

## Too Nice For Your Own Good How To Stop Making 9 Self Sabotaging Mistakes Kindle Edition Duke Robinson

This book has completely changed thousands of lives all around the world and it's going to make yours better too. Several times a day, people go out of their way to contact me and tell me that this book, *Declare War on Yourself*, is "like drinking out of a fire hydrant", "the bible of becoming better", "better than every single book I've ever read on self-improvement", and "the only book they've ever kept on the nightstand to read daily." They tell me they NEVER reach out to authors but this book "compelled" them to do so because it has made such a huge impact on their life. A week ago, a skeptical investigative journalist reached out to me for a phone call. When I spoke to him, he said the book was so good and eye-opening that he had to speak to me himself and see if I was "the real deal or full of shit and stealing other people's content and ideas". 5 minutes into the conversation, he told me he's listened to the book 4 times and each time, he has to get a notebook, write down several pages of notes, highlight them, and then underline them. That after 35 years of reading books from every self-help author he can think of, he's never seen so much powerful information jam-packed into one single book and he doesn't understand why this isn't on every bookshelf in the world. *Declare War on Yourself* is straightforward, honest, and blunt. I tell you the truth even if it hurts your feelings. While most authors are busy trying to turn you into a fan and get you to like them, follow them on social media, and think they're a great person, I'm busy trying to teach you every single thing I know on how to make your life better. That's all I care about. I cut straight to the heart of what's causing your problems in your life, why those problems aren't going away, and EXACTLY what you need to do to get it all under control. I teach you how having the wrong mindset is negatively impacting your life, relationships, and results and which changes will improve your thinking, behavior, and habits so things are more likely to just fall into place for you. If you can handle some tough love with a little stank on it and be open-minded enough to toss around some new ideas for your life, then this book will help you. Even if it's not one constant massive eye-opening moment after another like a lot of readers claim to experience from this book, I guarantee you will take something from it that you'll use for the rest of your life. That in and of itself is worth the small price of this book. Here's what you're going to learn in this one-of-a-kind book: - What it actually means to have your act together - Why only 3% of us actually have our life together - Why society's definition of "having your act together" is wrong - Real reasons we're lazy, we don't push ourselves, and we keep giving up - Which people and situations keeping you from getting your act together - How what you're programming your mind with is helping you or hurting you and why there is no in between. - How much time you're actually wasting on useless thoughts, people, and activities - Which things are realistically stopping you from moving in the right direction - Which thoughts, emotions, feelings, people, places, and things getting in your way - Which emotions are sabotaging you, holding you back, and pushing you backwards - How to eliminate "chaos" from your mind, daily routine, and life and why it's important - How to eliminate the distractions keeping you from focusing - How to replace the trash habits that are causing your problems - What you need to accept about yourself and your life in order to do better - EXACTLY which things are making you unhappy, unproductive, and unsuccessful - How to reach goals faster and easier and make it a permanent habit - Which "failure" mindsets to eliminate - The powerful mindsets of the world's most elite people and how it multiplies their success - Mental toughness – how to develop it and why you need it - How to make self-control and self-discipline easier so it's not as painful - How controlling emotions plays a big part in bad situations - What to do when everything is spinning out-of-control and you feel like giving up on yourself and life - How to talk to yourself and treat yourself during difficult times and situations - How to make big challenges small enough to handle easily - A cheap, effective, and easy-to-get tool that helps you clear your mind - How "micro-emotions" are effecting you every minute of every day and holding you back - How to "zero out" and relax when emotions are getting too extreme - How often you should share your emotions with others and what it makes them think of you - How the world's most effective and elite people handle their emotions to get their "edge" - How the state of your home relates to directly to how much you have your act together - The first thing you should do when you wake up and why it's important - Which parts of your home to keep clean and organized and why it's important - The best time of day to do your home cleaning so it's the faster and easier - The proper relationship with your superiors and co-workers - Besides making money, what you should and should not be at work for - What to do before you start your work day so it goes smoothly - Tools to make your job easier and help you power through boring tasks and projects - How to improve focus, get things done, and become more productive - How to manage your time and evaluate progress - How getting your social act together makes you more likable and trustworthy - How to set social boundaries with yourself and others and why it's important - Social formalities that get you more respect - Powerful social techniques to get the attention of the right people - Habits, behaviors, and thoughts you don't need in your social life - Having a proper relationship with your money so you can make more and keep what you have - The one position that makes you financially happier - Money's real purpose and what it doesn't do for you - The real differences between broke people and rich people - When and how you should use credit and debt - Why you should save money and how much you should be saving to for when shit hits the fan - How important your time should be to you and how to spend it wisely - Plans, processes, and procedures that help you reach your goals faster - How to become extremely specific about your goals - What setbacks in all areas of your life mean and how to handle them - The most important things to do before you get your day started - How to get your mind on the right track so you're thinking the right thoughts, having the right feelings, and doing the right things - How to hit your targets, avoid distractions, and make your day easier - Which counter-productive activities are important to avoid - The most important things to do before you go to bed

If the invective of Nietzsche and Shaw is to be taken as an endorsement of the lasting quality of an artist, then Felix Mendelssohn Bartholdy takes pride of place beside Tennyson and Brahms in the canon of great nineteenth-century artists. *Mendelssohn Perspectives* presents valuable new insights into Mendelssohn's music, biography and reception. Critically engaging a wide range of source materials, the volume combines traditional musical-analytical studies with those that draw on other humanistic disciplines to shed new light on the composer's life, and on his contemporary and posthumous reputations. Together, these essays bring new historical and interpretive dimensions to Mendelssohn studies. The volume offers essays on Mendelssohn's Jewishness, his vast correspondence, his music for the stage, and his relationship with music of the past and future, as well as the compositional process and handling of form in the music of both Mendelssohn and his sister, the composer Fanny Hensel. German literature and aesthetics, gender and race, philosophy and science, and issues of historicism all come to bear on these new perspectives on Mendelssohn.

Immediately after the Second World War 46 trials were held by the British military in Hong Kong in which 123 defendants, mainly from Japan, were tried for war crimes. This book is the first to analyze these trials, situating them within their historical context and showing their importance for the development of international criminal law.

In *The Mother And The Manager* Elizabeth Ralston courageously explores how our traditional gender roles create codependent behaviors in men and women and offers positive, workable solutions toward dealing with this problem. *The Mother And The Manager* takes an in-depth look at how our society has evolved and impacted gender roles into the twenty-first century. As 12-Step recovery groups have flourished in recent years, women have been educated about why they have issues such as low self-esteem, perfectionism, rigidity, relationship failures, inability to get their needs met and fear of conflict. Elizabeth has bravely shared about how patriarchy has impacted her life and how recovery has helped her to empower and heal herself. She will help many who are searching for answers to their questions and will help them on the road to recovery. I salute her ability to face her fears about "rocking the boat" in writing this book and taking the risk to speak her truth and





London, and The Country House. Published in the Oxford English Drama series, it has modernized texts, a critical introduction, wide-ranging annotation, and an informative bibliography. It is the only selection of Vanbrugh's plays currently in print.

I reflect on the many routes I travelled and I see the variety of landscapes my eyes beheld. I think of the many slopes and the stale hills. I walked through valleys and rivers, big and small. I remember the great few mountains I gazed upon and the trees young, old, and tall. I walked different trails and opened my eyes in different places. I had seen grass dancing with the breeze and a clear blue sky. I remember a sunset waving to say goodnight and a moon trying to outshine the stars. I remember lying under the shade of a tree, watching a worm crawling on its stump. I have seen ants going about their business and insects great and small. I strolled between weeds and shrubs and played with their stems. As for my body, it knows how it feels to lie on meadows. I walked on sand and felt the tiny stones between my toes. Some late afternoons I heard birds singing with operatic voices. As a child I played in the rain and heard the thunder above my head. After the rain I saw the promise of God in the sky—a rainbow. I've watched the flow of a stream breaking on pebbles, and when I gazed up to the sky I saw clouds moving by. I already heard the wind in its fury and witnessed the ocean in its rage. I have seen a desert storm and hid my face from its rusty desert sand. I have seen flowers bloom and bees buzzing for their nectar. I know how to greet every new day with my prayers and give gratitude to the Creator for the creation. My journey is the recorded history of my time and in my time. I have seen what I have seen and know in my heart that life is a special gift. But I have also seen despair and troubled times. I had many encounters with dark days, but I rose from the pain. I have tasted my tears and seen my own blood. Every day I see my reflection in the mirror, then I remind myself that I am more than what I see. I go through bad times and also through good times. I sometimes fight fear, doubt, and tears, but I stand for the human race because it is my passion. I have seen human tears, emotional pain, and human fears. Therefore, within me there is a warrior that knows how to bleed and survive. Each day I learn to cope with the pressures of life, and I never give up on a grain of hope. I breathe, I laugh, I cry, but I am here and I exist. I was in my yesterday and will be in my tomorrow. At this moment I am now. I am the sentinel of my life and with my voice I announce that I am who I am and I am here with you on the same planet called Earth. Now you know who I am; I am mortal flesh.

Every now and then, it is important that we stop and ask ourselves: "What is my purpose?" "Am I living according to my purpose?" "Am I empowering my purpose?" Remember, you were made for greatness, not mediocrity. "We are not human beings having a spiritual experience, but we are spiritual beings having a human experience." As spiritual beings entombed in a human body, we were formed in the image and likeness of the creator - A God of purpose. Jared Sawyer Jr., author of *Walking In Victory*, reveals how to align your destiny and God's will for your life to empower your purpose. What does it mean to empower your purpose? It means to live consciously and intentionally. It means to become the most magnificent version of yourself there is. This happens through the achievement of success by expanding your natural skills and achieving life transformations that push the boundaries of possibility. Upon the culmination of reading this book, you will have fully visualized your purpose and empowered your life, which will ultimately change your world. Do you think you're too nice? Are you always worried about disappointing people? If you are tired of helping others all the time and not having enough energy for yourself, then this book is for you! After reading *How To Stop Being Too Nice*, you will have knowledge of: Identifying if you are being too nice for your health The negative effects of being too nice Why you are compelled to people-please Saying "no" without the guilt Steps on how to stop being too nice to others There is nice and there is being too nice. How do you know if you've already crossed over to the negative side? Neurotic people-pleasing habits can damage you. It can hurt you physically, mentally, emotionally, and financially. Because people view you as weak, you become an easy target for users and abusers. That is why it is important to learn how to say "no" from time to time. *How To Stop Being Too Nice* offers valuable information about the ways you can stop yourself from wanting to please others at your expense, such as: Trust your inner voice Re-learn to say your opinion Value your well-being over others' Learn to cope with disapproval It also teaches you to effectively resolve conflict. This is huge for people who are too nice because conflict is like their kryptonite. They would bend over backwards to accommodate somebody else just to avoid creating negative emotions. If you struggle with saying no to others just to win their approval and are tired of being bitter and resentful, then this book is for you. Download your copy now!

Reach your full potential with an instant past-life reading based on your Sun sign. Internationally known astrologer Bernie Ashman offers an easy, foolproof way to pinpoint behaviors that may be holding you back from a rewarding life of peace and fulfillment. You don't have to know any specialized astrology terms or concepts to use this book—all you need is your birthday. *Sun Signs & Past Lives* separates each Sun sign into three energy zones. Simply look up the zone in which your birthday falls and find out your innate strengths and the spiritual lessons you need to learn for this lifetime. Most importantly, you'll discover how to transform these precious insights into action. —Learn about your spouse or partner, friends, and loved ones —Bring about improved health and healing —Discover your true purpose for this lifetime —Reverse negative past-life tendencies

We're supposed to be having a party. It's s'posed to be fun. This is my house, and when I say everybody have fun, then everybody have fun. Thatcher's Britain – Brixton, 1981. As tensions mount on the streets, in the safety of their home, a group of Oxford University graduates barely notice what's happening on the streets outside as police and rioters clash, shops are looted, and buildings are set on fire. In both worlds there is a fight for rights... a fight for respect ... a fight for control. Who will win? Who will lose? Who will make the strongest cocktail? And when the dust finally settles the question remains... Will things ever change? *Hard Feelings* was first staged at the Oxford Playhouse in 1982 before transferring to the Bush Theatre in 1983, directed by Mike Bradwell. It was later broadcast as a BBC Play for Today. *Hard Feelings* was revived by Defibrillator Productions in a production at the Finborough Theatre in 2013.

Do you worship the God of the Bible, or a fictional character? This book will bring us back to the God of the Bible. Not the God we like or the way we wish He were, but the very God of the Bible--unembellished, unvarnished--as He really is. This does not mean we will like Him. Many times we are embarrassed by the God of the Bible, especially the God of the Old Testament. We are even embarrassed by the teachings of Jesus when it comes to His being the only way to be saved, as well as God's right to judge and reward or condemn. We attempt to manage

## Read Book Too Nice For Your Own Good How To Stop Making 9 Self Sabotaging Mistakes Kindle Edition Duke Robinson

God's PR and fix His image in the modern world. We are tempted to modify and mold God into what we want Him to be--what we think He should be. Instead we should be finding out where God is and meet Him there, even if that takes us out of our comfort zones. This book will challenge you to give up your conception of what you would like God to be and come to know Him as He really is. Other Books by R.T. Kendall: Word and Spirit (2019) ISBN-13:978-1629996493 Total Forgiveness (2010) ISBN-13: 978-1599791760 Whatever Happened to the Gospel? (2018) ISBN-13: 978-1629994710 Popular in Heaven Famous in Hell (2018) ISBN-13: 978-1629995519 The Presence of God (2017) ISBN-13: 978-1629991573 Holy Fire (2014) ISBN-13: 978-1621366041

[Copyright: 3ab58be732129d2b65ef3523a7989f26](#)