

# Mindset Shift

You have to [“Start With Why”](#) By - Simon Sinek in order to understand why anything is possible even if someone says it’s [“Impossible”](#) because - Patrick Bet David may have been [“Living in the Illusion and the Fear of Truth”](#) that - Osho wrote. I am going to use [“The Reciprocity Advantage”](#) - Bob Joansen, and Karl Ronn because they gave us [“Something Deeply Hidden”](#) - Sean Carroll. I never knew there were [“Algorithms to Live By”](#) - Brian Christian, Tom Griffiths, until I started [“Talking to Strangers”](#) - Malcolm Gladwell. If you decide to read [“The Anatomy of Loneliness”](#) - Teal Swan and apply [“The Critique of Pure Reason”](#) - Immanuel Kant will help you learn [“The Magic of Self-Respect”](#) - Osho. I found this [“Infinite Game”](#) - Simon Sinek and someone told me it’s pretty simple because [“The Universe Speaks in Numbers”](#) -by Graham Farmelo and if you start to use [“The 5 Second Rule”](#) - Mel Robbins turning into a [“MetaHuman”](#) - Deepak Chopra is [“Real Magic”](#) - Dean Radin. I realized that all I had to do was make [“The Decision”](#) - Kevin Hart and pick [“The ONE Thing”](#) - Gary Keller, and Jay Papasan was all it took to learn [“How to Talk to Anyone”](#) - Leil Lowndes.

Sometimes [“Thinking, Fast and Slow”](#) - Daniel Kahneman needs to happen at the [“Blink”](#) - Malcolm Gladwell of an eye because when we [“10x Rule”](#) - Grand Cardone our lives we will begin [“Crushing It”](#) - Gary Vaynerchuk. Nothing I will be creating in this book would be possible had I not learned that I was an [“Adult Children of Emotionally Immature Parents”](#) - Lindsay C. Gibson that had a [“The Disordered Mind”](#) - Eric R. Kandel. I now [“Dare to Lead”](#) - Brene Brown [“The Untethered Soul”](#) - Michael A. Singer to it’s [“The Tipping Point”](#) - Malcolm Gladwell. I learned that [“Living in a Place of Surrender”](#) - Michael A. Singer showed me how to use [“The Secrets of Secrets”](#) - Osho and one of them was [“The Power of Vulnerability”](#) - Brene Brown. When you learn that [“The Body Keeps the Score”](#) - Bessel A. Van Der Kolk’s it’s time to create some [“Habits of a Happy Brain”](#) - Loretta Graziano Breuning through [“The Science of Self-Empowerment”](#), - Gregg Braden.

One of the best ways to [“Evolve Your Brain”](#) - Joe Dispenza is [“The Brain That Changes Itself”](#) - Norman Doidge because have you ever asked yourself [“Why You Are Who You Are”](#) -Mark Leary. [The Great Courses](#) - Mark Leary. I had a hard time understanding how [“Neuroscience of Everyday Life”](#) - The Great Courses creates quite [“The Case Against Reality”](#) - Donald n Hoffman when you find out that [“You Are the Universe: Discovering Your Cosmic Self and Why It Matters”](#) - Menas C. Kafatos PhD, Deepak Chopra

If you read [“The Obesity Code”](#) - Dr Jason Fung, you would realize many people in our society have [“The Inflamed Mind”](#) - Ed Bullmore. Due to the lack of understanding of [“The Mind-Gut Connection”](#) - Emeran Mayer many people as a result become [“Sicker, Fatter, & Poorer”](#) - Leonardo Trasande. When one embraces the insights from [“How Not to Diet”](#) - Gene Stone and Michael Greger, we learn [“How Not to Die”](#) - Gene Stone and Michael Greger. Now I am not

going to tell you to [Eat That Frog](#) - Brian Tracy, but getting [Fiber Fueled](#) - Will Bulsiewicz, is just as important as embracing [The Power of Now](#) - Eckhart Tolle. If you want to have [The Brain that Changes Itself](#) - Norman Doidge, you need to avoid creating a [Grain Brain](#) - Dr. David Perlmutter and Kristin Loberg. I would say that [The Microbiome Diet](#) - Raphael Kellman, is more of a [Brain Maker](#) - Dr. David Perlmutter and Kristin Loberg, if your goal is to [Evolve Your Brain](#) - Joe Dispenza. When we look into The Belief of Biology there happens to be a Telomere Effect. [The Science of Self-Empowerment](#) is like [An Elegant Defence](#) from [The Selfish Gene](#).

If you ever want to learn more about [Why We Sleep](#) - Matthew Walker, it's very important to understand [Caffeine](#) - Michael Pollan. In time ["Reality Unveiled"](#) - Ziad Masri to me that ["The Code of the Extraordinary Mind"](#) - Vishen Lakhiani was all based on ["The Biology of Belief"](#) - Bruce H. Lipton.

With Love & Light,

Creator

PS: The best and worst anyone is ever going to do in their entire lifetime is think a thought. It is up to you if that thought matters because matter can't matter unless you make it matter. What matters to you?

Exercise.

Take some really important things in your life and write down how you feel about them. Write as many as you can think of.

Read all of these books and do it again. Watch the power of information changing your mindset. You should learn that it is not what you see it is what you know about what you see because this creates how you feel. This feeling is just a thought that we have been taught to think. The right words take us to the right place and the wrong words take us to the wrong place. This place is just a space that is equal to the energy that we have which explains the mass in the universes and that mass can only be positive, negative, or neutral. Your decisions, you decide.