



## **How to Change your Life in the next 15 minutes (Self-Help 101)**

*Rahul Badami*

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An action-oriented self-help book!

Ever wondered why that ugly, talentless acquaintance is so successful? Or why that no-good-for-any-job neighbor earns more than you do? Here you are trying to do everything you possibly can, and you aren't moving even an inch towards your goals. And you feel frustrated that others are able to reach their dreams so easily.

Why?

Its all due to Self Belief.

Self Belief is the only common denominator between all successful people. Your Self Belief has a deep connection with your Thoughts and Actions. This book will finally unravel why you have been struggling. This book will strengthen your Self Belief by first strengthening your thoughts and actions. Here what will be unveiled:

Introduction: Self-Belief allows you to predict the future

## SECTION I: Thoughts that strengthen Belief

### **Chapter 1: We think only twice in a year**

I didn't make the above claim. It was made by one of the greatest thinkers of yesteryears. George Bernard Shaw. Why? This chapter will tell you.

### **Chapter 2: Thinking is Praying**

Countless times you have prayed for something, and it didn't materialize. Be honest. Did you really felt deep down that it wasn't going to happen? Did you know that you are praying each minute of your life without knowing it? God is always providing you with exactly what you are praying for. Stop getting in your own way of success. Be kind to yourself and learn why you hold yourself back.

### **Chapter 3: Asking Hard Questions**

We can walk up to anyone and tell 'em how to get thin, save more money, have better relations. Question is, why don't we follow our own advice?

## SECTION II: Actions that strengthen belief

### **Chapter 1: Why the Law of Attraction will never work for you?**

So you think Law of Attraction is either awesomeness or a scam? This chapter will tell you of a more powerful law than the law of attraction. And surprisingly, its hidden within those very words.

### **Chapter 2: Taking tough actions**

Whose dream are you living? Yours? Your spouse's? Your boss'? Your kid's? Its time to live your own dream. Whether it's a New Year's Resolution or a list of chores, you need to take action.

### **Chapter 3: Why its critical to succeed just today?**

Forget long term goals. Your mind simply isn't programmed to think about what you will be 5 years from now. This critical piece is missing from most goal-setting exercises. You will be a success tomorrow only if you just do everything right only for today. "Just do it only for today. We will think about tomorrow, tomorrow."

## **BONUS SECTION: How do I use this information to change my life in the next fifteen minutes**

Unlike most other self-help books, you will get to know exactly what you need to do in the next 15 minutes

after completing this book. As easy as following Step 1...Step 2...Step 3... etc.

Please scroll up and grab this book NOW.

### **How to Change your Life in the next 15 minutes (Self-Help 101) Details**

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## From Reader Review How to Change your Life in the next 15 minutes (Self-Help 101) for online ebook

### Ahmed says

Simply speaking, If you want something, Go and get it ( go for it).

The booklet is useful in providing techniques and I like Single-Tasking technique the best because it is new to me. Actually some techniques I have been doing lately, without knowing they are techniques, and they are really effective. The other thing I like in the book is its quotes. It has wonderful and inspirational quotes from great men. For me half of the Info in the booklet is not new to me because it is common sense, I think. However: the booklet is pretty short so do not miss it. It can be read in really 15 to 25 minutes and it is defiantly worthy of each minute. Just don't miss it.

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### Ethar says

Badami encourage you to be persistent and stick to one fast instead of a dozen; focus on one goal and ignore the big picture for now after, of course, making sure that what you do today will lead you to the future you want.

Overall, I think this book works as a reminder to slow us down. Forget yesterday, don't worry about tomorrow, and just work on today. Many might find this repetitive advice and so would rate it less than 5 stars, I think the author meant to have us use this book as a guideline to get ourselves back together without having to read over 500 pages.

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### Hsiang Lan says

A short book, and easy to read.

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### Tanya says

*"What you do today can change your life."*

This book provides some techniques to help readers become more proactive and achieve their goals. It's easier to accomplish something when it's a short-term goal. The author also offers a simple exercise to make readers take immediate action to change their lives. The exercise isn't really that effective, but the idea in general is still inspiring.

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### Omar Taufik says

Great short & inspiring.

Can be summarised in that self belief enhances the quality of your life. Self belief itself is improved by applying the proper empowering thoughts and actions which the author summarized in 3 main thoughts and 3 main actions that empower your self belief.

A recommended read for quick & inspiring insight.

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### ?♥Miss Foxx♥? says

The book was good. the author went straight to the point without sugar coating. he narrowed everything down and made the tasks very simple to complete. I seriously believe that I will complete my goals and achieve happiness. I'm so excited I took the time to read this book. it has helped me understand my wrongfulness and what I can do to get back on track

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### **Mario MJ Perron says**

#### **Magic doesn't come from a pill**

The author gives exactly what he promises. A concise and truthful method to personal success. Success will never come instantaneously, we need to work at it.

This is as simple as it sounds... take action and results will follow. Nike had it right, "just do it"!

The best lesson & suggestion for me was about self-evaluation... ask myself hard questions that shake my complacency... get out of the comfort zone.

I also learned something about myself and it's very positive... I'm a single tasker. My ability to completely focus on one task until completion is a strength.

So, please read this book, do the exercise, and believe in yourself.

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### **Linda G Johnson says**

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### **Fai Kavochi says**

This book was perfect read to end the year. It gives me the energy to look forward to 2017.

The biggest secret of successful people is that even if they don't know everything, they still charge ahead towards their goals. You don't have to get it right; you just have to get started.

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### **Maria T. Reselete says**

Reasonable advice, agreed with the author for today action will define tomorrow success! Action and

discipline mind bring forward successful future!

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### **Anni Peiffer says**

#### **i hate this book,**

This book is so huge and awful. And a piece of crap. And so awful I just want to remove it

Why Why this book. Its awful as piece of crap

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### **Bruce Jenkins says**

#### **Wise words of wisdom**

What you think and do become you! This book shares insight into how you can become more than what you presently are by understanding how your mind works. You become what you think and do. Inside of it he gives you a key...

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### **Robert Gasperson says**

I tend to work on multiple things at once. I will have to re purpose my task list to do only one thing at a time. The advice in this book makes me want to put everything aside except for the most important project.

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### **Sarojiny says**

Straight forward and easy to understand. Next to put in action.

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### **Kellie Barry says**

#### **Great book!**

I'm so happy I come across this awesome book. This book is motivational and straight to the point. A must read.

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