

Financial Freedom - 10-Step Guide x

Financial Freedom - 10-Step Guide x

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readersbooksdub.com/en_US/financial-freedom/

to become financially free. At the same time, the book also focuses on paying ourselves first in terms of retirement plans that secure our future before other expenses and bills and enhancing our streams of income to minimum 7 both active (such as a 9-5 job) and passive (like freelancing, blogging, etc.)

Overall, the book is a practical guide to make a sustainable living taking into account our future needs and preparing ourselves unforeseen events.

+ 0 - Reply

U

UJJWAL MITTAL

1 month ago

financial freedom –
make list of dept. and saving earning for managing the money.
importance of money for complete the dream and stress free life.
goal for money connect them with emotion need clear goal talk about goal in individual.
make diary for entry of spending money. put specific amount of money in saving account before pay it anything.
invest for future. spend less. enjoy life through experience not product you own, pay small dep first and high interest. need to generate passive income
NICE BOOK

+ 0 - Reply

n

nida

1 month ago


Thank you so much sir it's really helpful 🙏😊

+ 0 - Reply

620

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10°C Haze 10:25 PM 1/16/2023

Financial Freedom - 10-Step GuideKaizen - The Japanese MethodKaizen - The Japanese Method

readersbooksdub.com/en_US/kaizen/

U

UJJWAL MITTAL

1 month ago

kaizen encourages you to set personal goal to make change in yourself.(start small and move towards big goal). use self improvement technique,make minor change in essential &different area of life.start take small steps. Improve one by one until you achieve your desired healthy target. to improve your health make more friend with healthy people. eat healthy food,avoid consume too much sugar. 5 min meditation(close eyes set alarm slow inhale and exhale rub hand observe hand). # doing passionate work increase productivity & chance for succes. do saving spend claverly and invest profitable asset. Set short-term, mid-term, and long-term goals for your earnings, improve relationship- adopt thankfully,understand word clearly. ask question? why do you want to do work. what passionate you in childhood.

U

Amit Matani

1 month ago

In Short we can say....improve in every area of life by starting with minor improvements and achieving the goals you want.

U

Amit Matani

1 month ago

451

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11°C Smoke 10:28 PM 1/16/2023

Financial Freedom - 10-Step Guide xFinancial Freedom - 10-Step Guide x10X Rule - 10X Success x+

readersbooksdub.com/en_US/10x-rule/

U

n

nilesh dhamane

🔒 1 month ago

Passion to overcome all challenges .. this is most important

+ 0 — 🗨 Reply

U

UJJWAL MITTAL

🔒 1 month ago

10 x rule.
set goal then what you believe today and work ten times more than is required to achieve the goal.
focus on karma.
take responsibility

+ 0 — 🗨 Reply

U

UJJWAL MITTAL

🔒 1 month ago

First, to achieve your big goals, break them into small parts and then put your all into achieving them.

+ 0 — 🗨 Reply

365

🗨

U

Udit Rana

🔒 1 month ago

Day -3 complete

+ 0 — 🗨 Reply

U


Priti Rajawat

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AMZN News Bearish 10:29 PM 1/16/2023



Rewire Your Brain

readersbooksdub.com/en_US/rewire-your-brain/

**Asha Saini**
1 month ago


Thank you. This is amazing book...

+ 0 - Reply

**UJJWAL MITTAL** 
1 month ago


By making connections between thoughts or pictures, you also make connections between the neurons that make up your memory.
more you do in something in specific way more you strength your connection.
methods are:-
1 attention – pay attention comes by doing the meditation.
bcoz brain not remember billion of things.
2 effort with focus
3 effortlessness make habit of doing work correctly and repeatedly.
4 persistence – repeat that thing in which you are good.
more you do in something in specific way more you strength your connection.
methods are:-
1 attention – pay attention comes by doing the meditation.
bcoz brain not remember billion of things.
2 effort with focus
3 effortlessness make habit of doing work correctly and repeatedly.
4 persistence – repeat that thing in whih you are good.

+ 0 - Reply

**Prof Dr Gurkirat Kaur**
1 month ago


Rewire Your Brain by Asha Saini is a book that updates that brain is not strong but only a software of experiences.

287



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11°C Smoke 10:30 PM 1/16/2023

The Game of Life - Readers Book

readersbookclub.com/en_US/the-game-of-life/




Pavitha Pavi
1 month ago

Life is a game so enjoy it with positive thought 🙏🙏🙏🙏🙏🙏🙏🙏

+ 0

Reply



UJJWAL MITTAL
1 month ago

5- THE GAME OF THE LIFE

whatever we give into the world will be returned to us in the end

We shape our reality through what we offer and receive from the world

everything you imagine or pay attention is later your part of your world.

look life as a game it is not a fight.

life is the most crucial game, and it is worth learning to make the best use of it to play it well

lessons 1 life's lesson – wealth, health, love and the expression of ourselves.

2 life's lesson – feel and work for happiness and stop blaing yourself for every little mistakes.


3 lesson – sometimes your desires are wrong

so clear 3 things for clear your life and most valuable.

subconscious is the force without any direction. conscious observe the reasioning and look at pictures.

+ 0

Reply



Rounak s
1 month ago

Game of life is to evolve yourself by thinking positive and follow the principles/ laws of universe. Have faith and trust in universe. It is our journey to become pure inside – out. If you toxins free from inside, it will reflect in your outer reality. All the Best. Play the game with full mindfulness and awareness.

265



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Watchlist -0.96%

10:33 PM

1/16/2023

Atomic Habits - Readers Books

readersbooksdub.com/en_US/atomic-habits/

0

Reply

U

UJJWAL MITTAL

1 month ago


ATOMIC HAS 2 MEANING VERY SMALL OR INFINITE SOURCE ENERGY.
HABITS MEANS THINGS THAT WE ARE REPEATED EVERYDAY.
ATOMIC HABITS ARE LITTLE HABITS THAT WE ARE REPAETED EVERYDAY,, BY THIS YOU MAKE
GOOD habits or small change in the life.

1. start with the small steps.(like exercise results come after the months).
2. try to invest the income (money & time) in improving yourself and somewhere we got good return.
not try to do study 6 h in a day try to divided the syllabus into small portion daily achieved small goal.

ex- 1% better everyday mke you 100% better in 100 day & 3600 in a year.
"""" BAD HABITS MAKE JOY FOR SHORT TIME BUT GRADUALLY MAKE JOY TO SORROW""
OBVIOUS – simple first mae goal(clear) before making new habits
ATTRACTIVE – make target attractive. divide work in small parts that is durable
EASY- make easy goal to achieve.not set imposibe goal.
SATISFYING – goal give you the satisfaction

0

Reply



Shonky Saab

1 month ago

आदतों से जुड़ी एक बेहतरीन किताब और उतनी ही सुंदर इस किताब की Sammari,
किसी भी आदत को लेकर उसके लिए अपनाए गए छोटे छोटे कदम कितने महत्वपूर्ण होते है यह किताब इसके बारे में बताती है।
शानदार!!!!

0


Reply

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11°C Smoke

10:36 PM 1/16/2023

④ right now

7- MIRACLE MORNING

need to set a goal & dedicated time to achieve the goal.

"Focused productive, successful, less stress, improve health" generates in the morning.

in the morning less distraction time you still motivated and less chance to forget the work.

spend time :- silence, reading the books, reciting affirmations, visualising the goals, journaling thought & exercise.

“IT'S TIME TO ACCEPT THAT IF YOU DON'T ACT NOW, NOTHING WILL CHANGE & YOU MAY NEVER REALIZE YOUR FULL POTENTIAL.”

when yu getting up in the morning whatever time you sleep you getup with the full energy.

— BEFORE GETUP BED STRATEGY

- 1 set your intention before goin to bed.(go with +ve frame of mindset).
- 2 move your alarm clock accross rom.
- 3 brush teeth & drink glass of water.
- 4 get dessed & jump in shower.

LIFE "SAVERS" ARE

S - SILENCE – increase self awareness & reduce stress.

A – AFFIRMATION (built mindset & transform life)

V- VISUALIZATION (help in put in actions).

E_EXERCISE (energy boost, blood flow)

R-READING (for learn & gaining info)

S_SCRIBING(writing- 5-10 min to get a day thought out & help in discover new thing).

do in 6 minutes.(silence, aff,vis,gratitue,reading,exer).

****% EATING GOOD FOOD & HEALTHY

30 days commitment

1-10 day (tough, long struggle)

11-20(expectat8c find easier)

21-30(establish a habit)

+ 0 - ➔ Reply

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UJJWAL MITTAL

1 month ago

8 LEADERSHIP WISDOM(8 ritual for visionary leaders)

i compiling future focus -try to manifest higher potential through their work.

*purpose is most important weapon(achieve by answering why).

visualized by audio so employee get connected.

ii the ritual of human relations-

don't set short-term goals but focus on building long-term tangible asset.

connect with people. by keep promising,listening aggressively,

iii ritual of team unity-

great leader are great teacher and coach. everyone want o to work effciently but lack of appreciation give negative results.

create vision,respect different opinions

iv ritual of adaptabilit & change management-

if you want master the change,develop discipline of managing the unexpected.be curios about everything,don't stick on one plan.create support system.

I ritual of personal effectiveness.

focus on necessary things and neglects the unnecessary

revise future goal,divided your goals into smaller ,mini target.

scheduled priority , delegate them effecency

I ritual of self leadership-

by improving,refining,& redefining.

"" people don't leaves the companies they leaves the leaders.

ritual of creativity & innovation-

help employee to think smart & inspire them,be creative everyday, inspire other to act same.

ritual of contribution&significance-

take action with focus on better future for all,nothing happen if leader take massive action.


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The Power of Positive Thinking - xYouTube

readersbooksdub.com/en_US/the-power-of-positive-thinking/

**Aman Gupta**

1 month ago

Day 9 already done

+ 0 - Reply

U

UJJWAL MITTAL

1 month ago

9 POWER OF POSITIVE THINKING
tell power of positive thinking.help in overcome the fear.increase self-confident.
positive thinking & confidence will help you to achieve the goal & success.
1. trust yourself, faith yourself start believing yourself that you can able do it.
2 be a calm mind and starting believe in yourself.
try to keep your mind away from the negative thinking.
!#"" We must learn to overcome or obstacles & fight to face our fear & keep moving forward in your life.

+ 0 - Reply

g

govind gopal


1 month ago

पहले positive सोच के फायदे जानो आखिर मेरे को क्या लाभ है तब ही positive सोच पाओगे
हर समस्या समाधान के साथ आती है ये पूरा विश्वास
पहले खुद पर फिर ईश्वर पर भरोसा करो
शांत मन में रहने के अभ्यास करो और दिल का हाल सुने ऐसे से बात करो जो help करें तुम्हें
परा विश्वास ये काम होगा तोह हमारी energy बनी रहेगी

227

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8°C Haze

10:11 PM
1/17/2023

Attitude is Everything - Readers | x

readersbooksdub.com/en_US/attitude-is-everything/

Changing attitude can change life!

Thank you!!

+ 0 — Reply

U

UJJWAL MITTAL

1 month ago

10 ATTITUDE IS EVERYTHING
SUCESS BEGIN IN THE MIND
-Never underestimate your power to change yourself.
And also, a positive attitude is a passport to a better tomorrow.
-our attitude is a our window to se the worldwe started life with good attitude,clear mental window
understand attitude by child,always laugh explore new thing,when fail smile &get up again.
***** SUCESS IN OUR LIFE IS STARTS WITH ATTITUDE & END BCOZ OF ATTITUDE.*****
WE BECOME WHAT WE THINK.
STEPS- # everyday read some positive. find 5-10 minutes in morning to doso.
#listen motivational audio programs(SUCESS REQUIRES EFFORTS,COMMITMENT &PATIENCE".
#picturise your way to sucess.- by visualized,movie in mind.
llight,camera,action- try to develop and create your movie.
make a commitment&move mountains
#turns your problem into opportunities.

+ 0 — Reply

K

Kajal Kumari

1 month ago

Sir ye book bahut hi achha h is book se hme kabhi kuchh sikhane ko mila thank u so mach sir 🙏🙏🙏🙏🙏🙏

+ 0 — Reply

235

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Market Brief

10:15 PM
1/17/2023



11 13 THING MENTALLY STRONG PEOPLE DON'T DO "ERADICATE BAD MENTAL HABITS AND STRENGTHEN YOURSELF"

1 DON'T WASTE TIME FEELING SORRY FOR YOURSELF.
think there is a good i your life like others.not complaining things see positive sides, try to take advantage of them. also Say a heartfelt thank you to everyone and anyone who helps you in any way, so you are able to change the attitude of yourself.
stop saying sorry without any reason and replace your compassionate thoughts.

2 THEY DON'T GIVE THEIR POWER -
"I whenever we hate our enemies,we give them power of us: our sleep,our appetite,our blood press, our health, our happiness.
- take full responsibility for where & with whom to spend yur energy & time.
- feeling of forgiving others starts coming into the heart.

3 don't shy about change
- always ready for chanie yourself & habits for create & achieve something new in the life.
wake the burning desire to make a change in yourself,create goal related to the change .
maintai balance in thoughts and feeling, review the advan/disad of change you are try to taken.

4 WHAT IS NOT I THEIR CONTROL, DON'T PAY ATTENTION TO THAT-
whenever you think work can completed more easily by help,without any shame ask them to help.
instead of controlling others, try to influence them.

5 they don't care to please everyone
"don't care what others people think."
identify your values & behave accordingly.

6 THEY DON'T AFRAID TO TAKE THE CALCULATED RISK
-aware your emotion,identify risk which is find challenging,make decision related to risk taking.

7 THEY DON'T LIVE IN PAST
learn from the past & improve the present, never stuck in one place in life.
- to improve future, do current actions with more focus, so that working with better lot in mind.
- recall & write the incident if past that make you happy.

7 they don't make the same mistake again & again
"real mistake is that from which you not learn anything.
accept responsibility,draft a plan

8 they are not jealous of sucess of othes
"jealous is poison that you drink yourself,&hoping t
hat your enemy will die"

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The Universe Has Your Back

readersbooksdub.com/en_US/the-universe-has-your-back/

3. Ask, believe, manifest..... because universe has your back
4. Choose happiness and surrender to universe
Thank you
Thank you
Thank you ❤️❤️❤️❤️❤️ dear universe for everything ⭐⭐⭐⭐⭐⭐⭐
+ 0 — Reply

U

UJJWAL MITTAL

1 month ago

LAW OF ATTRACTION TIPS

stay committed to the goal ,feeling goodbe energetic bcoz it attract goodness into the life

1 clear space - heal yourself (clear your thought &energy),keep understand message send by the universe and complete the tasks assigned to you.

2 get clear- clear intention what you want,focus on the desire make a list needed for that

3 think it,feel it,behave it-"keep intention clear & spend more time feeling them",more you more you belief it is on the way.

4 CHILL! - wait & wait without anxiety., trust that universe has much better plan than you stay calm , relax and trust the universe.

5 know the universe has your back - so clean house and feel happier.

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8°C Haze 10:18 PM 1/17/2023

The Art of Dealing with People

readersbooksdub.com/en_US/the-art-of-dealing-with-people/

UJJWAL MITTAL 25 days ago

13 THE ART OF DEALING WITH PEOPLE

1 Thinking creatively about human relations
Success and appiness, and the common denominator to all success and happiness is other people.

2 Understanding the human ego
We cannot treat people as machines because every human being has a special and individual persona
ity and people have this powerful drive to defend this important something against all enemies.
Four facts to be printed on our minds:

1. We are all egoists.
2. We are more interested in ourselves than in anything else.
3. Every person we meet wants to feel important and to amount to something.
4. There is a craving in everyone for the approval of others so that he can approve of himself.

3 The importance of making others feel important

1. Failure to give credit for suggestions
2. Failure to correct grievances
3. Failure to encourage
4. Criticizing workers in front of others
5. Failure to ask workers their opinions.
6. Failure to inform workers of their progress

7. Favoritism

ways to make other peopel important

- 1 think other people are important
- 2 notuce people
- 3 donot compete with people
- 4 know when to correct others

4 Controlling the actions and attitudes of others

- i watch your movement
- ii your tattle tale handshake
- iii moderate your tone of voice
- iv use magic switch of smile

5 Creating a good impression

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8°C Haze

10:19 PM
1/17/2023

Steve Jobs Biography (1955–2011)

readersbooksdub.com/en_US/steve-jobs-biography-1955-2011/

shareholders.
19. In 1986, jobs purchased an animation company from George Lucas, which later became Pixar animation studios. Believing in Pixar's potential, jobs initially invested \$50 million of his own money in the company.
20. If jobs had not sold his Apple shares in 1985 when he left the company he founded and helmed for over a decade, his net worth would have been a staggering \$36 billion.
21. For nine months, Jobs postponed surgery, making apple's board of directors nervous. Executives feared that shareholders would pull their stock if word got out that their CEO was ill. But in the end, Jobs' confidentiality took precedence over shareholder disclosure.
22. In 2004, Jobs had successful surgery to remove the pancreatic tumor. But Jobs never talked too much about his health.
23. In an email message to employees, Jobs said his "health-related issues are more complex" than he thought, then named Tim Cook, apple's Chief Operating Officer, as "responsible for Apple's day-to-day operations."
24. In January 2011, Jobs announced he was going on medical leave. In August, he resigned as CEO of Apple, handing the reins to Cook. He died on the 5th.

Thank you, Amit sir

+ 0 — Reply

U

UJJWAL MITTAL

1 month ago

awesome book understand the problem and challenges come there life.
In starting jobs & his father worked on electronics in family garage.he live in a adoptive family.
job realized massive gap in computer market,computer are at that time is large.
it make a revolutionary mode , macintosh(on-screen display had small picture calls icons)
explain journey buy software.sell computer directly to the users.
at end they suffers from the cancer.

+ 0 — Reply

hets

1 month ago

Thank u for all books summary

+ 0 — Reply

V


Vandana narale

Camera

200

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8°C Haze 10:20 PM 1/17/2023

UJJWAL MITTAL 1 month ago

NICE BOOK TILL NOW.

"PEOPLE STRUGGLE FOR CHANGE AND THEY DO NOT KNOW THE REASON BEHIND THEIR BAD BEHAVIOURS AOR HABITS SO TRY TO FIND IT"

TDREAM OF DESTINY

– WRITE SOWN ALL THE THINGS YOU WON'T ACCEPT & TOLERATE & ALL THE THINGS YOU WANT TOBE.

– raise your standard, change "shoulds " into "must" also making inner shift to take control over the quality of your life.

– change your limiting belief try to change your belief system.

– change your strategy.change your plan.

TYPES of mastery you'll needed in life-

+ EMOTIONAL MASTERY - means the change of way of feel

+PHYSICAL MASTERY – must needed your physical health.

+RELATIONAL MASTERY – you don't do everything.so try to manage the relation.

+FINANCIAL MASTERY- need a game plan for achieve this,also skill that automatically earn the money for you when you work or not.

+TIME MASTERY-make time for your benefit & skill rather than your enemy.

2 DECISION IS THE PATHWAY TO POWER.- it help i learning,help keep doing this work bcoz repetition is mother of the skill.

The three decisions that control your destiny:-

1. Your decisions about what to focus on.

2. Your decisions about what things mean to you.

3. Your decisions about what to do to create the results you desire

EVERYTHING WE DO IS EITHER TO AVOID THE PAIN,OR DEIRE TO GAIN THE PLEASURE.

2 TYPE OF BELUEF SYSTEM 1-LIMITING BELUEF 2 EMPOWERING BELUEF.

to remove limiting belief system,need to associate old belief with pain by telling ourselves & convencing your mind to stick old limiting belief.

"GROW AND DEVELOP BY CLUT & ELIMINATE OLD LIMITING BELIEF"

"FAITH IS POWER THAT CAN BOTH CREATE & DESTROY YOU"

CHANGE CAN HAPPEN IN AN INSTANT,BUT DIFFICULT TO MANAGE FOR A LONG TIME.

STEPS FOR CHANGING ANYTHING IN LIFE.

1 DECIDE WHAT YOU WANT & WHAT'S PREVENTING YOU FROM HAVING IT NOW.

2 TRY TO EXPERIENCE THE PLEASURE FOR CHANGING NOW.

3 DONT DO SAME THING.DO SOMETHING CRAZY TO INTERRUPT THOSE THING

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P Priya Chaudhary
1 month ago

Thank you for this book

+ 0 — Reply

U UJJWAL MITTAL
1 month ago

16 THE SUBTLE ART OF NOT GIVING A F*CK
confidence man does not to prove others that it is confident.
desire for a more positive experience is itself a negative experience.
and acceptance of a negative experience is a positive experience.
failure in business leads to a better understanding of what's necessary to be successful.
he denial of failure is a failure, and hiding what is shameful is a form of shame
two kinds of pain. Physical pain and psychological distress. He says physical pain is also
essential because it tells us what is good for us versus bad. It helps us adhere to our limitations.
psychological pain is not necessarily always bad.
The emotional pain of rejection and failure teaches us how to avoid
making the same mistakes in the future.
happiness comes from solving the problem.

MISTAKES-

1 DON'T ACCEPT THE PROBLEM

2 PLAY VICTIM MENTALITY BLAME OTHER PEOPLE FOR ITS MISTAKES

3 ALWAYS REMEMBER THAT OUR STRUGGLE IS DETERMINE OUR SUCCESS.

IMPROVE YOUR SELF ESTEEM FOR FIGHTING NEGATIVE ASPECTS PARTS OF LIFE.

+ 0 — Reply

K Kanchan Verma
1 month ago

If you are stuck on a problem, don't just sit and think about it.

+ 0 — Reply

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n **nilesh dhamane**
24 days ago

Exercise improves cognition for two reasons:
First, exercise increases oxygen flow into the brain, which reduces brain-bound free radicals. One of the most exciting findings of the past few decades is that an uptick always accompanies an increase in oxygen in mental sharpness.

Secondly, exercise acts directly on the molecular machinery of the brain itself. It increases neurons' creation, survival, and resistance to damage and stress.

+ 0 — Reply

U **UJJWAL MITTAL** ✎
25 days ago

17 BRAIN RULES

""STRESS CHANGE THE WAY OF LERNING""

IMPROVE THINKING SKILL- exercise gets blood to brain,bring glucose. bcoz exercise increse oxygen flow, it create neuron, creation to decese damage & stress.

when we pay attention to is profoundly influenced by memory. Our previous experience predicts where we should pay attention. Culture matters too.

The brain is not capable of multitasking.

One type follows four stages of processing: encoding, storing, retrieving, and forgetting. Information coming into your

brain is immediately split into fragments that are sent to different regions of the cortex for storage.

Most memories disappear within minutes, but those that survive the

fragile period strengthen with time. Long-term memories are formed.

Sleep well, think well.

Sleep loss hurts attention, executive function, working memory.

+ 0 — Reply

 **Megha kumari**
26 days ago

Kaafi achi summary thi kuch new jana ki brain kaise kaam krta h waise ye book students ke liye kaafi achi h
thankyou sir 🙏

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U UJJWAL MITTAL
26 days ago

19 THE MAGIC OF THINKING BIG

-BELIEVE YOU CAN SUCCEED & YOU WILL

say yourself "i am positive - i can" generate power,skill,energy.
whatever you are belief and thinking that you are able to achieved.
disbelief negative power,doubts and thing not needed fr suces

-CURE YOURSELF OF EXCUSTICS, THE FAILURE DISEASE.

for achiving anything you need reason to explain why u needed.

want to be sucessful== copy the sucesfull.

-DONT SELL YOURSELF SHORT

more self-belief, self-esteem, a better self-image, whatever you want to call it.

They don't underestimate themselves or overestimate everybody else.

try to create the pictures how you and others reacts.

Our mind doesn't think in words; it thinks in pictures, images, and movies.

try to use positive words to express our mood & feelings.

he well-dressed person's appearance says positive thing

your appearanec doesnot affect other thinking it is affect your thinking.

Your physical exterior affects your mental interior.

Upgrade your thinking. Think as essential people think.

Upgrading your review upgrades your actions, and this produces success. Ask yourself.

MAKE YOUR ENVIRONMENT WORK FOR YOU, NOT AGANST YOU.

the size of your thinking, goals, attitudes, and personality are formed by your environment.

If you surround yourself with rich people, read books and watch videos on how to get rich.

and change your environment similar to a rich person's environment.same as brain.

If you feed it a positive environment, you will also become positive.

sucessful person is practices the onversation generosity.

persistence(thanna) with experintation to guarantee sucess.

ex- La edison fail 10000 but work with full energy.

established goal, help for growing no,one is succed without goal.

Goals have magic powers—energy increases and multiplies when you

set the desired destination and resolve to work toward that goal.

think like a leader - Think progress, believe in progress, and push for progress.

+ 0 — Reply

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Who Moved My Cheese

readersbooksdub.com/en_US/who-moved-my-cheese/

it was a helpful book and I will try to implement the things in my life

Thank you for this summary!

+ 0 — Reply

U

UJJWAL MITTAL

28 days ago

"when you fixed mindet and work at that mindset"
"Many poeple work only for the cheese"
the fastest way to change is to laugh at your own mistakes,only then can you leave the past behind and move forward swiftly.
Change is the ultimate truth.. accept it , move forward ,
look for new cheese , don't get comfortable with situation,don't stuck with past Great learnings until you left the older cheese until not get new one.
for development you needed to change regularly.
control your fear and go forward.
- change happens they keep moving the cheese.
- anticipate change,get ready for the chesse to move
-monitor change,smell the cheese often you know when you know when it is geeting old
-adopt the change quickly.
-change move with cheese.
-enjoy cheese take the adventure and enjoy the taste of new cheese.
-be ready to change quikly, enjoy it again Bagain.

+ 0 — Reply

J

Jyoti Kumari

28 days ago

Thankyou this book tells us change is only the constant thing The faster way to change is to laugh at your own mistakes only than can you leave the past behind and move forward swiftly♥♥♥♥

+ 0 — Reply

T

TURAB ALI

28 days ago

200

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The Power Of Subconscious Mind

readersbooksdub.com/en_US/the-power-of-subconscious-mind/

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Reply

U

UJJWAL MITTAL

25 days ago

21 THE POWER OF SUBCONSCIOUS MIND

Your prayers respond to your inner belief and react to your mental images or thoughts. Therefore, your wish is a prayer.

huge treasure hidden inside you, you just have to open your eyes and see it. subconscious mind controls your breathing, heartbeat, blood circulation, and all subconscious activities. The point of thinking now is that if your subconscious mind can keep you alive, then it can also fulfill the wish taken in your mind, subconscious mind does not accept any conclusion; it acts by following the base conscious mind's previous beliefs, experiences, and habits. Your subconscious mind never questions you, and it has all the answers. Our life has two worlds: an inner world and an outer world. The inner world is called what we think day and night. The battle starts in our minds. start listening to your recorded day with your earphone and feel completely relaxed. people believed a lot in the 3 step formula. That's the formula -- ask, believe and receive." That is, ask for what you want, believe that you have got it, feel that you have got it, and that thing will be with you in the coming times.

Practical Techniques in Mental healing

- 1 passive over technique (accept desire fro conscious mind,send request to subconscious)
- 2 visualization tech (calm our mind, close your eyes &see your goal in imagination)
- 3 mental movie method (dream board use picture of your goal)

try to invest your money and time in new things for learn more new things.

""!@#\$We wake up each day with enthusiasm and are thankful for all that we have.""

steps by which you can become successful --

- 1 Do the work you like the most, whom you love Unless you do something with all your heart and love it
- 2 You have to master any one field.
- 3 remember that whatever work you do, you should only see your success in that. You cannot be successful by being selfish.

If you want to quit your bad habit, then you can use this formula, which is:

Cue --> Routine --> Reward.

Cue -- Cue means trigger of any habit.

our body gets old with time, but not our soul.

205

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10:30 PM
1/17/2023



UJJWAL MITTAL 25 days ago

22 THE SEVEN SPIRITUAL LAW OF SUCCESS

1- The Law of Pure Potentiality

*when ego drop then knowledge is revealed.

get that by meditation and silence.

when your ego is in charge, you lose your connection with your true self and, with it,

2- The Law of Giving

more you give, the more you receive because our minds and bodies constantly give and receive from the universe. To create, love, and grow keeps the flow going, love and caring is necessary to any relation.

3- The Law of "Karma" or Cause and Effect

To continue making good choices in your everyday life, choose the actions

that will bring the most joy and goodwill to others

ASK 2 QUESTION BEFORE TAKE ANY ACTION

1 What are the consequences of this choice that I am making?

2 Will this choice bring fulfillment and happiness to me

and also to those who are affected by this choice?

4- The Law of Least Effort

not spend time and energy for worry the circumstance, but accept your current situation in simple way, accept the problem faced it.

5- The Law of Intention and Desire

improve your quality of life by simply introducing positive intentions into your thinking.

The positivity that goes into these thoughts is all part of the infinite field of potential energy that governs the universe.

6- The Law of Detachment

we can have a one-pointed focus on something. Still, if we are attached to a specific outcome

it will produce fear and insecurity at the possibility of it not happening.

I will allow myself and those around me the freedom to be as they are.

I will not rigidly impose my idea of how things should be

7- The law of "Dharma" or Purpose In Life

If human beings want to shine, but just like every star has its rightful place in the night sky,

similarly every human being should find his rightful place on earth

be honest with yourself and discover the truth within you that can serve and benefit others

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+ 0 — Reply

U UJJWAL MITTAL 25 days ago

23 THE 48 LAWS OF POWER (helps in enforce your control)

- 1 Never outshine the master (feel superior in your work gave 100 percent)
- 2 Never put too much trust in friends; learn how to use enemies
- 3 Conceal your intentions(give people wrong information,show that you gone to wrong directn)
- 4 Always say less than necessary(by saying too much, you open yourself up for criticism and interrogation)
- 5 So much depends on reputation—guard it with your life
- 6 Court attention at all cost
- 7 Get others to do the work for you, but always take the credit
- 8 Make other people come to you—use bait if necessary
- 9 Win through your actions, never through argument
- 10 Infection: avoid the unhappy and unlucky(surround with happy people)
- 11 Learn to keep people dependent on you(establish relation people who depend on you)
- 12 Use selective honesty and generosity to disarm your victim
- 13 When asking for help, appeal to people's self-interest, never to their mercy or gratitude
- 14 Pose as a friend, and work as a spy.(try to get info from people)
- 15 Crush your enemy totally(Otherwise, they'll quickly bounce back and seek revenge)
- 16 Use absence to increase respect and honor
- 17 Keep others in suspended terror: cultivate an air of unpredictability
- 18 Do not build fortresses to protect yourself—isolation is dangerous
- 19 Know who you're dealing with—do not offend the wrong person
- 20 Do not commit to anyone(dont fall in common trap of committing someone)
- 21 Play a sucker to catch a sucker—seem dumber than your mark
- 22 Use the surrender tactic: transform weakness into power(when you weak at that situation surrenderv at that time)
- 23 Concentrate your forces
- 24 Play the perfect courtier
- 25 Re-create yourself
- 26 Keep your hands clean(not put hands in corruption manipulation)
- 27 Play on people's need to believe in creating a cult-like following
- 28 Enter action with boldness(when you do action no doubt come into the mind)
- 29 Plan to the end
- 30 Take your accomplishments to seem effortless
- 31 Control the outcome; not failure to play with the cards you deal

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50 Positive Habits to Transform Your Life

readersbooksdub.com/en_US/50-positive-habits-to-transform-your-life/

UJJWAL MITTAL 24 days ago

24 50 POSITIVE HABITS TO TRANSFORM YOUR LIFE

1 FITNESS HABITS & GOALS

2 Walking everyday

3 Staying active

4 Working out

5 Jogging on the spot

6 Bedroom activity - Spend more time with your loved one.

7 Finding a habit

8 Parking away

9 Stretching properly

10 Teaming up

11 Make exercise fun

12 MENTAL EXERCISES

13 Looking at the negativity- mental shift & look for positivity & joy in life.

14 Thinking about success- visualize about your success

15 Contemplation relation-before you take action, contemplate the possible outcomes.

16 Noting your positivity.

17 Detailing the positives

18 Challenging assumptions

19 Accepting your successes

20 Reviewing your failures

21 Mind games - it helps you keep alert

22 Force of attraction

23 Meditate for success

24 Diaphragmatic breathing

25 Walking meditation

26 Identifying emotions

27 Putting perspective together

28 Five minutes breaks

29 You are what you eat

30 Handle negative emotions

31 Sitting outside

32 Mental redirection

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Passion and success1. Love your family
2. Work super hard
3. Live your passion
Personal BrandCreate great contentChoose your platformCreate communityGary's steps to building your brand:

+ 0 — Reply

U **UJJWAL MITTAL**
19 days ago

25 CRUSH IT

1. Passion and success

3 golden rules,

i love your family

ii work super hard

iii live your passion

2. Personal Brand

your brand is the first things,monetrized your passion with creativity.

it is essential to establishhow will market yourself.

3. Create great content

4. Content

5. Choose your platform

6. Be real-

Authenticity--This means that every decision you make,and everything you put out on social media,
needs to reflect your business and be true to yourself.

Patience -- It's going to take time, be patient. It won't happen overnight.

7. Create community

create community that support & get you.

8. More than just money

+ 0 — Reply

Karan Sevatkar
19 days ago

It is 28/12/2022 after accepting 31 book summary in 31 day challenge it is my 25th book


Missed 1 message in this book in relation to you. Check your notifications.

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Good Vibes Good Life - Readers

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narayan jena
19 days ago


My take away points are
Thoughts: higher vibrations, Love is everywhere, The difference

+

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Reply



UJJWAL MITTAL
19 days ago

26 GOOD VIBES GOOD LIFE

1. Thoughts

thoughts is important bcoz "THOUGHTS DECIDED YOUR REALITY".
if atom vibrates, atom around it also vibrates with same frequency. same if your feeling generates
higher pulse, your reality will vibrate higher.

2. Higher vibrations

For higher vibration, your priority must be spending time with positive people,
adopt more positive body language,
spend some time with nature to increase your vibrations.

3. Blame game

If you have hurt someone, then accept it. Taking responsibility is a part of self-love.
make a list of 5 things you love.
love yourself for making yourself secure.

4. Love is everywhere

If you imagine your mind as a garden, then your subconscious mind is like soil under the surface
but very crucial. If this soil is not suitable, the plant that grows in it will not be better either.
Positive thoughts and beliefs are essential, but your reality will only change if you work on them.

5. The difference

People who succeed and who do not get success have only one difference, and that is
successful people keep working on their goal, even when they are facing problems in it.

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1/17/2023

Done day 27

Wonderful book summary ❤️

Thank you so much for sharing this amazing Book summary ❤️

+ 0 -  Reply

P Prerna Rathi

10 days ago

Day 27/31

Grit, a completely new word for me, which means to have the courage to not give up even after failing multiple attempts.

To give up is easy, but it take courage to get up daily and keep continuing.

Your nearest people, influences you the most and makes you the person you are today.

High achievers have grit. Efforts are more important than talent, any person can born with talent but it takes hard work and dedication (efforts) to achieve that particular talent for a normal person.

0 — Reply

U UJJWAL MITTAL

19 days ago

27-GRIT

Grit means the courage to keep doing something continuously.

grit push through pain & frustration.

A combination of passion and perseverance makes high achievers unique. High achievers have grit.

Talent is a natural ability. At the same time, skill comes around after many hours of practicing.

and developing any skill. The time spent on skill greatly outweighs that spent on talent.

A gritty person must have interest and passion.

+ 0 - Reply Karan Sevatkar

15 days ago

It is 29/12/2022 after accepting 31 book summary in 31 day challenge it is my 27th book

It is 29/12/2022 after accepting ST book summary in ST

what is learn :- this book is written by Angel Duckworth

7) True grit pushes through pain and frustration, and giving up is not an option for them

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Deep Work - Readers Books Club


readersbooksdub.com/en_US/deep-work/

167

If you want to have the ability to learn hard tasks quickly and produce quality content/products/services, you need to engage in deep work.

- Deep work is rare because shallow work is more accessible. It takes time and effort to engage in deep work, but you will experience the benefits once you start.
- There are four rules to follow if you want to maximize your productivity and work:
Work deeply
Embrace boredom
Quit social media
Drain the shallows.


+ 0 — Reply

manshi sharma

3h · 17 days ago

Wao! wonderful summary 🌟🌟


+ 0 — Reply

UJJWAL MITTAL

17 days ago

28 DEEP WORK
It helps on getting focussed success in distracted world.
you are able to succeed by work with help of technology.
1 take harder things & master them at pace.
High-quality work produced = (time spent) x (intensity of focus)
1 work deeply – add routines, rituals to a working life.
try to rearrange your schedule rather than scheduling a break from distraction
TRY TO AVOIDING THE SOCIAL MEDIA- take challenges for avoiding it for 30 days.
begin a day for a scheduled.

+ 0 — Reply

PINKI BHUNIA


17 days ago

Thank you so much sir

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Give and Take - Readers Books C


167

readersbooksdub.com/en_US/give-and-take/

automatically positive sense mai apko pass ayega

0

Reply



pragati dream SBI PO 2021

17 days ago

Done day 29

Awesome book summary learnt so many things and going to apply for my better future. Thanks for sharing this wonderful book summary ❤️

0

Reply

U

UJJWAL MITTAL

17 days ago

29 GIVE AND TAKE

3 people giving,taking, matching.

Givers- It give more than than they get.

Takers- It get more than they give.

Matching - Aim is to delicate the balance between giving & taking, help others authentically,but protect themselves by seeking reciprocally.

Make solid network by knowledge,exertised & influenced.

For assertive communication -speaking forcefully.

- Raising voices to assert authority
- Selling with conviction and pride
- Promoting their accomplishments
- Raising their eyebrows in challenge
- Displaying strength in dominant poses
- Expressing certainty to project confidence
- Commanding as much physical space as possible

MAKE A LIST OF REASONS TO SAY NO.

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Reply

r


rakesh waradkar

17 days ago

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1/17/2023



30 HOW TO TALK TO ANYONE

- 1 The flooding smile - look other person face, pause responsive warm smile.
- 2 Sticky eyes
- 3 Epoxy eyes
- 4 Hans's horse sense
- 5 Watch the scene before you make the scene
- 6 Prosaic with passion
- 7 Never the naked city
- 8 Never the naked job
- 9 Be a word detective
- 10 The swivelling spotlight
- 11 Parroting
- 12 Encore
- 13 Your thesaurus
- 14 Kill the quick 'me, too!'
- 15 The exclusive smile
- 16 Learner & Listener
- 17 Keep changing - use hands, body & specific gestures with heavy impact.
- 18 Trash the teading
- 19 It's the receiver ball
- 20 The broken record
- 21 Never the naked, thank you.
- 22 Scramble therapy
- 23 Clear customs
- 24 Anatomically correct empathizers
- 25 Instant history
- 26 Carrier pigeon kudos
- 27 Implied magnificence
- 28 Killer compliment
- 29 Taking gesture
- 30 Name shower
- 31 What color is your time?
- 32 I hear your other fine
- 33 Munching or mingling

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+ 0 - Reply+ 0 - Reply

बिल भुगतान कभी miss ना करें, आप ब्याज भुगतान नहीं करना चाहेंगे।

