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10 Tips to Read More Books
by: Emily Luna
A survey carried out 15 years ago showed that almost half of Americans didn't read a single book in 12 months. Since then, reading rates have been falling. Sometimes this happens just because we don't have enough time, but more often it's just lack of motivation. So, before you turn to our foolproof tips for developing a reading habit, ask yourself a simple question.

Do you really want to read more?

Most of us know we SHOULD read more. Yet, we don’t really WANT to – we don’t truly understand all the benefits. That’s why so many attempts to read more fail. So, what are the benefits of "consuming" more texts?

Keeping your mind sharp. Reading involves mental effort, it forces you to think – this is what television, for instance, can't do.

Becoming an expert. Having read around 15 books on a subject, you build a better understanding of it than most people. Having read 200-300 books on a topic, you reach the level of an expert.

Changing your life. Self-help genre is the best in this respect, yet even fiction often gives ideas for self-improvement and making your life better. Reading a lot often gives you a chance to think in ways you hadn't considered earlier.

Being aware of what's going on in the world. Books may give an insight about trends that will affect our future.

Think of other, more personal reasons. If you are still sure you really want to develop a reading habit, try the following strategies.

Start your morning with reading

Why not start your day with investing in yourself? If reading is the first or one of the first things you do when you wake up, you will be less likely to skip it or just "forget" about it. This routine will help you make reading an automatic activity. You will also read later in the day, when you have time. However, if you know your mind tends to be slower in the first half of the day, then you might consider reading in the evening, when your concentration is better.

Set a daily goal

For instance, 30 pages or 10% of a book daily. In this way you will be able to read about 3 books a month, or 36 books a year. For bigger books, 10% is a lot, so you may want to read 5% in the morning and 5% later in the day.

Drop a book you don't love

Having read 20% of a book you discovered it's just a waste of time? Don't be afraid to quit. Otherwise, reading will become a chore rather than a passion.

Keep a list of books you’d like to read

Amazon Wish List can be rather convenient for building such a list. Avoid multiple lists, as you will very likely lose track.

Keep track of the books you've read

If you are able to see your achievements, it will help you build up motivation.
Make notes

Use note taking software that gives you a chance to synchronize information on several devices. If you prefer paper books, you may consider making notes on a piece of paper and keeping this piece inside the book.

Try speed reading

This technique is great for many types of books, including self-help books and books connected with one's job. You will easily find books and software to help you increase your reading speed. But just to begin with, try the following simple steps:

- run a card, a pointer or your index finger beneath the text – in this way you force your eyes and brain to keep pace

- stop "pronouncing" words you read in your head

- read in sprints: set a timer (10 minutes, for instance) and read faster than you actually comprehend.

Have a book with you everywhere

If you find paper books too heavy, opt for an ebook. You may be surprised by how much you are able read during the time in lines etc.

Listen to audio books

It takes more time to listen through a book than to read it, yet audiobooks are great when you can't actually read (doing chores, walking around).

Make reading more of a social activity

Join a book club. There are a lot of online groups, but you may also find in-person clubs in many towns. Get a library card or find friends who share your interest in reading.

About The Author

Emily Ardagh is a life-long literature fan. She likes to analyze poems and shares her findings in her blog: http://emilyspoetryblog.com/

Article Source:
http://www.articlebiz.com/article/1051637699-1-10-tips-to-read-more-books/
5 Of the World's Easiest Mountains To Climb  (reading – 9.9. - 15.9.)
by: Stephen Holmes

I am not saying just anyone can do these peaks, you still need to train before any climb, but these are by far the easiest peaks to get you started. If you are serious about climbing some of the world's best mountains then you could do worse than starting with these 5.

Mount Fuji - Japan

This is quite spectacular to look at, one of the only mountains in the world that is a singular peak standing at over 12,388 ft. You will need a guide to take you but a novice can easily climb up and down in around 8 hours. Mount Fuji is open just 2 months of the year so make sure you book in advance for July and August. Probably one of the easiest mountains to climb and a great start if you are just getting into trekking.

Mont Blanc - France/Italy border

Mont Blanc is the highest mountain in the alps standing at 15,780 ft. There are numerous routes you can ascend this peak on both the French and Italian side each with their own challenges. There are plenty of easier routes that a beginner can take and is an excellent way to build up the stamina needed for more of the bigger peaks to come. This will take around 2 days to complete with huts up and down the mountain for an overnight sleep before ascending to the summit.

Mount Elbrus - Russia

The highest mountain in Europe stands at 18,510 feet but the climb itself starts at around 12,000 ft so in essence you are only climbing the upper third. Summer is the best time to climb this mountain as unpredictable weather during the winter months could make it impossible. It takes around 2 days to complete the climb so this is ideal for a beginner looking to get used to changing temperatures during a climb.

Jbel Toubkal - Morocco

This is one of the easiest mountains to climb in the world, standing at 13,671 ft it will take just 2 days to get to the top on a lovely sunny day. The peak is accessible all year round but the summer months offer the least change of adverse weather conditions. What you get with this climb is outstanding scenery along the way and an amazing view at the peak.

Mount Kinabalu - Malaysia

Mount Kinabalu is the highest mountain in South East Asia at 13,455 ft. It is a great climb for the novice that is used to the changing temperatures and stamina needed for a mountain ascent. It takes 2 days from the base camp to the peak with the use of guides. There are a number of routes that will test the more advanced climber but most will take the route to Low's peak to see the morning sunrise. It also offers one of the most amazing views around with the tropical climate at sunrise ideal to see far and wide.

About The Author

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Finding the Right Job  (reading – 16.9. - 22.9.)
by: Sally Thompson

Life is uncertain. Do you find yourself in the middle of a crisis? Sweat not. It is time to take things in your control. Everyone goes through tough times in life, you are not just the only one. It will make you a stronger person and a better decision maker to handle bigger challenges in life.

Even if it is a challenging situation - any work-related problems - don't lose heart and stay strong. The only thing that you can control is yourself as most of the situations are beyond your control.

For instance, if you recently lost your job or find yourself in a wrong job or organization, the first thing you need to do is accept it as a challenge. Here are the other key steps or things you can do to build a safe and enriching career:

- Don't look back: Start afresh - look for options around you or within your current organization, contact your friends and others in your social network to explore job opportunities.

- Job Profile: Also, create a fresh or update your profile on credible job portals. Networking is another useful tool to help you get your dream job. Talk to your family and friends; they will definitely support you.

- Reskill or upskill: It is also time to learn new skills or hone the existing ones. Understand the market requirement and look for resources that can help you upgrade or expand your skills. The Internet is the best source to find out the latest in your field. Browse the Internet for relevant articles, blogs and other useful materials by known people in your domain. This will help you stay abreast in the domain and identify the gap. You can bridge this gap by taking courses and master your domain. It's time to unlearn, learn fresh, apply skills and grow.

- Earn from home: Explore freelance projects online. Popular sites include Guru.com and Freelance.com. You might find a freelance project to ensure a regular source of income and financial independence.

A little bit of effort will help you discover the unknown opportunities waiting for you. To err is human. Learn from your past mistakes and apply best practices in job, you will definitely be a more refined and better professional.

Stay focused and be market relevant. Be confident and believe in yourself. Your destiny is in your hands. Start working on your future now and define your career your way. All the best!

About The Author

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The law of attraction simply says that what you put out into the Universe you will receive back. That means, if you go around feeling angry and negative then you are going to attract more angry negative events. If you go around smiling and giving compliments and putting out feelings of joy then good things will come back to you.

Now, most people may say I can think whatever I want to think and my life still sucks. It's because the law of attraction is always working. It is working on the things you are even harboring deep down in your subconscious as well as your conscious mind.

How do I make the law of attraction work for me? You can make the law of attraction work for you by using affirmations, prayers, mantras, gratitude or simply anything that activates feel good energy inside of you. What you read and view influences what you think about which therefore affects the energy you emote into the world. Therefore it's important to monitor what you watch and the environment in which you navigate. You want to be around those that inspire not those that conspire to steal your joy.

The power of repetition is the number one tool to produce results from using the law of attraction. The thoughts you repeatedly put in your mind will become automatic thoughts. We never forget the things we learn as children, such as the pledge of allegiance, because the words became imbedded deep within the mind. Because of the repetitive habits we used to learn it. As we repeat something we move toward mastering it. Repetition creates habits. If you're consistent in a habit and truly stick with it over time it becomes more and more automatic.

The documentary, The Secret, is made up of great minds coming together to explain the law of attraction. The movie started the shift into mindful thinking that has exploded globally. Creator Rhonda Byrne researched and brought together incredible teachers from all walks of life to share the benefits of the law of attraction and it touches on ways we can practice it. It is a great reference for anyone that would like to know more.

Many great thinkers and philosophers have tried to bring the secret of success to the mass population. The book Think and Grow Rich by author Napoleon Hill shares the concept and many successful people today credit this book for their success. This is another great reference for anyone that is searching for more information on the subject.

I personally have actively pursued and used the law of attraction. The good news is that it actually works but it is always in motion so self-awareness and mindful thinking are crucial in attracting what you truly want.

About The Author

Follow my journey as I explore the law of attraction in my own life.
http://www.spiritoffaithfulness.blogspot.com

Article Source: https://EzineArticles.com/expert/Charlene_Chamblee/111015
Putting Off Exercise? (reading – 30.9. - 6.10.)
by: Kelan Ern

Today is the day!

You told yourself you'd hit the gym after work. But work was more hectic than you thought. Now you're drained. You drive home, clean up a bit, but then you make the mistake of sitting down. You can feel your energy fading - along with your motivation.

You know you should get that workout in.

But the idea of dragging yourself to the gym is quickly turning into a pipe dream. You feel like you just can't get yourself to get up. So then you decide you'll work out tomorrow instead. But this too is questionable.

This cycle can go on for days ... weeks ... even months. And it's frustrating because part of us wants to work out, and knows we'll feel so much better once we do - but another part of ourselves would rather just crash on the couch.

So why do we procrastinate workouts?

Let's look at three culprits:
1. I'm Too Busy
2. I Don't Feel Like It
3. I Can't Wake Up In Time

1) I'm Too Busy

Have you found there are "more important" things to do than getting to the gym?

Maybe there's paperwork to catch up.

Maybe there are clothes to fold.

Maybe you have to make dinner.

The tricky part is all of those might be valid. All of those might be important. But those reasons can quickly turn into excuses. Especially if those same reasons stop you day after day.

2) I Don't Feel Like It.

Some days we just aren't in the mood.

We're tired.

We're stressed out.

We're not feeling motivated.

Because we're not in the right mood, we wait until a "better day" or when we're in a "better mood".

Behind this reason is often the belief that, "I need to be motivated before I act" - which is far from the truth. I've met many fit people and some days they are gung-ho and super-motivated but sometimes they aren't - but they work out anyway. Lack of motivation doesn't stop them.
3) I Can't Wake Up In Time

Mornings can be rough.

The alarm disrupts our perfect slumber. So we hit snooze once ... twice ... a dozen times until finally we frantically have to get ready for the day.

Maybe the bed is too cozy

Maybe it's too cold outside.

Maybe you're too tired.

It can be tough waking up, especially if you're a night owl. Or if you're in the habit of snoozing your alarm clock. Sure - exercising in the morning has benefits. But if the mornings don't work, find a time that does. For some people, lunch hours or evening works much better for them.

So it could be any one of these or combination of these. Whatever the reason, let's look at two ways to prevent this cycle of procrastinating workouts.

Imagine The Finish Line

As you imagine your next workout, what comes to mind?

Do you imagine how pleasant and enjoyable it's going to be?

Do you think about how happy you're going be while doing it?

How much fun you're going to have?

Probably not. When most people imagine working out, they picture all sorts of unpleasant things. Their focus zooms in on the painful exercises ... how hard it will be ... how tired they'll be ... how sore they'll be ... everyone watching them ...

It's easy to see how they talk themselves out of it.

Focusing on these things will make anyone unmotivated. But just like a photographer, you can adjust and shift your focus to other qualities of a landscape. More beautiful aspects. More inspiring aspects.

In fact, let's take a lesson from the Navy Seals on this.

Years ago, the Navy Seals were in a dilemma, 76% of their top candidates were dropping out. The Navy knew these recruits were more than capable, yet few were making the cut. So they called psychologist, Eric Potterat to figure out how to boost the recruits' mental toughness. Potterat created four habits (called The Big Four) that worked so well, it increased graduation rate by 50%!

One habit was known as "Imagining How Good It Will Feel".

When recruits needed a boost to keep them going through a brutal workout, he taught them to imagine successfully completing a workout. This allowed them to tap into powerful emotions like feeling successful and accomplishing something. And this allowed them to power through it.

Here's how you can use this:

Visualize A Successful Workout

Imagine yourself successfully completing the workout.

Think about how good that will feel at the end.
Feel that success and that accomplishment.

Even if it's just one workout, it's still an accomplishment.

Even if you can't perform as well as you used to, it's still an accomplishment.

Visualize it as best as you can.

Bring in as many senses as you can.

And you don't have to focus on the completing the entire workout. You can use this for certain parts of your workout; using something Potterat calls "segmenting."

In an interview with Business Insider, Potterat states:

"If you're thrust into a seemingly overwhelming, stressful situation, the best thing you can do is just kind of manage one step at a time and focus on what's controllable."

Pick out certain exercises and how they will feel once you've accomplished them.

For me, I don't enjoy doing pull ups. If I imagine doing pull ups, it's not very motivating. But if I imagine what it's like after completing pull ups, it's very motivating. Use it for certain exercises.

When you break it down like this, it's somewhat like crossing off items on a checklist. You can give yourself a surge of accomplishment by finishing each of those small steps.

Here are some additional aspects you can focus on:

When you're done how much more alert and energized will you feel?

How much more peace of mind will you have after the work out?

How much better will the rest of your day feel?

Do you think that feeling of accomplishment will carry with you the rest of the day?

5-Minute Commitment

Working as a fitness professional, I learned that the most successful clients had certain things in common.

One of which was the quantity of workouts they did on their own (called "off-day workouts"). In many cases, these would make or break people. You see, when people need to show up for a session with a trainer, they have accountability. So it's not too difficult to show up.

But it's a different story when they have to show up on their own.

So I gave them a challenge.

Even if you're tired.

Even if you don't feel like it.

Even if you're not motivated.

Even if you're not in the mood.

5-Minute Commitment

Workout for 5-minutes
If after five minutes you still aren't feeling it, then go home.
Well, guess what?
In most cases, they'll finish the entire workout. Instead of waiting for motivation to strike them like lightning, they acted their way into motivation. It's similar to the quote by William Butler Yeats, "Do not wait to strike till the iron is hot; but make it hot by striking."

Commit yourself to just five minutes.

Worst-case scenario, you still accomplish a small workout.

Best-case scenario, you finish the entire thing.

**About The Author**

For more ways to fight procrastination and boost your discipline to power through projects, workouts, and tasks - check out [http://www.elitelifecoaching.net/procrastination-and-productivity](http://www.elitelifecoaching.net/procrastination-and-productivity)

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