
Mind Power
MASTERY



RESOURCE CHEAT SHEET

Across the eight guides, we have covered many different aspects of your lifestyle and your mindset. We have seen that you can accomplish nearly anything as long as you have the right mindset. We have seen how to specifically apply the right kind of thinking to everything from your business ventures, to your money making, to your workouts.

And in this resource sheet, we will provide some great resources and further reading to help you expand in *all* those areas and to become the best version of yourself.

Articles and Websites

Stoicism 101: A Practical Guide for Entrepreneurs

<http://tim.blog/2009/04/13/stoicism-101-a-practical-guide-for-entrepreneurs/>

Tim Ferriss is a highly inspiring individual and a font of knowledge and good advice when it comes to getting the most from your mind and body.

In this post, he discusses Stoicism: a practical approach to applying the right mindset and philosophy to life in order to become hardy and to fortify yourself against the surprises that life might throw up along the way. He offers a very practical and applicable guide that is perfect for the modern world.

Headspace

<https://www.headspace.com/>

Headspace is the leading place to find out more about meditation. It has a blog and it has plenty of other useful resources but the main advantage is the option to perform the guided meditation sessions. These will talk you through guided meditation to help you unwind and relax and they offer a great introduction. The first ten are free and from there you can take it on your own.

Money Saving Expert

<http://www.moneysavingexpert.com/>

For more on how to change your mindset to improve your wealth, read Money Saving Expert. This site explains how you can get richer by simply doing your research, taking your time and investing wisely. This is must-read for anyone who wants to see their cash go further!

How to Hack Into Your Flow State and Quintuple Your Productivity

<https://www.fastcompany.com/3031052/how-to-hack-into-your-flow-state-and-quintuple-your-productivity>

This article explains how to tap into a flow state to achieve more and do more. This is the state of 'peak human accomplishment' and there are many things you can do to experience it more. The result? More focus, more energy and greater calm.

A New Approach to Training Working Memory

<http://www.thebioneer.com/new-way-think-working-memory-e/>

This article explains the critical role of working memory and how it is often overlooked, it then explains how to train it in a different way that could result in a significant cognitive boost.

How Great Leaders Inspire Action

https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action/up-next

An inspiring TED talk from Simon Sinek discussing the importance of 'finding your why' and using this to motivate, inspire and create.

Brain Pickings

<https://www.brainpickings.org/>

Finally, a fantastic collection of ideas from great thinkers, writers, poets, philosophers and more. There is always something here to inspire, to change the way you think or to make you reflect. Whether it's Einstein and Freud discussing the possibility of peace, or Bruce Lee's philosophical musings uncovered for the first time.

Books

The Four Hour Workweek

By: Tim Ferriss

The Four Hour Workweek is a book that describes lifestyle design and was one of the first to do so. This is the notion that you can have the life you want – as long as you are willing to change your mindset and work your lifestyle around that. It offers a completely different perspective on work/life balance and it has helped countless people to work less and work more. It's a real classic.

The Four Hour Chef

By: Tim Ferriss

Last one from Tim Ferriss, promise! The Four Hour Workweek is a book that teaches you to cook – but more than that, it is a book that teaches you to learn. Through teaching cooking, Tim explains accelerated learning techniques, to help you gain any new knowledge in record time.

The Personal MBA

By: Josh Kaufman

If you're interested in changing your mindset to thrive financially and in business, then The Personal MBA by Josh Kaufman is one of the most powerful tomes there is. This book explains how to

The Art of War

The Art of War is loved by business professionals, CEOs and anyone interested in the mental aspect of war, negotiation and even combat. It's an ancient text but it is still highly relevant to this day.

Trick of the Mind

By: Derren Brown

A fascinating book from Derren Brown, a UK-based illusionist. Derren is

famous for using psychological trickery and in this book, he explains how a lot of it works: from memory master techniques to NLP.

Happy

By: Derren Brown

Another book by Derren Brown, who this time puts his powers to good use and explains how to use philosophy, CBT and other tricks to be happier with what you have right now.

YouTube

John Assaraf

<https://www.youtube.com/user/JohnAssaraf>

A featured cast of 'The Secret', John Assaraf is a leader in neuroscience and The Law of Attraction.

Strength Camp

By: Elliott Hulse

<https://www.youtube.com/user/strengthcamp>

Strength Camp is the somewhat *controversial* YouTube Channel from personality Elliott Hulse. Not everything that he says is useful. Some of it is certainly very out there. And he definitely rubs some people up the wrong way.

But he also has a unique perspective, a charismatic presence and offers a lot of useful nuggets of information if you are willing to dig through it all. In particular, he has a particularly interesting understanding of the link between the mind and body. He talks of the four pillars of strength, of embodied cognition and of the role of emotion in strength. He is certainly worth a watch.

Charisma On Command

<https://www.youtube.com/user/charismaoncommand>

This is a YouTube Channel that is all about what it takes to be engaging and charismatic and to succeed in social situations. It's essentially a channel on psychological warfare and it offers lots of great tips on how to better present yourself and how to be charming. The great thing about it is that it breaks down the way that some big celebrities and personalities presents themselves and look at what it is about them that makes them so engaging.

Practical Psychology

https://www.youtube.com/channel/UCir93b_ftqInEaDpsWYbo_g

Practical Psychology is another great YouTube channel. The aim here is to explain psychological concepts in a more accessible way, while focussing on things that you can apply to your life and provide tangible benefit.