

Release your brakes!

- Chapter 1: How do you take charge of your life (15:15)
 - Just the way one reads a manual for an expensive car to take good care of it, read this book to take care of your life.
 - Just the way you enjoy playing a game, enjoy life
 - Making others follow these may waste much of your time which could've been invested in yourself only.

- Chapter 2: Potential & Performance A system of release (19:45)
 - Say you're participating in a race, would you like to carry extra load? No right, they why do you do that in life?
 - Would you prefer to release the brakes or hit the accelerator more?

- Chapter 3: Potential & Performance (41:13)
 - Average person only uses a fraction of their potential, feel it!
 - Outer motivation ^{degs} work but inner motivation > outer motivation.
 - Everything you know has emotions attached to it
 - Boys are often taught to suppress emotions
 - This can lead to serious damage & sometimes even death.
 - You may not like meat but a non vegetarian thinks of it like you think of paper, it's only about what emotions are attached.
 - There is also a fear of success & an emotional pattern that blocks you

Chapter 4: The whole person system (50:45)

- The best typewriter ^(human) doesn't know how the computer works
- When there is a change in the system, the entire system changes
- To verify think of the biological system (Gross & Deere & Lion)
- Basically says the whole system is effected by it (^{in humans} _{all of our system} responds)
- Your physical system is vital to your success
- So is your environment
- Try out different situations & see what suits you best

Chapter 5: The conscious mental processes (1:12:00)

- There nothing called a specific conscious/unconscious state
- Everything is just to a degree
- Associations & your prev. exp. on things decide whether the forthcoming pf a relevant thing is useful or not.
- Deciding in terms of either/or can be problematic
- Human behaviour tends to be consistent with individual dominant reality structure.
- Emotions are also called feeling because they can be physically felt

Chapter 6: The subconscious mental processes (1:32:35)

- Imagination x Vividness = Reality
- Some things are pre-wired like breathing
 - Some are learnt but become a part of the system like walking, playing golf.
 - Sometimes a really deep dream can become a part of your reality
 - When you set a goal, a conflict arises which helps with creativity to find a way to achieve the goal
 - There is something called the collective unconscious by Jung.

Chapter 7 The care and feeding of attitudes (2:06:00)

- No one is born with attitudes, it's all due to environment
- It's not just the environment but the way a mind interprets the messages of the environment.
- The core enough effect: Your expectations of an event determines how it goes.
- Your image of yourself effects your life and its magnitude increases with time

Chapter 8: The importance of childhood conditioning

(2:28:28)

- If a child is punished for being late, he'll always feel anxious whenever he's not punctual even when it is by accident or choice.
- If a child is praised for being punctual, he'll always want to be punctual, and when he fails he'll probably get over it soon unlike above.
- whatever you are right now, arrogant, kind, etc you've picked up all that from your environmental conditioning since birth.
- Restrictive conditioning - compulsive conditioning

Chapter 9: You tend to act like yourself

(2:44:24)

- You may think that you know yourself but there is always more to learn and you'll never know everything not just about the world but yourself too.
- Don't limit yourself because of your past experiences
- willpower can be counter productive at times; it's better to focus on positive self talk instead.
- Instead of making extreme changes frequently try making small changes and leave the rest on autopilot like a thermostat, automatic.

Chapter 10: Constructive imagination

(3:16:20)

- Attitude patterns are self re-enforcing be it in +ve side or -ve side.
- learning an answer by heart and understanding the answer are two different things just like that affirmations should be felt not just repeated.
- when struggling with something, get so engrossed in that, that even in imagination you practice it. (Do it, don't spectate doing it)
- You can even apply this for new things & while doing it for the first time itself, you'll be familiar.

Chapter 11: How to use constructive imagination (8:48:00)

- Select a field, define what you want, make affirmations accordingly and repeat them over and over again and then finally let that instinct guide you further.
- Centering all your energy just to one sector can cause some destruction/distraction.
- It is mandatory to be a participant not an observer.
- Let the ~~true~~ emotions flow while reciting/listening an affirmation.
- The emotional part should be the strongest. A top public speaker has lots of experiences in his reality structure, think about how they'd feel before giving a new speech, not to imitate their style but to get hold of their emotions.
- Belief & faith are not required for constructive imagination.
- Recite affirmations before your regular bed time sleep because you're more receptive to suggestions at that time since you're tired.
- Same goes for morning.
- Allow things to happen in a natural manner without forcing it with will power.
- Just get the feeling that you will work and let everything happen naturally.

Chapter 12: The high performance syndrome (3:54:30)

- How to help somebody: Ask them what they want & how you can help them achieve it. If you're taking decisions for them and telling them what's best for them, it's dangerous.
- Just like a person has an identity, a group also has an identity, which is a combination of the identities of people in that group, and you've to find how to make them most effective.

chapter 13: How goals release potential (4:28:55)

- Goals are not desirable they're mandatory without which people simply die. (Eg: Retired people & widows who don't find new things in life)
- If you think much about failing than working hard or succeeding, it's inevitable that you'll fail.
- Wherever you go, you'll create your own comfort zone. Eg: Even if you make a housing for the slum, they'll eventually make that a slum too. or if not, they'll rent that place and still stay in the slums.
- Learn how to set affirmations
- Share your goals only with people who're directly involved in its attainment.
- In a family, have conversations about our goals as a family
- While explaining it to someone, don't be pushy, it may lead to a push back reaction, instead encourage them & show some examples.

Chapter 14: Self esteem, a foundation for effective behaviour (4:56:45)

- When you have a positive feeling about a group/person/feeling say it; don't say it if you don't mean it though
- When -ve things are going on, try saying something like, what can we do to improve this from next time.
- Helping others level up their self esteem, helps you.
- You can do that by not putting down others as much as you can and rather ^{by} encouraging them.
- When a child breaks a cookie jar instead of telling him you broke the cookie jar, comforting him by asking to call you from next time would be sane
- When you praise someone, the type of response you get is a reflection of their self esteem, try observing this sometime

Chapter 15: You are they

(5:31:10)

- This is a very important chapter according to the author.
- Responsibility is the degree to which a person feels comfortable with the fact that he/she lives with and in that sense is accountable for the consequences of his behaviour.
- Realization that you are whatever you are because of your decisions and actions and taking responsibility of it.
- while teaching this to a kid, it would be rather wise to let them make a mistake and learn it by themselves than to correct them upfront; oppose the degree of the mistake you get to decide

Chapter 16: Building better bridges

(6:14:30)

- This chapter teaches how to bond with people.
- There is a difference between sympathy & empathy.
- Unlike sympathy, in empathy you step into the shoes of the other person and try to understand/analyze what's going on.
- Empathize with people
- When someone says, I feel... it's their opinion not their feeling; the way to approach is by sharing your experience in a personal way first and then asking the other to open up
- Instead of trying hard to make the other person feel how you want them to feel about you, try to develop emotional patterns in you that it just becomes natural.
- Actually, implementing the above will lead to an immediate effect in the way you feel & perceive things.

Chapter 17: There is a better way (6:36:30)

- This chapter focuses on the creative aspect of mind.
- How there's always a different way to do the most redundant job.
- How do you feel about the constant rapid change in the modern world? If you're anxious, you're likely to feel like that forever, so, it's important to work on it, become excited.
- It is essential to understand that we make assumptions all the time even unknowingly & it's vital to not take into considerations your biased assumptions while making a rational decision.
- Always keep an idea notebook to note down random/crazy/minimal ideas that pop in your head.
- Remember that you're a creative person

Chapter 18: Pressure Turn On or Tie Up (7:07:57)

- Every person reacts differently under pressure some truly some very
- A high performer has mastered the ability to work under pressure truly.
- When pressure is too much, we pull over to a comfortable zone
- How do you feel about pressure emotionally is very imp.
- Make a list of things that pressure you and carefully evaluate whether they were actually pressurizing you or the way you were reacting to it made you feel pressured.
- If you focus on not making mistakes you're more prone to making it.
- You can change your reflexes by repeated affirmations.
- Don't try to force affirmations if you still have grudges holding you up for some particular situations; wait & get it over
- Have gross physical impact activity like punching a bag to release stress

How to deal with headache?

- Observe what you're going through without reacting
- Imagine 3 situations:
 - one where you need to do stuff you don't want to
 - one where you can't do stuff you want to
 - one where you're free to do anything

Now you'll see one of these will build up more stress and one will release stress. What you need to do is go back & forth between the two until stress diminishes.

Chapter 19: learn how to relax

(7:14:00)

- Practice deep relaxation. There are 7 steps
- But as you go in doing it, it'll get automatic & you'll lose track of the steps.
- Steps:
 - choose a comfortable position (not sleeping position)
 - Take a deep breath & hold it for just a few seconds
 - As you hold notice the tension in parts of your body
 - Exhale & observe the relief you go through
 - Think of satisfying videos or a cloud floating in air
 - Start a countdown of 1 to 10 slowly as you relax
 - Dwell upon your affirmations / creative thinking
 - Now countdown 10 to 1 while thinking energy flowing into your body
 - Walk around feeling energetic now

Chapter 20: You are changing the world

(7:25:30)

- Be able to take mature decisions for long term not impulsive
- Try to become the best you can instead of best in the world
- You're 1 in 7 billion, neither worthless nor the best, but you can have an impact by working in the present.