

**AWAKEN YOUR PERFECT SELF: HOW TO BECOME  
BETTER THAN EVERYBODY ELSE (KINDLE SINGLE)**

Cameron S. Gourneau

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### **Six Ways to Help People Change | Greater Good**

Awaken Your Perfect Self: How to Become Better Than Everybody Else . Shelves: kindle-singles, singles-consumed, i-want-more-like-these.

### **Love Thyself First - Impakter**

Awaken Your Perfect Self: How to Become Better Than Everybody Else (Audio Told in a deadpan style, this Kindle Single skewers the self-promoting.

## **Mornings and Nights - Sleep to Stay Awake**

One frustrating aspect of sleepiness is that it can be circumstance-dependent. In other words, you might feel sleepier doing some activities more than others. Remember, your sleep doesn't have to be perfect to be better. In one sleep every single night because of classes, studying, jobs and everything else they need to do.

## **Kindle Single | Brian Haigh / personal site**

Mar 14, - Everything in your life flows from your relationship to yourself. Or at a deeper level: have you ever felt fully loved by yourself or someone else? To be human is to be stormy and tempestuous one day (or moment), and then calm and Can you grasp that your imperfections are what make you perfect?

## **No Leaders Please - By Charles Bukowski**

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Instead of allowing intense emotion to be a brick wall, use curiosity and patience to feel through it. Get a time management app preferably Toggl and track everything you do for a week.

Eat a diet of mostly fruits and vegetables and drink plenty of water. Say in bed. Enlightenment is not a desire, is not a goal, is not an ambition. Again, its only for those who are ready.

I had to be the strong mother to make sure they grew up able to deal with life. She nodded, almost to. Yet she had heard the screams from the transfer room, smelled the blood and bile, seen his body emerge from the room and flash a satisfied smile that no fourteen-year-old boy should ever wear.