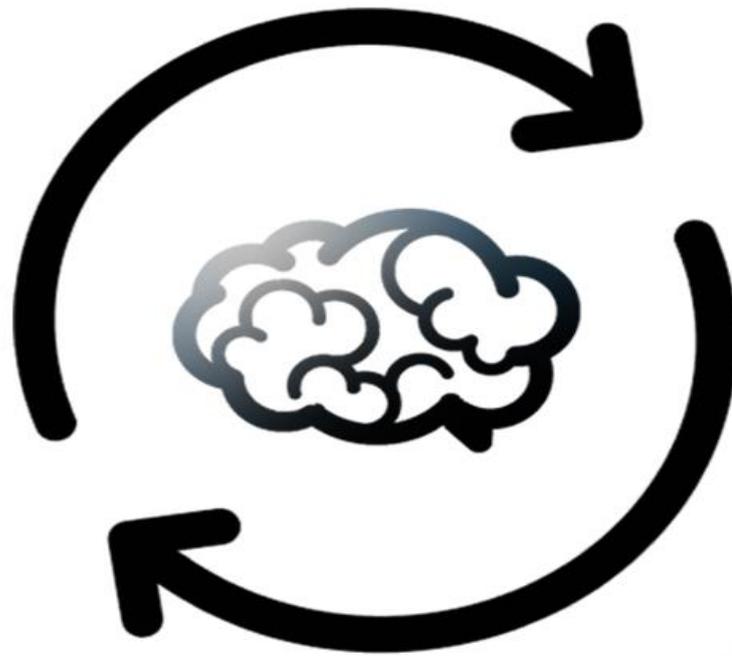


MIND RESET



RESOURCE CHEAT SHEET

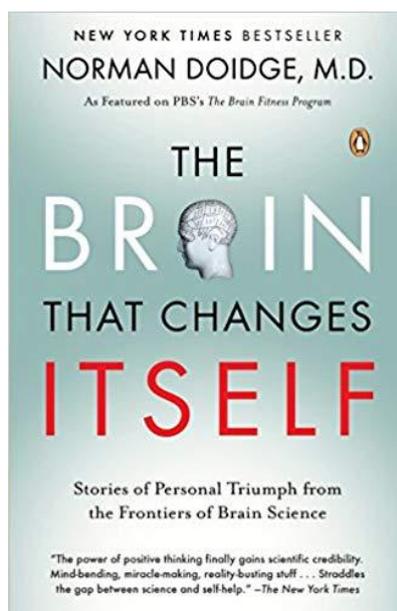
So, you've read the full e-book and all the supplementary materials. You understand how limiting beliefs can hold you back, and you now know how to recognize them and destroy them.

What's next?

There's a whole lot more to learn, and the best way to do that is to keep reading, keep training, and to keep taking your sense of self further. In this resource cheat sheet, you'll find a selection of books, links, and apps that can all help you to do just that.

Books

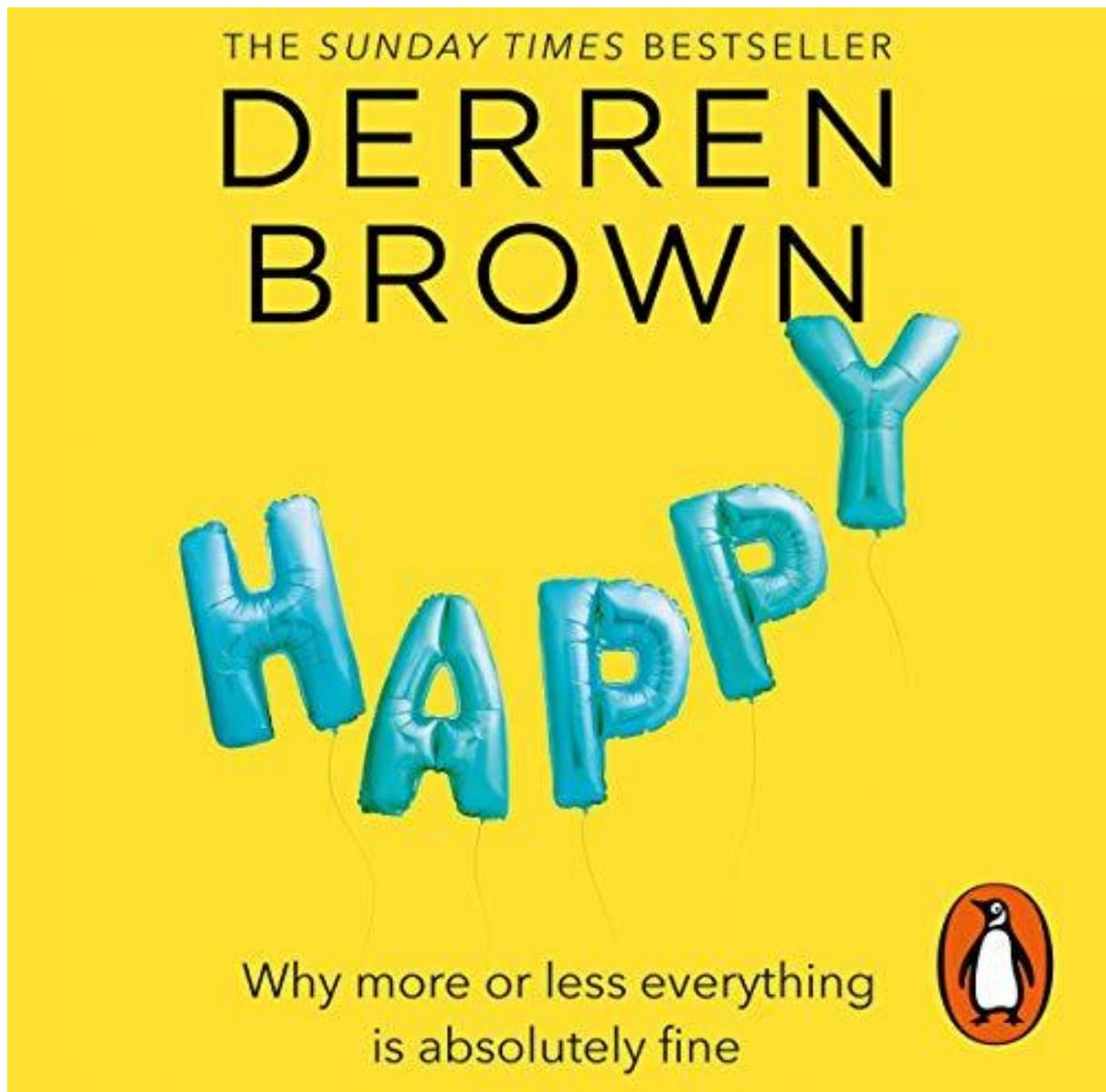
The Brain That Changes Itself



This book from Norman Doidge is a fantastic book that explores the ability of the brain to change its very structure from a neurological point of view. It looks at brain plasticity in particular, and explores how creating new habits can in turn help to form new connections, to thicken those connections, and to transform the way the brain behaves on its default setting.

The book contains countless examples of people who have been able to cure themselves of mental health disorders, and to improve their brain function. Of course, the same science can also be used to help you change the way you view yourself and to become the best version of you.

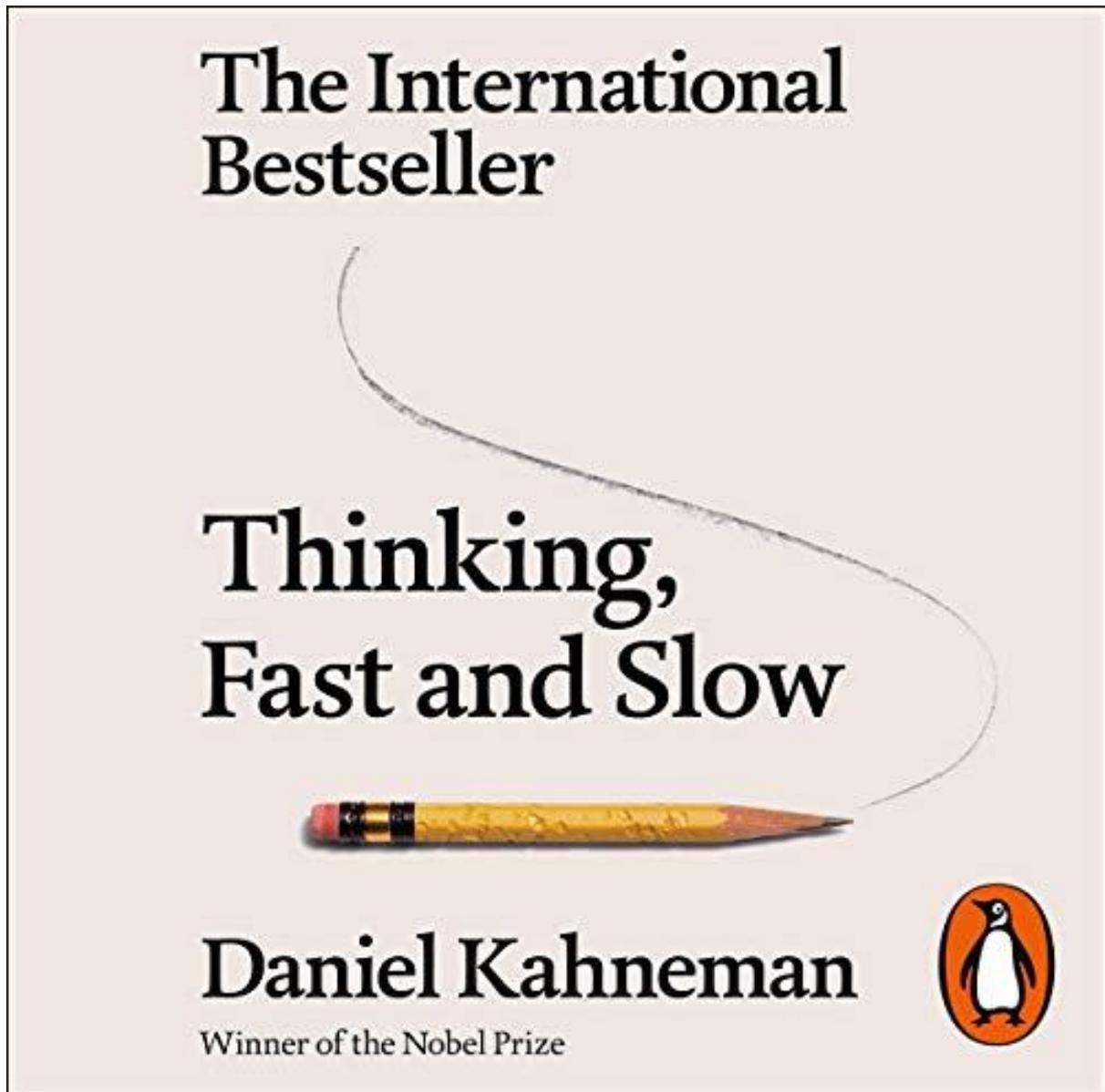
Happy



This book is from UK magician Derren Brown. Derren is famous for his tricks that involve a heavy amount of psychology in order to confuse and misdirect the audience. He also uses a fair amount of hypnotherapy and NLP to achieve his results, and provides fascinating explanations of how he accomplishes those things.

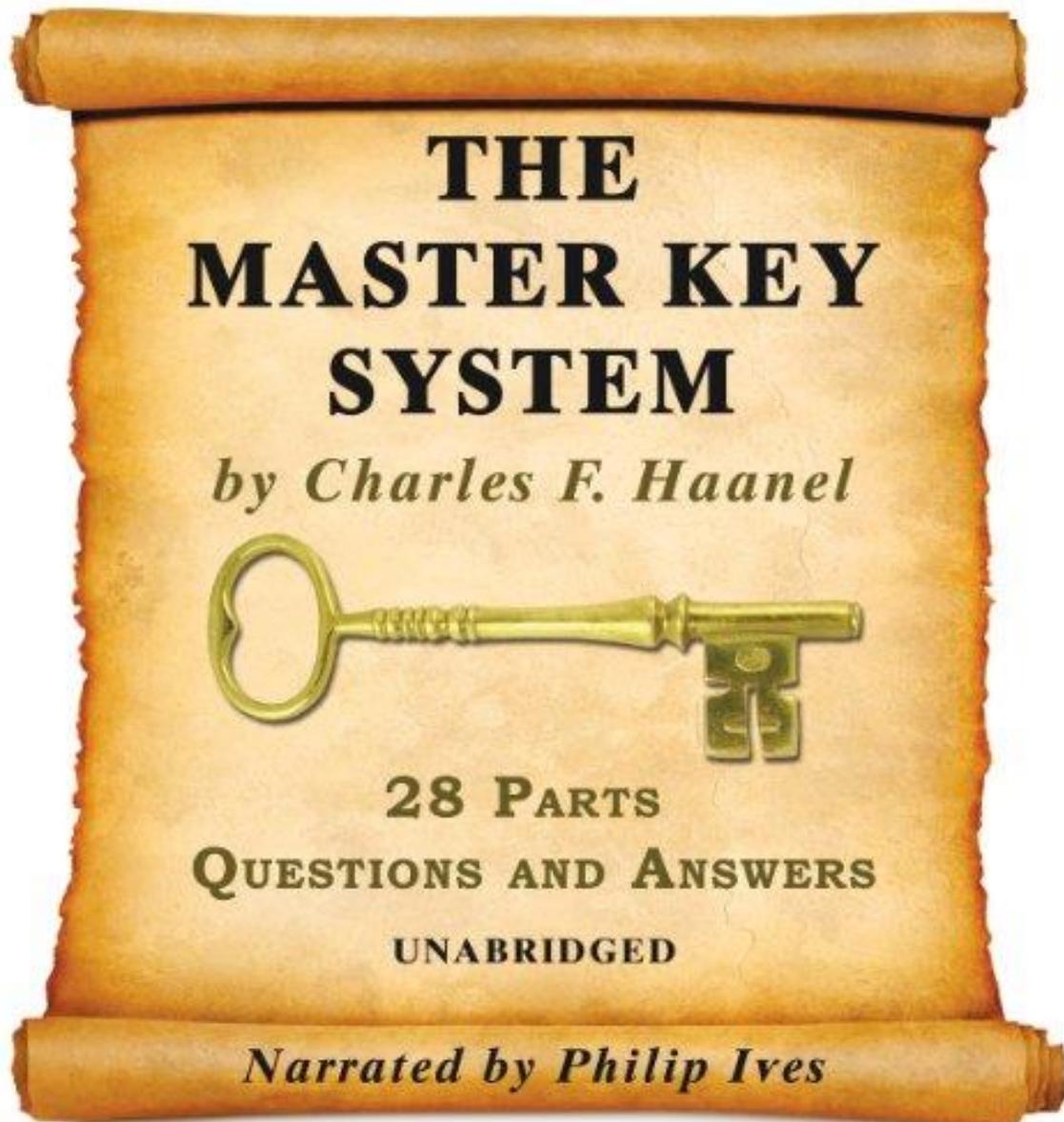
In *Happy*, Derren tries something different and explores how those same abilities can be used to make someone feel happier about themselves. This draws heavily on books like

Thinking Fast and Slow



A self-help classic that explores the different modes of thinking. Thinking “fast” means making gut decisions which can very often be influenced by external factors as well as our in-built cognitive biases. By understanding this, we can overcome those limitations and achieve much more.

The Master Key System



Heralded by the likes of Terry Crews, this book is an exploration of the power of visualization and self-belief when it comes to getting what you want. While it can occasionally veer into the unscientific, the general principles are extremely encouraging and can be powerful tools in helping you to visualize and know what you want... then to go after it!

Apps

Headspace

www.headspace.com

The headspace app is a great app that you can use to trial some guided meditations. The best part is that the first ten lessons are free and each will take just ten minutes. This is a series of spoken, guided meditations that will show you how to get started with meditation and mindfulness meditation in particular. The downside is that you have to pay once you get into it but if you want you can just use the free sessions as a jumping off point.

MindWave from NeuroSky

<http://store.neurosky.com/>

MindWave is an 'EEG' headset. The idea of this is to allow you to use your brainwaves to power apps and also to measure your own concentration, focus and calm. You'll end up performing exercises in order to try and improve the calmness of your brain waves and to focus more on your meditation. Many people find it can help them achieve the full benefits of meditation much more quickly as a result, not to mention lowering and improving their heartrate and stress levels.

Heart Rate Monitor

There are plenty of ways to get yourself a heart rate monitor these days. Samsung phones typically have them built in by the camera module, while countless fitness trackers offer the feature.

The benefit of this is that you can use a heartrate monitor for biofeedback. That means looking at the things that cause you to feel stress and then seeing how they affect your heartrate. Moreover, you can learn how to *reduce* your heartrate.

Wim Hof Method

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

The Wim Hof Method is a special technique for controlling your response to stress and for strengthening your immune system and autonomic nervous system. This is a powerful trend and one that many people are finding can help transform the way they feel and behave.

The good news is that the mini class is free to try, and you can find it at the link. Get ready for something *completely* different.

Web Pages/Posts

A Guide to Meditation for the Rest of Us

<http://www.lifehacker.co.uk/2010/07/20/guide-meditation-rest-us>

This is a very good guide to meditation from Lifehacker. In the book, we explained in-depth why meditation is such a powerful and useful tool, and why you should use it regularly to learn to overcome stress and muddled thoughts and to 'clear your mind'.

With this guide, you'll be able to get started without being confused or put off. It's a bit dated, but it really doesn't matter!

CBT Self Help Guide

<http://www.getselfhelp.co.uk/cbtstep1.htm>

This is a great site that provides a lot of information on CBT and which shows you how to apply it in your own life in order to combat anxiety and stress etc. CBT is one of the most powerful tools when it comes to metacognition and changing the way that you think about your problems. The best part is that you can use CBT anywhere and entirely for free, so give it a try!

The 4-Hour Workweek Tools

<http://fourhourworkweek.com/4-hour-workweek-tools/>

This is a list of tools from self-help guru Tim Ferriss, many of which are very useful for getting on top of your daily concerns and improving your ability to cope with stress, anxiety, and big workloads!