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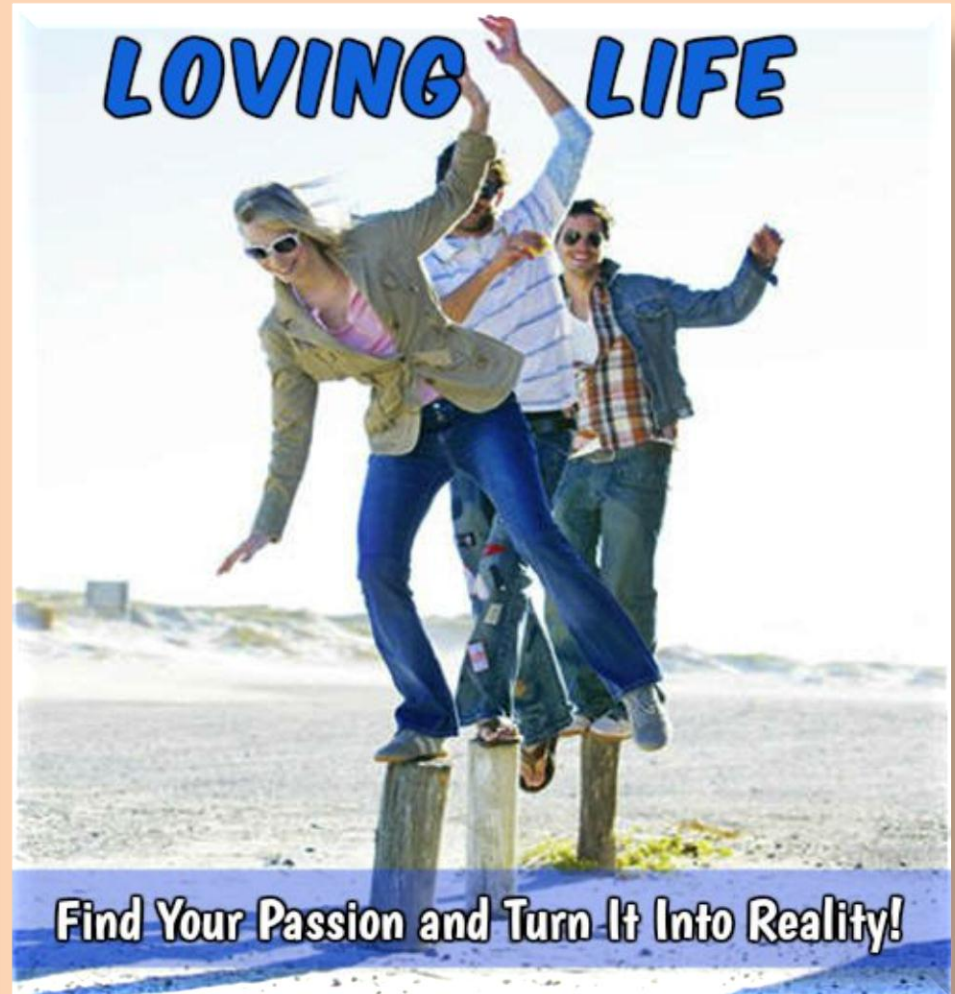
Loving Life

Find Your Passion & Turn It Into Reality

This report is **23 pages, single spaced**.
There is no fluff, no filler, no nonsense.
Only high quality, helpful information.
You can view the TOC and read an excerpt
on the next slides.

The report comes with the following:

- Word Doc (For Easy Editing)
- Finished Product in PDF Format
- Assorted Graphics in JPG format



PERSONAL DEVELOPMENT PROFIT PACK

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LOVING LIFE FIND YOUR PASSION AND TURN IT INTO REALITY

Introduction

There are many successful people out there who are living their life as they want to. They are working hard doing what they absolutely love to do. The most successful people are those who work toward the things they are passionate about and love. There are many reasons for this. The more you love what you do the harder you are going to work at it because you will be enjoying your work.

If you feel like you are bored with your life or not doing what you should be doing with it then it is time to make a change. There may be obstacles or fears holding you back from accomplishing the goals you have set forth in your life. It is time to get past the obstacles and make your dreams happen.

Many people aren't quite sure what their true passion is. They want to work toward being successful as they see many other people but they just aren't sure what it is that they can do. Finding your passion is possible and it will take some deep searching within yourself. Your passion may be right in front of you and you don't even realize it.

Every passion has the capability of making money. It is just seeing the angle you need to take to make it happen. You shouldn't sit around and avoid your passion because you don't think you could financially survive on it because you can.

The purpose of this e-book is to help you find your real passion within. You will learn many techniques that will help you find your true passion and learn ways you can go about making them a reality. You can work toward your passions and make them a reality.

Once you finish this report, you will know yourself well enough to know exactly what your true passion is. You will know what you need to do to make your dreams a reality by using your passion and becoming a successful person.

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Here's What You Get:

How to Stay Motivated **Accomplish More and Feel Great!**

This report is **22 pages, single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information. You can view the TOC and read an excerpt on the next slides.

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HOW TO STAY MOTIVATED

Introduction

Motivation is what keeps us going. It is the reason people succeed and the reason people fail. Motivation is the drive someone has to complete a task. The ingredients of motivation are combined with many factors which include simplicity, attitude, the people you hang around, the way you think, knowing yourself, helping other people and so much more.

The purpose of this e-book is to take you through methods you can practice on a daily basis to remain motivated. These techniques can help you feel better about yourself in everything you do. You can take these methods with you when you go to work and when you are at home.

Motivation is the spark everyone needs to make it throughout the day, to set and meet goals, and more. Without motivation you will fail. When you have apathy toward something you are not motivated because you couldn't care either way. This is the worst attitude you can have because it isn't negative either. Someone who feels this way isn't capable of achieving anything because they don't care if they do or not. If you are feeling this way this e-book is exactly what you need to help you overcome your attitude and begin feeling motivated again.

When you know how to remain motivated with yourself you can also help others because your attitude will be contagious. When you practice daily motivational techniques eventually they will come to you naturally. At first some of these methods may be difficult for you to do or to remember. It will take time for you to begin to naturally practice and follow these techniques.

Keeping It Simple

When thinking about motivation the first thing you need to do is create your space around you at work and at home. This space needs to remain simple and positive. The things around you have a lot to do with the way you feel and if you will be motivated or stuck in a funk.

Your office space should contain and display items that make you feel positive about life and about reaching goals. If you have goals and things you would like to

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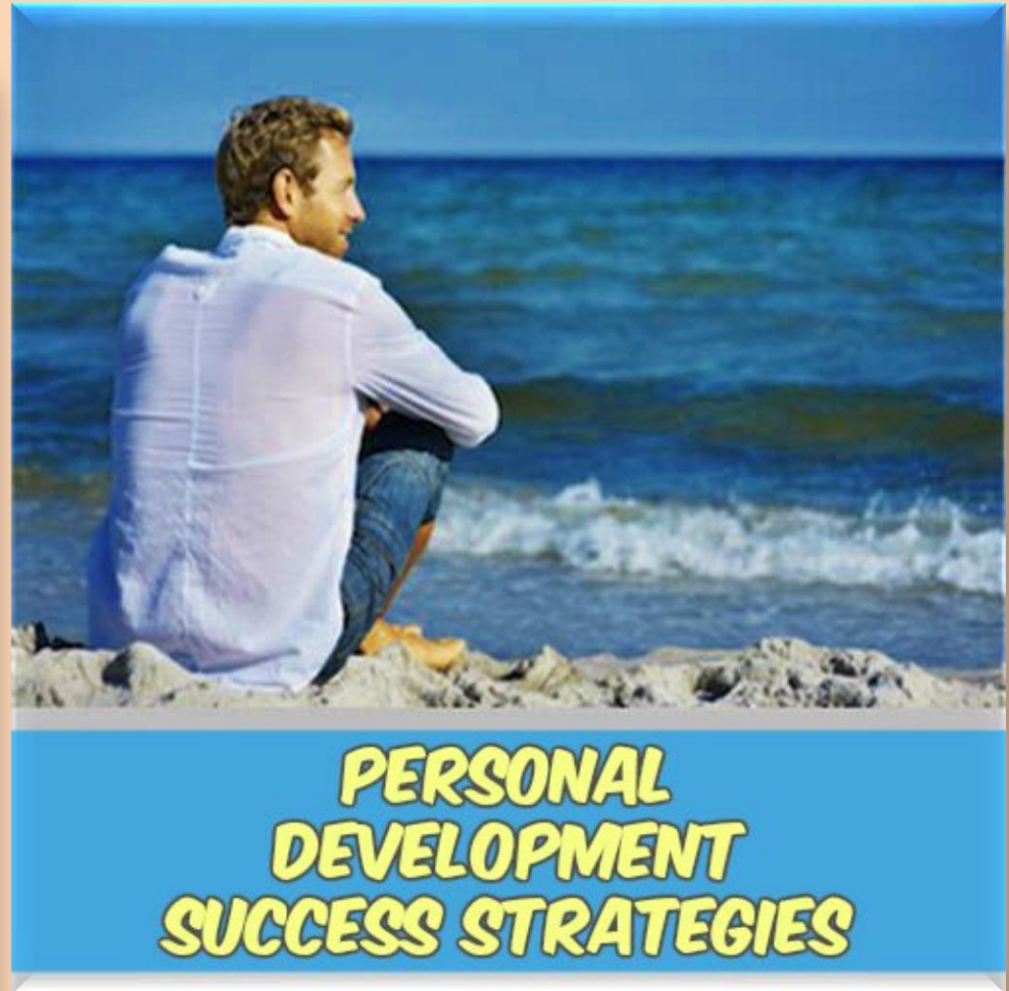
Here's What You Get:

Personal Development Success Strategies

This report is **16 pages, single spaced**.
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PERSONAL DEVELOPMENT PROFIT PACK

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Learn Self Confidence

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PERSONAL DEVELOPMENT SUCCESS STRATEGIES

Introduction

Why is it that we think we don't have to continue our self development once we have finished our education? Maybe it is because we equate learning and development with the educational institutions that we have spent so much time in during our early years. Of course, we continue to develop throughout our lives, and continue to gain new skills and attributes throughout our working lives and our lives as partners, parents, grandparents, and our involvement with our communities.

The desire to improve is paramount here. If we get to the point of thinking that we no longer need to improve, we are showing how closed our minds are, and how entrenched our attitudes. This approach to life doesn't allow for change, and doesn't allow for development. To be a fully rounded and healthy person, it is necessary to be able to respond to changes in our lives, in our environments and in our hearts and minds.

Rigidity in life will impact not only on ourselves, but on others, and will make our lives difficult when change is necessary or forced upon us.

No-one is perfect, and no-one knows everything there is to know. Thankfully we generally don't need to know everything, but we do need to know when we need to learn something, and when we need to develop new skills and abilities.

Generally speaking, it helps to have a goal or two in mind to guide our self development program, and to have the right sort of attitude. For example, it's best not to get too worried about what it is you can't do, or need to improve. Rather, we should take the knowledge of our shortcomings and examine ways in which we can improve. Worrying will do no good at all. Our energy should be directed to working out exactly what it is we need to do better and how.

Confidence is everything really, and confidence in your ability to learn and improve will make an amazing difference to your success. If you are convinced that you can't learn something, then you have already lost the battle. If you can tell yourself that if other people can do it, then so can you, this is a sign that you are on the way to success.

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Here's What You Get:

A Feel Good Guide For Every Woman

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PERSONAL DEVELOPMENT PROFIT PACK

A FEEL GOOD GUIDE FOR EVERY WOMAN WHO HAS MOMENTS OF SELF DOUBT

Self-Help Tips for Overworked Moms

Moms are notorious for spending all of their energy and attention on the care of others. Add a full or part time job into the equation and it's easy to get completely exhausted. Yet when you neglect yourself, you're unable to give your all to others. You lose energy, motivation and enthusiasm. Self help is important for your physical and mental well being.

Self Help Tips You Can Use Today

#1 Change your shower routine. This may take a bit of getting used to. Instead of taking a shower in the morning, take a hot bath at night. You'll gain a few extra minutes of sleep in the morning. You'll also gain a luxurious ritual you can look forward to all day. Add nice touches to your bath to make it extra luxurious. For example, lavender oil and bath salts in the tub. Candlelight and soothing music are effective too.

#2 Laugh. What makes you laugh? A friend? A funny website? A good book? A television show? Laughter is good for the spirit. And the truth is adults laugh far less than children do. Laughing helps you manage stress. It reminds you about the joy in the world. And it can keep a smile on your face for days. Do something that makes you laugh every day.

#3 Let it go. Are you simply expecting too much from yourself? Your home doesn't need to be perfectly clean all the time. You don't need to prepare a home cooked meal every night. And your child doesn't need to participate in every activity they want to. You can say no and let it go. You're only one person and you deserve a break. Lighten up on yourself and let go of the perfection.

#4 Ask for help. Everyone needs a little help sometimes. If you're accustomed to doing everything yourself you can certainly benefit from a little outside assistance. Ask friends and neighbors for help. See if you can trade child care, carpool or even band together to assist with errands and household chores.

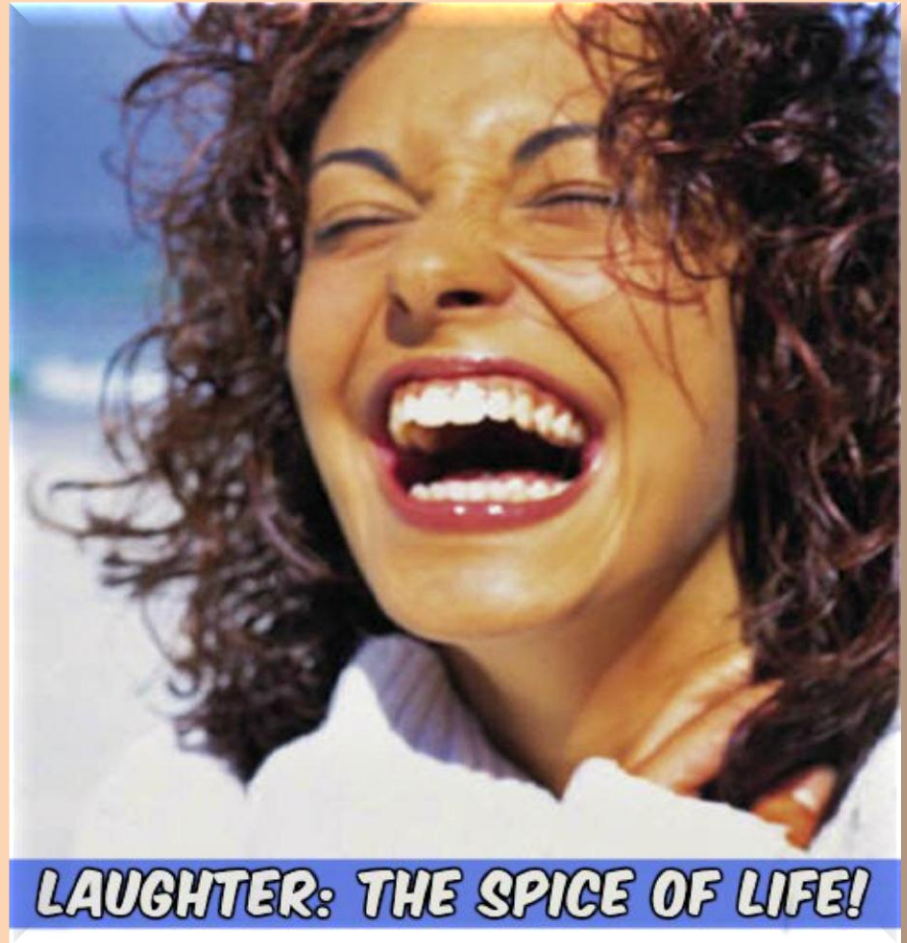
6 Topical PLR Essays

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A Total of 6 Essays, each one is **3 to 10 pages, single spaced**. There is no fluff, no filler, no nonsense. Only high quality, helpful information.

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6 LAUGHTER IS THE SPICE OF LIFE ESSAYS

DEVELOPING YOUR SENSE OF HUMOR

LAUGH YOUR WAY THROUGH LIFE AND BETTER RELATIONSHIPS

Introduction

Humor is simply the ability to evoke feelings of amusement in others. A person, object, situation, or combination of these may be humorous. Humor is a way of communicating that makes you and others laugh or feel happy.

All people have a sense of humor. Some may have a more developed sense of humor compared with others. Hence, situations that may seem hilarious to some will appear incredibly dull to others. There are many variables involved when it comes to determining a person's sense of humor.

Among these variables are geographic location and culture. Oftentimes, what Americans find humorous is met with cold stares and totally not understood by other cultures. Another possible factor is the American slang that prevents others from understanding and appreciating the Americans' brand of humor. Cultural taboos could also keep others from finding certain topics humorous.

Other variables may include maturity or educational levels of the individual. For example, a young child laughs over a character slipping and falling on a banana peel, while the adult finds satirical humor highly entertaining. Obviously, the young child is not going to understand satire and the adult may find pratfalls just plain silly and juvenile.

Even gender can be a variable when it comes to sense of humor. Men and women do not always appreciate the same type of humor. Men favor aggressive humor with sexual content, while women might appreciate humor with subtle sexual content.

The origin of the word "humor" comes from the ancient Greeks and the humoral medicine. The Greeks believed that a mix of fluids they called "humors" control human health and emotions.

Whether you are a young child or a senior citizen, developing a sense of humor is essential to your health and well-being. This report will teach you how to develop your own unique sense of humor! Therefore, put a smile on your face and let the laughter begin!

LEARN TO FIND THE HUMOROUS SIDE OF WORK

"Find a job you love and you will never work a day in your life." - Proverb

Every morning, millions of people get up, get dressed, and drag themselves to their respective offices. They sit on their desks; do their work until they are bored stiff because someone told them they had to be serious about their professions. As adults, we are all told to be serious, keep our noses to the grindstone, and work hard. The trouble with this is that we get bored and tired with a sore nose to boot!

It is important to get the work done; otherwise, you could find yourself with no job at all. This is where humor can save you from the drudgery of work. Humor helps you deal with all kinds of stress and recover from misfortune or traumatic changes in your life. Without a sense of humor, the events in life would soon crush your spirit. With humor in your life, you can bounce back from adversity faster and easier.

As far as your job or career is concerned, humor is an absolute necessity. This does not mean that you should take your job lightly. It is okay to be passionate about your work and put in long hours if necessary, as long as you allow yourself to see the humorous side of whatever you are doing.

Remember that humor and laughter are contagious. Laughter releases tension in almost any situation. In situations requiring humor, it is important to make sure that your witticisms are appropriate to the situation. Embarrassing someone, using foul language, or trivializing things held valuable by others are not funny, not even a little bit. Making others look weak and ineffectual is not funny. Ostracizing others and using them as the butt of jokes is not funny.

Laughing at your self is a safe way to introduce humor at the workplace. It shows self-confidence in your skills, your ability to admit your mistakes, and that you can laugh about it and bounce right back. Besides showing how secure you feel about yourself, it makes others feel comfortable working with you. Being light-hearted gives the signal to others that they can approach you and discuss important topics with ease.

HOW TO DEVELOP A GREAT SENSE OF HUMOR

"A well-developed sense of humor is the pole that adds balance to your steps as you walk the tightrope of life." - William A. Ward

If you think you have no detectable sense of humor, it is possible to develop it. If you know you have one but feel it is "underdeveloped", you can exercise it and get that sense of humor back in shape.

To develop your sense of humor, it is important to go back to your past for clues. You must know your self when it comes to developing that sense of humor. Think back of your childhood and adolescence days. Answer these questions:

- Did you find your parents funny?
- Did they tell jokes or funny stories?
- Did they teach you that it was okay to laugh at yourself? This does not mean putting yourself down in a negative way, but laughing at your own quirks and foibles.
- Did they tease each other in gentle non-damaging ways?
- Were you the class clown and did you always tell jokes?
- Did you have funny teachers and friends?
- What television shows did you like as a kid? If you were a kid in the fifties, you might have watched "I Love Lucy", "The Honeymooners", "Three's Company", and "All in the Family".
- Did you enjoy political humor such as those employed by comics like Jon Stewart?
- Have you ever been the only person in a movie theater that found a scene or dialogue funny? Maybe you see the humor that no one else does. Maybe it is the other way around and everyone is laughing except you?

HOW TO USE HUMOR TO COMMUNICATE EFFECTIVELY

"Humor is the affectionate communication of insight." - Leo Rosten

Whether you are speaking at a staff meeting, seminar, or conference, using humor can help communicate information more effectively to your audience. Humor makes your audience feel relaxed and comfortable. Humor is a handy tool to keep their attention. If you notice the audience with their eyes glazed over, try throwing out a little unexpected humor and watch their reactions. Find a common denominator with those listening to you; just show your natural and human side and they will listen more to what you have to say.

Humor As A Way Of Reaching Out To Your Audience

Humor can also help you approach sensitive subjects without making your listeners uncomfortable. Watch your words and phrase things carefully. Realize that you can handle sensitive issues with good taste. Be extremely careful with humor when dealing with sensitive issues to avoid offending your listeners.

If you are speaking to a not-so-friendly group, humor can defuse the tension and make them less hostile towards you and your message. Believe me; you can effectively use humor if you find yourself in front of a group of people who dislikes the topic and/or you. Let us be realistic about this. There will be instances when your audience will not love you. There will be instances when people will show their dislike for your assigned topic.

When they enter a seminar room, they take with them some preconceived notions about you and the topic. These notions can affect their reactions. Your role as speaker is to break through these misconceived notions and win them to your side. Humor is one effective tool to break down those barriers and resistance. It is difficult for your audience to disagree when they are laughing and having fun. Spin it so they will realize that you are actually on their side and not against them.

Humor can also help you tackle a complicated topic. The more complicated your message, the more you need humor to help introduce the topic and make the audience more receptive and open. Humor sets the tone for your talk. It helps relax the audience. A relaxed setting makes learning fun and easier.

THE FAMILY THAT LAUGHS TOGETHER... RAISING FUNNY KIDS

"A sense of humor...is needed armor. Joy in one's heart and some laughter on one's lips is a sign that the person down deep has a pretty good grasp of life." - Hugh Sidney

Our families -- don't we love them? They make life fun and make us feel more secure. They are our biggest fans and critics.

Dealing with family is different from dealing with friends. Sometimes, we let our friends get away with things. Getting along with our friends is easy most days. If they irritate us, we can always just leave. However, we cannot do that with our families for they will be always with us all the time. Even the most loving family may get on each other's nerves, because they spend more hours together than with friends. Humor can help strengthen the family. If used improperly, it can also tear a family apart.

Even in the happiest of families, you will find occasional bursts of temper, aggressive feelings, and tension. Humor, when used properly, can help dispel problems. It helps if parties sit down and discuss things calmly and rationally. Humor serves as a safety valve when tempers flare.

We need to feel good about ourselves. The family can provide the atmosphere where we can relax and be ourselves. The family should be more accepting than the outside world. At the end of the day, it is such a relief to come home and relax. We all wear a mask when we are out in the world. Society expects us to behave in a certain way, say certain things, and respond the expected way. At home, we can be in our normal selves because we are with people who love and accept us just the way we are, warts and all. Since the home is a soft place to fall, it is important to treat each other's feelings carefully. Humor can serve as a cushion so as not to affect the self-esteem of other family members.

If you want to survive parenthood, you must have a terrific sense of humor! You will need it when you see your teenage son drinking directly from the milk container or when your three-year old practices his artistic skills on the newly painted dining room walls.

LAUGHTER REALLY IS THE BEST MEDICINE

"Let the surgeon take care to regulate the whole regime of the patient's life for joy and happiness, allowing his relatives and special friends to cheer him, and by having someone tell him jokes. The surgeon must rebel against anger, hatred, and sadness in the patient and remind him that the body grows fat from joy and thin from sadness." - Henri de Mondeville

It is true that laughter is the best medicine. Many studies prove it conclusively. It actually helps boost the immune system, lowers blood pressure, helps muscles to relax, and can drastically reduce stress. Doctors say that laughter increases our tolerance for pain and helps speed the healing process.

According to psychologists, having a sense of humor aids your mental health, as well. Having a well-honed sense of humor enables you to see the funny side of problems, which in turn causes you to see the more positive side of life and health.

Being optimistic and happy and having a sense of fun brings out the more courageous aspects of a person. When it comes to battling illness, having a sense of humor makes it easier to bear.

Seeing the lighter side of life gives you a completely different outlook and improves your attitude in life. A sense of humor makes adversities easier to bear. It aids us by making it easier to move forward even in the face of difficulties. Think of a bamboo tree in the middle of the storm. Having a sense of humor makes you more likely to bend than to break when confronted by life's storms.

Laughter releases energy that makes you feel good. Besides making you feel good physically, it also blows the cobwebs away and helps you to think more clearly. Laughing every day can help rid of depression and sadness.

The person with good mental health has better self-esteem and is more sociable and comfortable around others. A happy person is usually instrumental in creating warm and compassionate families. A good mental health allows a person to bounce back from traumatic events more easily and quickly. A good sense of humor can bring this all about. The ability to laugh easily is a wonderful gift that you must nurture.

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FINDING MOTIVATION PLR ARTICLE PACK



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LOVING LIFE



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MOTIVATION



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- Tips on How to Motivate a Team.txt
- Uses for knowing peoples motivation.txt
- Using Money Wisely to Motivate Employees.txt
- using-financial-constraints-as-motivation-to-study-harder.txt
- using-health-as-motivation-to-become-beautiful.txt
- using-yoga-as-a-motivation-to-better-life.txt
- why-self-motivation-is-important.txt



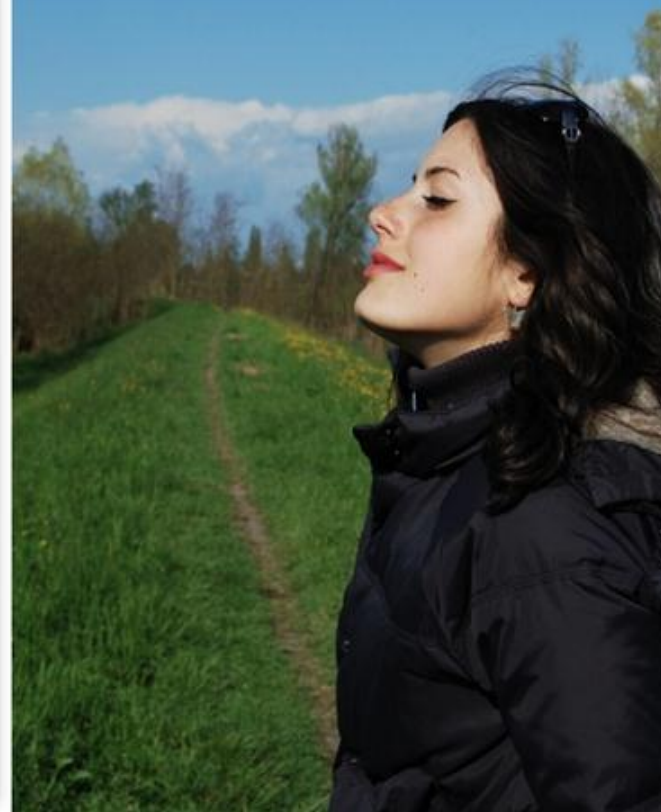
PERSONAL DEVELOPMENT PROFIT PACK

PLR article pack #7

Name

- 1 About A Personal Development Home Based Business.txt
- 2 Begin a Personal Development Entrepreneur Business.txt
- 3 Benefits of Using Business Development Adobe Documents.txt
- 4 Common Barriers to Personal Growth and Development.txt
- 5 Do You Need A Life Coach For Personal Development.txt
- 6 Easy to Create Adobe Business Development Documents.txt
- 7 Finding Help From An Internet Personal Development Business.txt
- 8 Finding Personal Development Coaching Resources in Essex.txt
- 9 Finding the Right Personal Trainer for Business Development.txt
- 10 How Personal Development Training Assists Management.txt
- 11 How To Begin A Personal Development Plan.txt
- 12 How to Create a Personal Leadership Development Plan.txt
- 13 How to Develop Your Personal Career Development Profile.txt
- 14 How to Find the Best Personal Development Coach.txt
- 15 Personal Growth and Development Systems.txt
- 16 Personal Trainer Ideas for Business Development.txt
- 17 The Importance of Personal and Social Development in Business.txt
- 18 The Importance of Personal Career Development for Students.txt
- 19 The Importance of Personal Development Seminars.txt
- 20 The Path to Personal and Professional Development.txt
- 21 The Thieves of Personal Development.txt
- 22 What is a Personal Development Consultant.txt
- 23 What is Personal Development Coaching.txt
- 24 What is Personal Development.txt
- 25 What is Your Personal Development Growth IQ.txt

PERSONAL DEVELOPMENT PLR ARTICLE PACK



PERSONAL DEVELOPMENT PROFIT PACK

PLR article pack #8

Name

- beating depression.txt
- building self esteem.txt
- cause of low self esteem.txt
- child self esteem.txt
- high self esteem.txt
- improve self esteem.txt
- personal development goals.txt
- personal development seminars.txt
- personal growth coaching.txt
- self esteem improvement.txt
- self esteem quizzes.txt
- self esteem tests.txt
- self help book.txt
- self help groups.txt
- self help magazine.txt
- self help resources.txt
- self help tapes.txt
- self help tests.txt
- self improvement books.txt
- self improvement programs.txt
- self improvement tapes.txt
- self improvement techniques.txt
- self improvement videos.txt
- symptom of low self esteem.txt
- teen self esteem.txt

SELF HELP & PERSONAL GROWTH PLR ARTICLE PACK



PERSONAL DEVELOPMENT PROFIT PACK

PLr article pack #9

Name

- Answering the Time-Old Question - What is Self Image.txt
- Aspects that aid in controlling oneself in Self Control.txt
- Awaken your senses through self hypnosis.txt
- Basic methods for self hypnosis.txt
- Boost Your Self-Esteem and Believe You Can.txt
- Confidence Through Neuro-linguistic Programming.txt
- Consciousness in Healing the Hidden Self.txt
- Contents of a Self Improvement Course.txt
- Desires in Healing the Hidden Self.txt
- Explore your inner-self.txt
- Gaining Self Confidence To Succeed In Anything.txt
- Healing the Hidden Self by Controlling You.txt
- Methods Of Self-Esteem Improvement.txt
- Performance - Turbo-Charge Your Life With Powerful Self-Talk.txt
- Personal Mastery And Improving Your Confidence.txt
- Self esteem improvement - Start now before it is too late.txt
- Self hypnosis secrets.txt
- Self-hypnosis towards self improvement.txt
- Self-motivation - The Desire To Succeed.txt
- Shape Self in Society for Self Identity.txt
- Start Building Self Esteem Today.txt
- Test Your Self Esteem.txt
- The Advantages of Self-Confidence.txt
- The Key to Developing Your Self-Esteem.txt
- Weaknesses Explored in the Hidden Self.txt
- Why you should get your own self improvement video.txt
- Your-5-minutes-daily-program-to-Stress-management.txt
- Your-7-days-program-to-Positive-thinking.txt
- Your-7-days-program-to-self-improvement.txt
- Your-7-days-program-to-Stress-management.txt

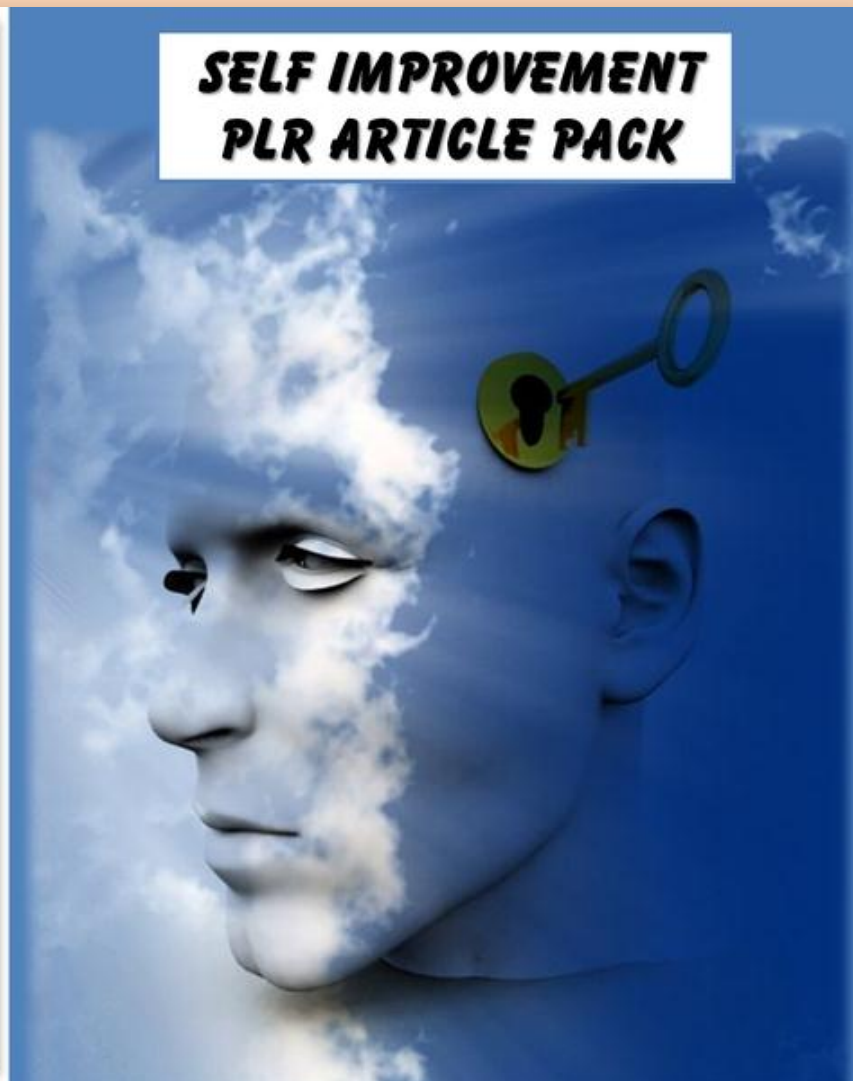
SELF IMPROVEMENT PLR ARTICLE PACK



PERSONAL DEVELOPMENT PROFIT PACK

Plr article pack #10

Name
10-inspirational-quotes-that-can-improve-yourself.txt
10-questions-you-should-ask-to-yourself.txt
10-ways-to-empower-your-communication.txt
10-ways-to-start-taking-control.txt
Be-happy.txt
bring-innovation-into-your-life.txt
build-your-self-esteem-a-starter-guide-to-self-improvement.txt
Coaching-an-easy-way-to-make-things-happen.txt
develop-your-intuition.txt
dream-your-life.txt
energy-healing.txt
Enjoy-your-life-change-your-point-of-view.txt
Grow-spiritually-a-guide-to-spiritual-development.txt
harnessing-your-attraction-power.txt
herbal-supplements-is-it-worth-the-risk-yes.txt
how-natural-medicine-can-help-you.txt
how-to-be-genuinely-happy.txt
Its-time-to-start-a-Healthy-life.txt
make-it-happen-be-a-leader.txt
meditation-techniques.txt
motivation-the-heart-of-self-improvement.txt
of-the-good-use-of-relaxation.txt
positive-attitude-can-change-the-world-around-you.txt
self-empowerment-using-people-unlock-your-social-potential.txt
self-improvement-and-success.txt
Start-your-own-coaching.txt
Take-decision-live-your-own-life.txt
the-basics-of-goal-settings.txt
the-power-of-relationships.txt
unleash-your-creative-thinking.txt
unlock-your-self-improvement-power.txt
what-can-time-management-bring-to-your-personal-growth.txt
What-you-should-know-on-Leadership.txt
why-is-it-important-to-improve-yourself.txt



PERSONAL DEVELOPMENT PROFIT PACK

Plr article pack #11

SELF HELP PLR ARTICLE PACK



Name

- ☐ ACQUIRE POWER THROUGH SELF DEVELOPMENT.txt
- ☐ DEALING WITH OTHERS.txt
- ☐ EXCLUSIVE FRIENDSHIPS.txt
- ☐ FEAR AND REASON.txt
- ☐ IMPORTANCE OF GOOD CLOTHING.txt
- ☐ LAWS OF MAGNETIC ACTION.txt
- ☐ LAWS OF MAGNETIC DEVELOPMENT.txt
- ☐ LOVE AND FAITH.txt
- ☐ MENTAL ATTITUDE.txt
- ☐ ONE-MAN POWER.txt
- ☐ PERSONAL MAGNETISM.txt
- ☐ PHYSICAL TONE.txt
- ☐ PREPARING FOR OLD AGE.txt
- ☐ REDUCE TENSION.txt
- ☐ REST AND SLEEP.txt
- ☐ SALUTATIONS-WHY IMPORTANT.txt
- ☐ SYMPATHY, KNOWLEDGE AND POISE.txt
- ☐ THE ART OF CONVERSATION.txt
- ☐ THE ENTRANCE INTO SOCIETY.txt

PERSONAL DEVELOPMENT PROFIT PACK