

TEN TIPS TO SELF IMPROVEMENT

This book is presented here as a mini guide to people that seeks to improve their lives in any way they can. This is not comprehensive and is only presented as a guide to that which I myself have set myself as targets to better myself. You the reader are not expected to adhere to every tip, only those that feel right for you at this moment in time.

Nor do you need to read this book cover to cover; I have specifically designed this book to be dipped in to at any chapter for a spot of self-improvement in any given area you desire.

Hopefully though you will read the book in it's entirety and attempt to follow at least some of the tips and see for yourself the change that happens both within yourself and those around you.

If you seek further help or assistance either relating to this book or a general enquiry, please feel free to email me, Dennis Thompson at the Thompson Research Institute.

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Many thanks and best wishes improving yourself,

Be well,

Den.

I give thanks to P.J. you know who you are, for setting me back on the right track at a time when I felt lost, and also my wonderful partner and daughter, whom without I would still be an alky bum drinking his life away one day at a time.

Special thanks to all the guys and gals at my local café, for having such confidence in me when I lost it in myself.

INTRODUCTION

Hello there,

Firstly I want to say thank you for choosing this book and taking the time to read through what I hope to be information that can change your life in ever so infinitesimally a small way, as to move you on to the tracks of your own personal success.

Contained within these pages are timeless principles that have withstood the test of time. In a similar way that classical music has withstood the ravages of time and still brings enjoyment to some, it is my intention that this book will refresh the timeless principles of success, which can be applied now and for generations to come.

Unlike some books this one does not need to be read cover to cover, it is deliberately split in to chapters that you can gleefully dip in to at your pleasure.

So for example if you feel no need to improve your health for whatever reason, but prefer to improve your financial well being first, then please feel free to skip straight to that chapter, it is after all your life; you had your own reasons for choosing this book and only you know where your interests lay, although I do hope you at least attempt to read the book in it's entirety if only for the sake of completeness.

One word of caution for you as you read this: **I DO NOT EXPECT YOU TO BLINDLY ACCEPT EVERYTHING YOU READ!**

Please read the above statement again because it is very important.

Instead as you read it I want you to question the written material laid before your eager eyes. It is all too easy to get sucked in to a book and blindly accept what the author tells you, which is fine with a piece of fiction, but not when I am attempting to transfer knowledge to you.

You see I want you to be completely satisfied with the information within these pages and if anything does not correlate with your current perceptions of this world please feel free to question the materials and dig a little deeper. To truly gain benefit from this book you must fully understand it's messages; otherwise you may have wasted some of your time.

With that warning I welcome you to view my truth and hopefully absorb some if not all of the principles in to your life in an effort to enrich your already beautiful life to an even higher degree.

Be well,

Den.

TIP ONE

IMPROVED VOCABULARY

‘Words are tools, the most amazing and important yet invented by the human brain. Lack of them may be as fatal to your progress in certain endeavours as leaden feet or untutored hands in others. Lack of knowledge of how to use words is as great a handicap to a writer or speaker as is ignorance of how to combine bricks and mortar to a mason.’ G.A. Dorsey.

Wow, what a powerful statement to open up with, but one I hope hammers home the need to increase our vocabulary. Not just for writers and speakers either, we can all benefit from an increased vocabulary no matter what walk of life we come from.

We as human beings were given the gift of words; we developed these words to better communicate our wishes, needs and wants. It is the power of our words that make us what we are. People can and have been both made through the choice and power of words. The correct words at the right time can inspire a person to do great things with their lives. At the negative end of the spectrum words can be used to crush our enemies so completely if used in the correct context. Words can stir passions and emotions of our fellow man, if you doubt this listen carefully to any politician that is being quizzed by a skilled interrogator, and then you will begin to understand the interplay between the two. The master of his or her vocabulary more often than not comes out on top. So yes words are a very powerful tool indeed and I feel it is about time we gained more respect for them.

As if you need more convincing a well-stocked vocabulary will actually increase your self-confidence. Have you ever been in the company of a seemingly intellectual superior, one that knows a few long and fancy words and keeps dropping them in to

conversation in an attempt to make you feel stupid and feel inferior by comparison because you simply don't have a clue what they're talking about?

I know I have quite a few times and it is absolutely exasperating and well as making you feel embarrassed because you cannot hold a conversation adequately.

Then at other times you may find yourself struggling during conversation because you simply cannot find just the right word you need to put your point across.

This is where the beauty of a fuller vocabulary stands you in good stead in all your future endeavours.

Lets face facts that unless your intention is to never communicate with another person in your life, such as face to face talking, telephone, reading, writing, text messaging, you will need a good vocabulary to communicate your needs wants and desires more succinctly.

So how to increase this vocabulary is the crux of the question. In my experience and I am still developing my vocabulary everyday, there are many ways to increase your working vocabulary.

1. Read widely.

The importance of reading cannot be emphasised enough. For example if you read a dictionary true you would learn the meaning of a word, but words are not normally used in the singular, rather they are strung together into sentences. So therefore to fully understand the use of the word and it's applied context you need to view it as surrounded by other words. For this I suggest you widen your scope of reading.

Most professions have their own 'vocabulary', accountants speak a different language to lawyers and lawyers speak a different language to the rest of us, but you do not need all of those additional languages. I suggest you just get out of your box and try

something new. For example if currently you only read newspapers, why not read a book about your favourite hobby.

Perhaps you enjoy sport, locomotives or stamp collecting. No matter what your interest or how diverse, there is bound to be a book covering your subject, which will expose you to more words immediately. If there aren't any books on your chosen subject I suggest you start writing a book on the subject forthwith, you could make a fortune.

Then when your appetite for reading is whetted you could try something else, maybe a classic like Dickens or Austen. Perhaps general knowledge, history, science or any other subject you wish. It doesn't have to cost a penny either, as a trip to your local library will reveal mines of information for the taking and you will find the friendly staff their more than willing to help in your search for that 'great novel' that will fire your love of reading.

If possible when reading have a notebook and pen to hand. That way when you come across a word that you do not feel totally comfortable with, jot it down. I think you will be quite surprised at how many words you will end up with in your jotter.

Now with your rather large list transfer say 3 words per day to a large book. You need to write the word out and next to it write the dictionary definition beside it, usually the first or second definition is most relevant.

Then try writing a sentence incorporating the chosen word within it and after writing it out, read it out loud a total of 3 times. This will help to embed it within your memory so that when you come across that word again you subconsciously should recall the meaning and context and gain even deeper understanding.

Stick to just 3 words per day and you will be surprised how quickly your stockpile of words increases. Also do not get frustrated if you don't get it straight away, these

things take time to be assimilated in to your brain and unless you are blessed with a photographic memory, you shouldn't expect to remember all the words straight away. Just keep reading, expanding the subjects and authors you read to give a well balanced vocabulary. There is nothing worse than reading only one subject, or only one author, as you will only gain exposure to their vocabulary, which will ultimately stunt the growth of your vocabulary to their words, rather than the whole spectrum of words available to you.

Also to re-iterate a point, please remember words are very powerful tools and you should have utmost respect for their use and abuse, please never feel the need to use words to feel smugly superior to others, instead use them for the purpose they were invented, that is to increase communication between each other and ultimately communicate our wishes as clearly and succinctly as possible.

TIP 2

IMPROVED READING

‘A good book is the life blood of a master spirit’ Milton.

Such a book can raise our minds from the doldrums of society. We can elevate our minds to great heights, that being the mind of the author. You can tap in to their feelings, influences, sensitivities, and emotions. If you allow it a good book can transport you to far away lands, grip you with a suspenseful thriller, thrill you with joy as the hero conquers the bad guys or melt your heart with romance.

Whatever your literary tastes, there will always be ‘good’ books and there will always be cheap tut. Your aim should be to seek the very best in authors, like fine wines and classical music, books that have withstood the test of time can only raise you to a whole new level of spirituality and awareness. Lets be realistic here, books written a hundred years ago we’re written in ‘hard times’, excuse the intentional pun. They had true feeling and depth to them, their authors some living in abject poverty, writing by candle light, quill pen anyone?

What you have now is laptops (guilty as charged), with backlights, electricity, back up battery, spell and grammar checker, printers, large publishers, Internet, email, Ebooks. Which are perhaps why there are so little quality books nowadays, anyone can write a book, even me. So remember to take care in your reading material, as what you read on a regular basis is what you become. Read pulp fiction you become that, you lower yourself to that standard. Read quality books, you raise your level to that of the author.

Hear comes the whining, ‘but these classics are so long, some over a thousand pages, they’re boring, etc, etc’. Sorry but wrong, its you who are boring, reading so much crap like newspapers or crappy novels, maybe not reading at all, just filling your head

with T.V. mashing our brains into porridge with soaps, reality programmes and other such nonsense.

You need to remember when you read such great books you enjoy the company of your mental superiors. If they are boring it is because you are not at their level of depth and understanding 'yet' but you can arrive with diligence in choosing your reading materials wisely.

I can't recommend strongly enough taking just one year out of your hectic life and enjoy reading the classics in your leisure time. Just one year with such literary masters will lift you to such great heights of understanding; you will start to see the beauty and good things in life. You will gain a deeper respect for life and nature, you start to see with more clarity and you begin to 'feel' more.

Another way to use books are as mentors to help you achieve whatever you want in life. When I was depressed and needed to uplift my self I read a variety of self-help books by such great authors as Geoff Thompson, Anthony Robbins, Jack Canfield and others. Now that I seek financial literacy I read books written by people such as Donald Trump and Robert Kiyosaki.

I can guarantee no matter where your interest lies someone has already been there and done that. 'Heroes' are important not just as a child but right the way through your life. The problem is our heroes are often extremely busy and just have not got the time to teach you their lessons one on one in a personal face-to-face way.

This is why many 'heroes' either write books with their success lessons held within, or people write books about them, again including vital lessons. These lessons aren't always in your face blatant, sometimes you have to really read the book carefully to grasp how that person got from where they were to where they are now.

So if you seek success read books on your heroes, both biographies and autobiographies. Seek to understand them, pick up the clues they left behind and use them to make your ascent that much faster.

There is a quote that says 'Readers Make Leaders' and I believe that is so very true. Most truly successful people are also voracious readers. You're probably thinking how people that are so successful and so busy get the time for reading. That's simple, they make the time for what's important in life and reading is very important. Books can supply you with knowledge and with current advances in the world speeding along, knowledge is the difference between enduring success and yesterdays news.

How do you make time for reading, you may say I am far too busy, work, family, social life, tiredness etc. I suggest you devote even just 15minutes per day to reading and at that rate, even if you are just an average reader you should get through about twenty books per year. Twenty books are pretty good considering some people do not read one book per year. I guarantee the time you invest will be worthwhile.

Of course you need a selection of books to get started, so if you have none, you may want to get a selection of second hand books to get you started. Maybe once a month or two you could buy a brand new book just to whet your appetite and keep your collection up to date. I suggest www.amazon.co.uk as a good starting point; they have a large selection of books, most at reduced prices and delivered to your door.

So start today on building your library, after all if you have a selection of unread books on your shelves, it can add motivation to get them read.

One other point, please try not to be a literary miser. Once you have read a book, loan it out or give it away, keep the flow of information circulating, helping to inspire others to bigger and better things, maybe you could swap books between people in this way, saving money in one fell swoop. However if you really cannot afford to buy

books, or just don't have the space, your local library provides books for free and for the cost of postage can usually find a book for you.

I wish you well in your pursuit of literary masterpieces and hope that you will come to love books as much as I do, and start to make reading a habit.

TIP 3

IMPROVED PARENTING

This is the chapter where I may be getting lynched for trying to tell how parents how to improve their parenting skills. Let me make this clear, I am not declaring a monopoly on parenting. For starters at time of writing I have a lovely daughter, my only child, so I am no expert. As well as this, each parent has their own style of parenting and each culture has different ideas of child rearing so no one on this planet can honestly give you a comprehensive guide to parenting the ‘correct’ way, (Although Super Nanny is very good).

So all I am placing in front of your eager eyes is a guideline, which you may like to peruse and try for your own children, personally I am always open to new ideas and these ideas I write here are from child psychologists, nannies and parents.

From birth the young infant can see very little, it’s a whole new world out there, basically they are conscious only of what they ‘feel’.

From this point of view I suggest you let them feel the warmth and comfort of the parent as much as possible. I was told, which to me is barbaric of the dark ages, you must allow the baby to lie screaming in their cot until they fall asleep and many parents have done this because they were told it is the right thing to do.

I want to tell you something true; a few decades back doctors for some reason unbeknownst to myself, assumed babies did not feel pain. Now I am not going in to details of the repercussions of such thoughts only to say I am very wary of what the medical profession refer to as ‘truth’, as just because it is their truth at the time does not mean it’s true.

So back to the discussion, with my daughter I picked her up and comforted her whenever she cried for a cuddle, certain parents and health professionals frowned

upon this practice but I am not out to please others, rather I want the best for my child by using my intelligence, not ignorance of others that live in the past. So please give your baby as much love and cuddles as possible, contrary to old belief systems this does not make the child needy and clingy, rather it improves their self confidence and encourages them to venture out in the world with bravery rather than fear, due to the fact that they know if they fall and hurt themselves, or they encounter that big scary monster, there is always a big warm cuddle to love and protect them. So it is safe in that knowledge your child's confidence builds up.

Potty training also can at times be frustrating, but when you chose to have a child you signed up for frustration. It is not the child's fault they do not get it right every time, they are learning new skills and some children learn faster than others. Please do not punish a child by smacking, shouting or withholding love because of any little 'accidents' your child may have.

Your child is a person!

Please remember as your child grows up they are also a living, breathing, human being too. They feel the whole conundrum of emotions just as you do. They have their own hopes and aspirations, fears and anxieties, they can get stressed out too. They can be absorbed in the moment, perhaps reading a book or playing with their toys, they do not want to be snatched away from whatever they are doing, likely just as you would not enjoy being disturbed from something that engrosses your attention. Their minds are filled with wonder and an eagerness to learn new things, which means they can become bored rather easily and flit from one activity to the next. Best not to get angry or aggressive about this, especially when young and they're into everything, like putting jam sandwiches in the VCR and start using your CD collection for Frisbees.

Always try to be a friend and help/advise rather than being an aggressive and unpredictable bully. Yes children can be trying at times and an easy release for your stress to come out at them, but remember they are not being 'naughty' in their minds, to them it is play and fun and learning. They do not understand that pulling the ink ribbon out of your printer, leaving you with a repair bill that costs more than you paid for the printer, is a bad thing. To them it was just something else to explore.

Please do not neglect the importance of play to a child. Play is how they learn and they do it so well. If only as adults we could learn at the exponential rate of a child through the vehicle of play, we would all be a genius. You do not need to buy them expensive toys either, infact too many toys at once can have a detrimental effect on the child, causing confusion within them. If you have a garden or backyard you could create a sandpit of sorts, or just dig a hole 2 or 3 ft deep if you have the inclination. Granted the child will get messy but the hours of play and fun derived from climbing in and out will astound you. Obviously you will need to bank up the sides a bit, a 3ft vertical drop with smooth edges is definitely not recommended!

From this your child will build safely a sense of confidence, learn to overcome obstacles, try new things and take risks, it may seem as nothing when you look at it, but when you look through the eyes of a toddler it's a very brave thing to slide down the hole and figure out how to get out again.

Sandboxes are also a good idea, bucket and spade to make castles etc. Gardens are brilliant to let your child play and explore, getting fresh air in their lungs, you may even want to put a swing or slide in for good measure.

I am sure every child loves a tree/Wendy house for themselves and their friends to play in, anything that encourages your child to go out and play instead of sitting googly eyed at the goggle box in the corner of the living room has to be a bonus.

Of course it goes without saying you should never leave your child unsupervised or unattended at any time, especially when playing outside, just incase of accidents. Best make sure your first aid kit is adequately stocked up too.

Lead by Example.

Your child learns how to behave, how to speak and right from wrong, not by what they are told but by following your example. This can be used for positive or negative upbringing. Lets break this down a little.

Firstly if you want a self-confident, self-reliant child, allow them to make mistakes and learn the lessons from those mistakes. When your child meets a difficulty in life, do not suddenly rush up and help. The only thing that teaches your child is that they need you to solve every little problem for them. If they are really stuck then by all means suggest different forms of help but don't just do it for them. They need to learn to stand on their own two feet now, or when they start school and you're not their when they hit upon a problem, they will be lost and not know how to handle the situation.

Children = mess

Do not be ashamed to have a messy house/garden/yard when you have children. In my experience running around tidying up after the whirlwind of destruction we so lovingly call children leads only to one thing, stressed out and tired parents and an even bigger mess than before you started chasing after them. Accept children are going to be noisy and messy, vibrant and energetic, and then you will gain a clarity that reduces your stress and tension levels. Who cares what visitors think if the home is untidy, most people can forgive the mess when you have children because they have usually gone through that stage themselves and if they haven't they probably know of a few other people whom have children and a messy home, so don't sweat it.

Also watch the negativity with your children. The word 'NO' is said quite a lot to children and that carries lots of negative connotations as well as stunting a child's wish to explore their world and develop their self confidence. Never say no when you could say yes. Just take a second or two before you speak to your child to think, 'am I being negative here'. I cannot express enough how important it is to keep upbeat and positive around your child if you seek a well-rounded and robust child.

Remember you are largely a product of what your parents made you and your child will be largely a product of you. That is a big responsibility on your shoulders but one you should wear with pride, it's no good saying 'I was smacked as a child and it did me no harm, so I am going to smack my child'. Now is your chance to break that cycle towards a more positive life for your child.

Also you can never praise your child enough, encouragement and support are what every child needs, just as adults, whereas shouting and telling off do nothing but instil low self-confidence and cause poor character building.

There is no strict right or wrongs, no black and white in parenting, we all make mistakes and slip ups, but as long as we try the very best we can for our children and hold tantamount in our minds that children are not naughty as such, rather they are seeking our attention and loving and have limited communication skills.

I wish you well on the journey, because they are our future.

TIP 4

IMPROVED HEALTH

There are so many dietary/health/exercise books currently available on the market I almost didn't include a chapter on this subject, but for the sake of completeness I decided to include it as it seems to be a hot potato at the moment.

Ok lets make it clear that before you start any exercise regime, new dietary habits, etc, get thoroughly checked out by your doctor first, they know your medical history and what's fine for you to try etc.

Ok now that's out of the way lets start the basics. Nothing complex, you likely know this stuff already but as I say for the sake of completeness and those that haven't read any of the 100's of health books, lets begin.

WATER

We all know our bodies are made up mainly of water, just like most of this planet is covered in water. Basically water's good for us, it keeps us alive, without it we would only live a couple of days, it hydrates our bodies, keeps our skin clear and fresh, helps reduce tension, stress and migraines. Flushes toxins out of our bodies, helps break down all the crap we shove down our throats and best of all, relatively free, if you discount the fact we not only pay water rates to get access on tap, we sometimes go out and buy bottled water and bags of ice cubes.

How much water should we drink? Apparently experts recommend eight glasses a day, whether that means a pint glass or a tumbler I don't know. Up to now I haven't found any scientific medical evidence supporting the eight glasses a day theory but I'm sure some boffin out there can point me in the right direction.

My recommendation to kick start your day, no excuses about not having time either, a bowl of porridge, a cup of tea and a multivitamin pill, possibly a high strength cod liver oil capsule to boot for the brain food.

The rest of the day you should be drinking nice cold water only. No other beverage should pass your lips. Obviously this is too extreme for most so at the very least cut out caffeine, buy decaffeinated coffee and teas, or even better get herbal or fruit teas.

I don't intend going in to details on these health benefits, suffice to say try the water routine for one month and see how much better you feel.

As for eating, if you're hungry have a drink of water; you are probably bored or dehydrated, not hungry. Most people mistake thirst for hunger so they eat, which makes them thirstier and unless you re-hydrate your body, the cycle of eating continues.

MEAT

Ok so we know meat is full of protein, which we need, but red meat such as beef is quite bad for our bodies. Best sticking to white meats such as chicken and fish, a much healthier option altogether.

EXERCISE

Regular exercise is a must if you are to keep your body and mind in a healthy state. You have lots of options here so we shall quickly go through a few to whet the appetite.

1. Take up a team sport.

Football, Tennis, Rugby, martial arts.

2. Lone exercise.

Martial arts is possible on it's own but obviously you need to take part in some group instruction. Swimming, Running, walking, all are good.

General Hygiene.

Keeping yourself and your home in good hygienic condition is a must to good health. Keep the germs at bay and you are less likely to get ill, common sense really, but something so obvious can often be missed.

NARCOTICS

Try to get rid of crap like alcohol, tobacco and caffeine from your diet. These toxins do nothing to help you and a lot to harm your body so quit these habits as quickly as you can.

BALANCE

Learn to balance your life by allowing time for work, rest and play, preferably not by eating a Mars bar everyday. When you have too much of one of the above, you get out of balance and then your stress levels go up. After that you're chasing your own tail trying to get back on top of things so please bear this in mind.

TIP 5

IMPROVED CONCENTRATION

Lots of people have a weak concentration, but that's ok because we are going to run through a few hints and tips to improve this. As with anything discussed in this book, you have to first take the action steps and then be persistent with them.

Like any new habit they take time to develop and you owe yourself that much.

Firstly if you need to fully concentrate on something, best to start limiting your distractions as much as you possibly can. Switch the television off, radios, etc, all off. Make sure you are in a well-ventilated, adequately heated room, with your back to the window so light shines on your work, rather than in your eyes.

Making lists of what you need to do rather than a vague understanding of what your aims are will also help your concentration. After all if you do not have a guideline, how will you know when you are working in the right direction?

Tiredness makes cowards of us all and in this case can make us want to quit for the day. So make sure you have adequate breaks, especially if you work at a personal computer. I recommend for every hour you take a 10-minute break from the screen.

No matter what you must have determination to master the job at hand. For example if you are writing a book, as I am, you need a spirit of determination to master the books you read to research your chosen subject and then determine to master your negative thoughts and get your work done no matter what. Remind yourself why you are studying/working on this project in the first place. Engross yourself in it. Boredom does not strike when you are gripped by a movie, nor should it when you are doing your work.

Gritted teeth and determination are essential in aiding concentration. If you are to master your life then start improving your concentration today.

TIP 6

IMPROVED EMOTIONS

Have you ever been around someone that's talking depressing talk? Acting depressed, talking depressed, sucking the very life out of you by telling you how crap their lives are, how God is punishing them and how lady luck never shines on them!

Do you ever get fed up of hearing their bullshit about how the world is such an evil and bad place, that's exclusively out to get them?

Do you ever fall in to that trap yourself, the trap of being depressed just because things haven't gone to plan for a while, or maybe bad things have happened in your life and that's your excuse to be depressed for ever, living in the past of doom and gloom?

Well I am challenging you to change your emotions for more positive, powerful and uplifting emotions, starting right now.

To let you in on a little secret, I used to get depressed quite a lot and then I grew up. I stopped acting like a baby seeking the approval of their parental guardian figure and accepted life's hard sometimes. To be honest life is like getting kicked in the ging gang goolies with a pair of hobnail boots most of the time. That's what makes the high points all the more sweeter.

You get the high points by quitting your crying and grafting your bones off, no excuses. Yea sure we get bad luck and good luck and anyone that says you make your own luck in life is unfortunately misguided. Saying that to all of you that blame luck for how crap your life is, that's just a complete cop out, sorry but it is and you know it if your honest with yourself.

Anyway I digress, lets get back to these emotions and how to improve yourself.

This chapter is for all of you that expect the bum's rush and get it with amazing regularity. You never go on holiday because you expect it to rain, and sometimes it does.

You never apply for a job, pay raise or promotion because you expect you will never get it and ofcourse you don't.

You never ask that girl you fancy for a date because you expect her to say 'no thanks!'

It's a self fulfilling prophecy, you expect crap, you get crap, then you shout out, 'see there's the proof, it always rains down on me', so you justify yourself as being right.

How do you get a job if you never apply?

How do you gain a love interest if you never leave your home?

How do you ever laugh if you only ever watch Jonathon Ross?

How can you be happy if you only allow dark thoughts?

Time to clear away all that dark negativity and spring clean your mind me thinks.

By the way, some people have told me to never entertain a negative thought.

That's the biggest load of B.S. I have ever heard in my life, they want me to walk round with a Cheshire cat grin all day, no matter what, in the mistaken belief that will bring happiness to my life.

I tell them to go back to whatever planet theyre visiting from and take the happy baccy with them.

Ofcourse youre going to have negative thoughts creeping in now and again, I still get very dark days myself, but that's part of life, accept it, work through it safe in the knowledge it will pass and move on.

Ok enough waffling here's the juicy tips I promised:

Quit worrying!

I used to be a worrier all the time. Worried incase I didn't get that job, worried I might lose the job, worried if I put the washing out to dry it might rain, blah de blah.

Worry never actually solved any problem I have had, ever, period. What it did do was waste my time, fill me with nervous energy, give me stomach cramps and had me sweating until either the problem went away or I took action to get rid of the problem.

So quit worrying, start doing and see the results for yourself.

Inferiority complex.

We all have this at some point and unless you come to terms with it, you will always feel inferior to somebody for the rest of your life, so come to terms with it. Most of this inferiority comes from childhood experiences, bad parents, teachers, friends, strangers, whatever.

Something happened in your formative years to make you feel worse than crap, let that bad boy go and spread your wings wide.

Guilt is a major bug bear to watch for, guilt is an absolute killer that destroys lives because people wrongly think their actions make a jot of difference to the bigger picture. If you did something you feel to be wrong, then apologize and really mean it. Then determine never to take the actions that lead to guilt ever again. In this way you help yourself move on to hopefully create better things in life with a better moral guidance.

Some people even feel guilt over an accident. Accidents happen to the best of us, get over it, accept it for what it is and move on.

Watch your words!

I was out pushing my daughter in the buggy, which garnered some strange looks considering she's 26 years old and taller than Abdul Kareem.*

Anyway it was lashing of rain and I bumped into an acquaintance of mine,(Thank god for spell checkers eh), and she said 'What terrible weather'.

To which I replied 'It's lovely weather, it helps the flowers grow' (It was the middle of summer). To which she replied 'I get hay fever'.

You see the point, some people are so used to talking negatively, you just can't help them. So watch your words, why talk crap when you can talk empowering, see the brighter side instead of seeking the dark all the time.

Lastly if you want to improve your emotions start helping others improve their lives. You don't have to become a life coach, just little things like saying good morning to the postie, hello to the milkman and good day to your neighbours. Little words and thoughts of kindness go a long way to brighten other peoples dreary days. You don't need degrees, university education or a sharp mind to help yourself and others, just a kind word and basic manners of please and thankyou stand you head and shoulders above the so called 'high status' individuals of this world.

- *My daughter is actually only one year old at the time of writing this book and therefore no where near as tall as Abdul Kareem.

CONCLUSION

Apologies for cutting this book short, I said ten tips but quite frankly I couldn't be bothered writing any more on this book as it is distracting me from more important research I am doing for a groundbreaking(In my opinion) and empirically insightful new book release which I am planning to publish through a main retailers.

Over approximately the next five years I shall be conducting my book research, hopefully cutting a swathe through the B.S. that has infiltrated the self-help industry and at the same time finishing my hon. Degree in the Social Sciences.

Anyone that feels they have any good points of reference that I should check out, such as books that may help my research, please feel free to email me the information at Thompsonresearchinstitute@hotmail.co.uk

I hope the info in the pages of this book has created a positive impact in your life and that it helps you to fulfil your potential.

Be well,

Den.