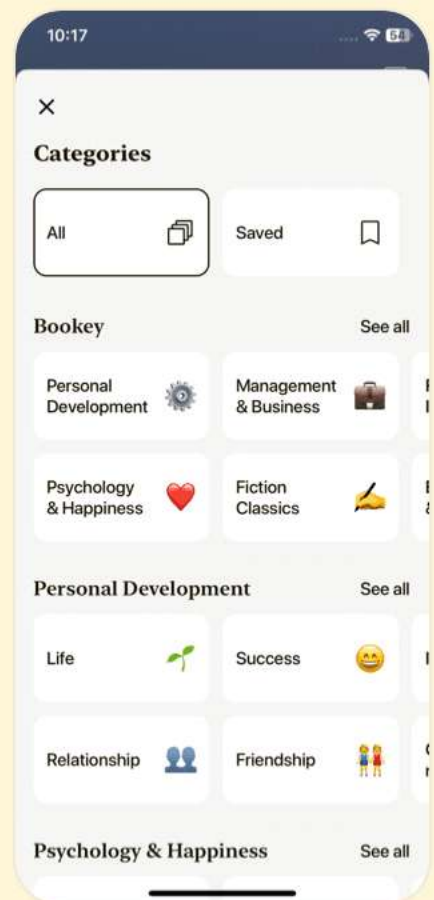
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Good Vibes, Good Life Questions

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Part 1 | A Matter of Vibes| Q&A

1.Question

What financial struggles did Vex King face during university?

Answer:Vex King struggled financially during university due to insufficient funds from his student loan, which primarily covered accommodation costs. He could barely afford essentials, such as course books, and refrained from asking his mother for assistance, knowing she was also in a difficult situation.

2.Question

How did King manage his finances despite his struggles?

Answer:He budgeted well, enjoyed parties with friends without going hungry, and earned some income from online projects, like creating customized MySpace layouts.

3.Question

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What lesson did Vex King learn from reading 'The Secret'?

Answer: He learned about the Law of Attraction, which emphasizes that one's thoughts can influence what one attracts into their life. This led him to focus on positive thinking and what he desired rather than dwelling on fears.

4.Question

What experience caused Vex King to start believing in the Law of Attraction?

Answer: After focusing positively on wanting a holiday and applying the principles of the Law of Attraction, he unexpectedly received an £800 tax rebate, which allowed him to join his friends on vacation.

5.Question

What struggles did Vex experience with the Law of Attraction later on?

Answer: Despite experiencing initial success, he faced challenges when applying the Law of Attraction consistently, especially when external events created anger and frustration,



leading him to doubt its effectiveness.

6.Question

What significant event shifted Vex King's mindset during his hardships?

Answer:Attending his sister's wedding in Goa brought him a sense of calm and gratitude, shifting his perspective and motivating him to tackle his academic challenges with renewed energy.

7.Question

How did King change his approach to his studies after the wedding?

Answer:Inspired by the positive emotions from the wedding, he diligently put in the necessary hard work to complete his assignments and maintain a positive mindset, leading to a successful academic outcome.

8.Question

What is the Law of Vibration and how does it relate to the Law of Attraction?

Answer:The Law of Vibration states that everything is made of vibrational energy and that to manifest desired outcomes,



one must match the vibrational frequency of what they wish to attract. It complements the Law of Attraction by emphasizing the importance of one's emotional state and actions.

9.Question

How can one raise their vibration according to Vex King?

Answer:By practicing self-love, adopting positive emotions, and aligning thoughts, words, and actions with one's desires, individuals can raise their vibrations and attract positive experiences.

10.Question

What impact does projecting good vibes have on one's life?

Answer:Projecting good vibes creates a feedback loop where positive emotions attract more joyous experiences, thus enhancing the overall quality of life. It aligns with the belief that happiness can be cultivated, regardless of external circumstances.

Part 2 | Positive Lifestyle Habits| Q&A

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1.Question

How can higher states of vibration impact my life?

Answer:Higher states of vibration help you feel good, enabling you to manifest more positive experiences and outcomes in your life.

2.Question

What are some effective activities to raise my vibration?

Answer:Activities such as physical touch with loved ones, laughing, moving your body, listening to uplifting music, practicing kindness, and engaging in meditation can significantly enhance your emotional state and raise your vibration.

3.Question

Why does surrounding myself with positive people matter?

Answer:Energy is contagious; being around people who vibrate higher than you allows you to absorb their positivity, gain empowering perspectives, and it aligns you with individuals who reflect and amplify your own positive energy.



4.Question

How does body language influence my emotional state?

Answer:Acting happy, even through 'faking it,' can trick your brain into releasing feel-good hormones, ultimately improving your mood and vibration. Our physical posture, gestures, and expressions can alter how we feel internally.

5.Question

What signs indicate I need to take a break?

Answer:Feeling overwhelmed, 'peopled out', or irritated by others' kindness are strong indicators that you need time to relax and recharge.

6.Question

How can I find inspiration during tough times?

Answer:Connecting with self-help books, empowering digital content, and stories of overcoming adversity can reignite your passion and drive, reminding you that setbacks are not the end and can lead to personal growth.

7.Question

How does gossip affect my vibration?

Answer:Engaging in gossip depletes your energy and lowers



your vibration because it stems from negativity and judgement, fostering an environment of low vibration and toxicity.

8.Question

What role does nutrition play in raising my vibration?

Answer:The food you consume directly affects your vibrational state; high-vibration foods like fresh fruits and vegetables support good health, while low-vibration foods can drain your energy and lower your mood.

9.Question

Why is expressing gratitude important?

Answer:Gratitude shifts your focus from negative to positive aspects of your life. It conditions your mind to search for good, raises your vibration, and reinforces a mindset of abundance.

10.Question

How can I effectively process and study my emotions?

Answer:By identifying your emotions, challenging negative thoughts, understanding their deeper meanings, replacing



them with positive affirmations, and visualizing healthier responses, you can transform your emotional state for the better.

11.Question

What is the significance of being present?

Answer: Awareness of the present moment allows you to fully engage with life, reducing anxiety and enhancing feelings of joy. It helps you appreciate your experiences rather than being lost in past regrets or future anticipations.

12.Question

What steps can I take to successfully meditate?

Answer: Start by rating your energy level, focus on your breath, observe your thoughts and feelings without judgment, and practice consistently to develop peace and higher vibrations over time.

Part 3 | Make Yourself a Priority| Q&A

1.Question

Is it selfish to put yourself first?

Answer: Not necessarily. While it can be selfish in



certain contexts, putting yourself first is crucial for your well-being, as you cannot help others if your own needs aren't met.

2.Question

What should you do if someone around you consistently brings you down?

Answer:It's important to distance yourself from toxic individuals. Just like a plant cannot thrive in toxic conditions, you cannot grow around people who constantly undermine your spirit.

3.Question

How can you identify toxic relationships?

Answer:Toxic relationships often involve criticism, lack of support, and emotional manipulation. If someone regularly makes you feel inadequate or drained, they may be toxic.

4.Question

What approach should you take when dealing with your own toxic behaviors?

Answer:Recognize and acknowledge your own toxic tendencies. Growth begins with self-reflection and



understanding how your actions affect those around you.

5.Question

How does external negativity affect our inner peace?

Answer:Constant interaction with negative people can drain your energy and disrupt your inner peace, making it essential to evaluate and possibly cut ties with such influences.

6.Question

What is the importance of surrounding yourself with positive people?

Answer:Being around positive individuals enhances your perception of life and fuels your growth, as their energy influences your mood and overall outlook.

7.Question

Why is it challenging to leave a toxic relationship?

Answer:It's often difficult due to emotional ties, but recognizing the detrimental impact on your well-being can empower you to prioritize your mental health.

8.Question

How do we differentiate between healthy and toxic friendships?



Answer: Healthy friendships involve mutual support and respect, while toxic ones often provoke feelings of inadequacy or jealousy without providing positive reinforcement.

9.Question

What emotional impact can trying to please everyone have?

Answer: Constantly striving to satisfy everyone leads to exhaustion and neglect of your own needs, resulting in resentment and unhappiness.

10.Question

How can you protect your energy when supporting someone else?

Answer: Ensure your own emotional needs are met before trying to uplift others; it's essential to maintain your own well-being in order to effectively support someone else.

11.Question

What can be learned from familial relationships that are toxic?

Answer: Familial expectations can create pressure;



understanding that love can sometimes come with criticism can help in navigating these complex emotions.

12.Question

Why is it important to trust your intuition in relationships?

Answer: Your gut feelings can guide you towards healthier interactions; if something feels off, it's vital to investigate why and seek clarity.

13.Question

How can you handle negative remarks from others?

Answer: Accept that negativity is a part of life, and the best response is often to maintain your joy and not internalize others' judgments.

14.Question

What is the significance of karma in how we treat others?

Answer: Our actions create waves in our lives. Positive actions bring positive results, while negativity can lead to future repercussions on our peace and emotional state.

15.Question

How can recognizing others' insecurities improve



interactions?

Answer: Understanding that hurtful behavior often stems from others' internal struggles can foster empathy, allowing you to respond with compassion rather than anger.

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Part 4 | Accepting Yourself| Q&A

1.Question

How important is it to love yourself, and how can one start this journey of self-love?

Answer:Loving yourself is crucial because it serves as the foundation for a fulfilling life. To begin this journey, you can start by practicing positive self-talk, recognizing your worth, and prioritizing your own needs. Engage in activities that bring you joy and remind yourself daily of your unique value. Allow yourself permission to feel good and focus on nurturing your own well-being.

2.Question

What are the consequences of neglecting self-love?

Answer:Neglecting self-love can lead to insecurity, low self-esteem, and strained relationships. For instance, Kierah's lack of self-love caused her to mistrust her partner, which ultimately harmed their relationship. This cycle of insecurity not only affects your view of yourself but also how you



interact with others, potentially leading to a loop of unfulfilled emotional connections.

3.Question

In today's society, why is comparison with others detrimental to personal happiness?

Answer:Comparison with others often robs us of joy, creating feelings of inadequacy and dissatisfaction. We tend to focus on those who appear to be doing better while overlooking our achievements. Social media exacerbates this issue by presenting curated, idealized versions of life, making it challenging to appreciate our own journey. Instead of measuring our worth against others, we should reflect on our own growth and progress.

4.Question

How can one cultivate appreciation for their inner beauty instead of conforming to societal standards of beauty?

Answer:To value your inner beauty, focus on acts of kindness, compassion, and personal integrity rather than on physical appearance. Engage in self-reflection and consider



what aspects of yourself truly matter. By doing so, you create a foundation of self-worth that is independent of societal opinions, ultimately leading to deeper and more meaningful connections with others.

5.Question

What role does forgiveness play in maintaining self-acceptance and personal growth?

Answer:Forgiveness is vital for releasing past hurts and mistakes, allowing for emotional healing. It enables you to let go of negative emotions that can hinder personal growth. By forgiving yourself first, you can build a more positive self-image, and similarly, forgiving others frees you from their past actions, empowering you to create a brighter future without being anchored by old resentments.

6.Question

In what ways can individuals celebrate their achievements, and why is this important?

Answer:Celebrating your achievements, big or small, is essential for recognizing your progress and boosting



self-esteem. Reflect on your past goals and acknowledge how far you've come, rather than fixating on what's next. This practice not only fosters a sense of accomplishment but also encourages a positive mindset, reinforcing the importance of self-worth in the journey toward future aspirations.

7.Question

How can one embrace their uniqueness and stand out from societal expectations?

Answer:Embracing your uniqueness starts with understanding that your individuality is a blessing. Instead of conforming to societal pressures, explore your interests, values, and passions. By prioritizing your own path and being authentic, you'll not only stand out but also inspire others to value their own uniqueness. Remember, the world needs diverse perspectives, so embrace what makes you different.

8.Question

What is the importance of changing the narrative of your inner voice?



Answer: Changing the narrative of your inner voice is essential for self-acceptance and overall well-being. A kind inner dialogue encourages personal growth, resilience, and happiness. Instead of criticizing yourself for mistakes, reframe those thoughts to recognize your humanity and potential for improvement. This shift promotes self-compassion, leading to a more positive outlook on life.

9.Question

How can individuals combat the negativity associated with societal ideals and comparisons?

Answer: To combat negativity tied to societal ideals, focus on self-acceptance and surround yourself with positive influences. Limit exposure to unrealistic portrayals in media and remind yourself that beauty is subjective. Reaffirm your worth based on your character and actions rather than external validations. Embrace your imperfections as unique attributes that contribute to your individuality.

10.Question

What steps can be taken to break free from the influence of societal pressures?



Answer: To break free from societal pressures, start by questioning the motivations behind your choices. Reflect on whether your actions align with your true self or whether they are influenced by others. Establish boundaries with negative influences, practice mindfulness, and engage in self-reflection. Surround yourself with supportive individuals who appreciate your authenticity, allowing you to flourish in your uniqueness.

Part 5 | Manifesting Goals: Mind Work| Q&A

1.Question

What is the connection between beliefs and reality in the process of manifestation?

Answer: Beliefs are fundamentally linked to our reality; if you don't believe something is possible, it rarely manifests in your life. This connects to the idea that our mentality forms our reality and influences our perceptions. When we change our beliefs to become more empowering, we open ourselves to greater possibilities and enhance the



chances of achieving our goals.

2.Question

How does positive thinking contribute to achieving goals?

Answer:Positive thinking empowers you by allowing you to focus on possibilities rather than limitations. For example, when a cricket batsman believes he can hit a six, he increases his chances of success. In contrast, negative thoughts discourage action, thus making success less likely.

3.Question

What role does the subconscious mind play in shaping our beliefs?

Answer:The subconscious mind absorbs all experiences and perceptions, shaping our beliefs without discernment. It reflects both positive and negative ideas, which can limit or empower our potential. It's crucial to cultivate awareness in order to challenge limiting beliefs and promote growth.

4.Question

How can changing your perception of a situation empower you?

Answer:By changing how you perceive a situation, you can



reclaim your power and influence your emotional response. For instance, viewing job loss as an opportunity for new beginnings, rather than a defeat, allows you to maintain positive energy and act towards finding a better opportunity.

5.Question

What is the significance of setting clear intentions when pursuing goals?

Answer:Setting clear intentions is essential because it directs your focus and actions. Uncertainty leads to unclear results, while specific goals align your efforts with your desired outcomes, making the manifestation process smoother.

6.Question

How do affirmations work in the context of belief systems?

Answer:Affirmations help encode positive statements into the subconscious mind, reinforcing empowering beliefs. By expressing these statements with conviction, you consciously instruct your mind to accept these truths, increasing the likelihood of those beliefs manifesting in reality.



7.Question

How can visualization affect our real-life outcomes?

Answer: Visualization harnesses the brain's ability to create mental images, effectively training it to achieve the desired outcomes. Engaging all senses in visualization can align your vibrations with your goals, influencing your subconscious and enhancing performance in real life.

8.Question

What is the importance of actionable steps in the manifestation process?

Answer: While the Universe may send signs and inspiration, taking actionable steps towards your goals is essential. Intention without action is merely wishing; it's our responsibility to pursue and act on the ideas that resonate with our goals.

9.Question

How can the power of words affect our self-perception?

Answer: Words have the power to shape our reality and self-identity. Positive affirmations can strengthen our self-image, while negative words can create self-doubt and



reinforce limitations. It's important to use words mindfully.

10.Question

Why is it recommended to write down goals, and how should they be articulated?

Answer: Writing down goals turns intentions into tangible commitments. Goals should be specific, positive, and articulated in present tense to enhance clarity and emotional connection, facilitating better focus and commitment to achieving them.

Part 6 | Manifesting Goals: Taking Action| Q&A

1.Question

What does it mean to take action towards your goals, even when circumstances aren't ideal?

Answer: Taking action means actively engaging with your aspirations instead of waiting for the perfect moment. It's about making progress through small efforts and consistently dedicating yourself to your vision, regardless of the challenges that arise.

2.Question

How can you begin working towards a significant goal?



Answer: You can start by breaking down the large goal into smaller, manageable steps. For instance, if you aspire to be a successful musician, begin by writing a song or practicing your skills daily.

3.Question

Why do people often fail to act on their dreams?

Answer: Many individuals feel overwhelmed by self-doubt, lack of time, or fear of failure. They often make excuses or seek shortcuts instead of committing to understand and work through the challenges.

4.Question

What are the consequences of procrastination in achieving goals?

Answer: Procrastination delays progress and can lead to missed opportunities. It prevents individuals from gaining momentum and can lead to feelings of regret or inaction towards their dreams.

5.Question

How do fear and faith influence our actions towards our goals?



Answer: Fear causes hesitation and prevents us from pursuing our potential, while faith encourages us to believe in positive outcomes. Embracing faith propels us to take risks and seize opportunities despite uncertainties.

6.Question

What's the importance of consistency in pursuing goals?

Answer: Consistency is crucial as it transforms actions into habits, leading to measurable results over time. Just like a workout plan, without consistent effort, the expected outcomes will not materialize.

7.Question

How can someone combat feelings of low motivation?

Answer: When motivation dips, it's vital to still move forward. Setting small, achievable tasks can build momentum. Creating a supportive environment and seeking accountability from friends can also help.

8.Question

What does it mean to swap short-term pleasures for long-term gains?

Answer: Sacrificing instant gratification, like bingeing on



entertainment, for productive activities can lead to significant future rewards, aligning better with larger life goals.

9.Question

Why is it essential to practice patience in the journey towards your goals?

Answer:Patience is important because many goals require time and consistent efforts to materialize. Rushing the process often leads to disappointment and abandonment of the goal.

10.Question

What lesson can be derived from the example of Richard Branson?

Answer:Richard Branson's success illustrates that readiness is often a construct; determination and action, even in the face of uncertainty, can lead to extraordinary achievements.



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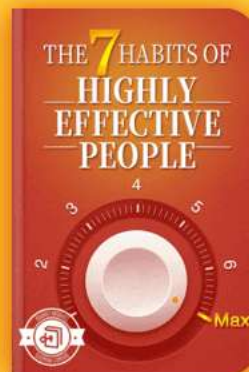


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Part 7 | Pain and Purpose| Q&A

1.Question

Why does life seem to test us, especially during difficult times?

Answer:Life tests us not because we are weak, but because we are strong. Difficult experiences are opportunities for growth and realizations about our power.

2.Question

How can painful experiences be viewed positively?

Answer:Although painful, every negative experience offers lessons that shape character and resilience, potentially leading to stronger decisions in the future.

3.Question

What does 'everything happens for a reason' mean in context of pain?

Answer:This phrase suggests that while pain may seem senseless at first, it often leads to personal insight, growth, or a change in direction that benefits us later.

4.Question



How can I ensure I'm learning from my life experiences?

Answer: Reflect on past challenges, recognize the lessons learned, and ensure you apply those lessons in future decisions to avoid repeating the same mistakes.

5.Question

What role does mindset play in our perception of our experiences?

Answer: Changing your mindset from victimhood to empowerment allows you to see every experience as beneficial, thus improving your overall joy and life satisfaction.

6.Question

What is the importance of purpose in life?

Answer: Having a sense of purpose provides meaning and direction, enriching your life and making you feel fulfilled instead of just going through the motions.

7.Question

How can pursuing my passion contribute to my sense of purpose?

Answer: Pursuing what excites you not only brings joy but



also aligns you with your true purpose, leading to a more fulfilled and impactful life.

8.Question

Why is it important to notice warning signs in our lives?

Answer:Noticing warning signs helps us make better choices and avoid repeating actions that lead to pain, steering us toward a more authentic, purposeful existence.

9.Question

How can money be viewed positively in our lives?

Answer:Money should be seen as energy that can facilitate fulfilling your purpose, allowing you to experience freedom, creativity, and assistance in making a difference.

10.Question

What constitutes true happiness according to this text?

Answer:True happiness stems from within and is achieved through self-mastery and the ability to remain joyful regardless of external circumstances.

11.Question

How can I apply the lessons learned from this book effectively in my life?



Answer: Implement small, actionable steps toward personal growth, maintain a high vibration, trust your instincts, and always keep an open mind to new opportunities.

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Good Vibes, Good Life Quiz and Test

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Part 1 | A Matter of Vibes| Quiz and Test

- 1.Vex King had a negative university experience due to his financial struggles and limited resources.
- 2.The Law of Attraction guarantees that all desires will manifest if one maintains positive thoughts.
- 3.Vex King explains that to attract desired outcomes, one must align emotionally and energetically with them according to the Law of Vibration.

Part 2 | Positive Lifestyle Habits| Quiz and Test

- 1.Higher states of vibration foster positive emotions and help in manifesting good things in life.
- 2.Engaging in gossip and drama is beneficial for maintaining a higher vibration.
- 3.Practicing gratitude can help amplify your vibrational state and cultivate a more positive mindset.

Part 3 | Make Yourself a Priority| Quiz and Test

- 1.It is selfish to prioritize your own well-being by

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distancing yourself from negative individuals.

2. Healthy relationships foster mutual respect and support, while toxic relationships drain energy and hinder personal growth.

3. Leaving a toxic job is unnecessary for well-being and can lead to greater dissatisfaction.





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Part 4 | Accepting Yourself| Quiz and Test

- 1.It is essential to prioritize your own importance because you won't always be important to others.
- 2.Focusing on your physical appearance should be more important than recognizing your inner beauty.
- 3.Celebrating others' successes is unimportant as personal growth matters more.

Part 5 | Manifesting Goals: Mind Work| Quiz and Test

- 1.Maintaining a high vibration and a strong belief system is crucial for realizing your goals.
- 2.Negative beliefs enhance progress and lead to more favorable outcomes.
- 3.The subconscious mind plays a key role in shaping beliefs and influences reality.

Part 6 | Manifesting Goals: Taking Action| Quiz and Test

- 1.It's essential to focus on actions rather than current circumstances.
- 2.One can achieve their goals without taking any actions or



making any efforts.

3.Procrastination can help in achieving one's ambitions.

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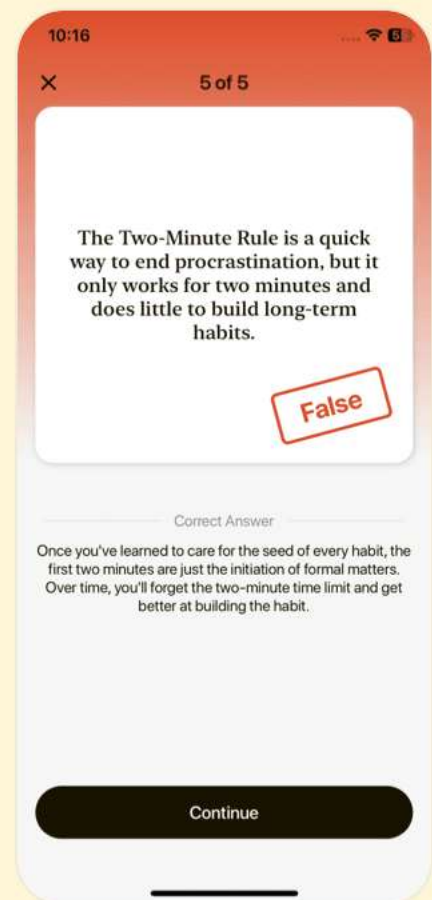


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Part 7 | Pain and Purpose| Quiz and Test

- 1.Life's challenges arise from our strengths rather than our weaknesses.
- 2.Ignoring warning signs in life can help avoid repeating past mistakes.
- 3.True happiness is found in external sources like possessions and relationships.





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