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November 23, 2020 Your neighbors downstairs are playing loud music. Again. How is it that they don't get tired of partying? And why do they choose songs with such a heavy downbeat that the glass in your closet vibrates every two seconds? What can you do to get the peace you deserve? What should you do? The human mind tends to walk in circles whenever faced with a problem without a clear solution. It is easy to forget the overall picture and get lost in anger and self-pity, wasting our precious time, energy and enthusiasm. Wouldn't it be nice if we always remembered to keep things in perspective? Wouldn't it be more effective to face all kinds of problems, from minor inconveniences to life-changing emergencies, with calm demeanor, sharp focus, and fearless determination to take the most effective action immediately? Unfortunately, people aren't like that. All too often we let anxiety or greed get the best of us and make hasty or shortsighted decisions that we quickly come to regret. Other times, we spend weeks or months at an impasse, remining exactly the same arguments, unable to accept the compromise needed to move forward with any of the options available. Buddhists talk about getting lost in the little self. In this state of mind, we literally forget the overall picture and focus on the little one. We begin to take our daily problems too personally and paradoxically become less able to solve them effectively. And that's the opposite of big thinking. Let me share with you a story regarding the great image of thought... In 1812, Napoleon Bonaparte's French army invaded Russia. After the decisive Battle of Borodin, the occupation of Moscow and thus Napoleon's victory in the war seemed inevitable. Unexpectedly, Russian Commander-in-Chief Mikhail Kutuzov made the highly controversial decision to step aside and allow the French to conquer Moscow. A large part of the population was evacuated and took supplies with them. The city itself was set on fire and much of it burned into the ground. After waiting in vain for Russia to surrender, Napoleon had to retreat in the midst of a bitterly cold winter. He won the battle, but he lost the war. The campaign ended in disaster and almost the destruction of the French army. What can we learn from this historical lesson? Focus on the consequencesNapoleon focused on an important part: the capture of Moscow. No one could accuse him of thinking small. Yet he overlooked that the Russian military could still fight even after giving up the country's most important city. So, after all, was Moscow not an important target? Success expert Brian Tracy has a litmus test: things are important to the point where they have important consequences. Things are not important to the extent that they have no important consequences. When faced with a choice, ask yourself, what would be the consequences of each option? Want to spend an hour studying or watching a new series on Netflix? What would be the consequences of any option? The choice can be different for different people. An aspiring filmmaker may have a legitimate reason to choose Netflix. Personally, cleaning your own apartment can be relaxing and nutritious, although the cleaner rental economy looks compelling because you're earning a high hourly rate. Here you'll need a basic idea of who you are—what your goals, values, and desires are.2. Flip Defeat to VictoryKutuzov managed to turn a Russian defeat into a historic victory by reworking the problem in a broader context: losing Moscow does not have to mean losing the war. Despite the symbolic significance associated with the Kremlin, churches, priceless treasures that have been stored in the city for centuries, the result of the campaign was ultimately determined by the strength of the remaining armies. If you can take this result-oriented view, many of your personal defeats can be flipped into victories as well. Few events in human life are absolutely good or absolutely bad, and it usually takes many years to recognize in hindsight what role a particular encounter will play in your story. That's why we have every reason to look for good in things that happen to us. This is a very practical attitude, far from unfounded positive thinking. After all, if something unfortunate has happened to you and you find good sides in this situation, you will then be better able to take advantage of these good sides. Let's say your noisy neighbors affect your productivity. What if it's a blessing in disguise? How can you turn this defeat into a victory? Maybe you are too serious about life and could learn how to have more fun. Join the neighbors or go for a walk instead of work. Maybe you just wanted to be productive while instead putting off on social media. Now that your procrastination has been interrupted, stop and accept this much greater obstacle to your productivity. Maybe you're too sensitive to interference. Take this opportunity to practice ignoring noise and doing your best anyway. Maybe you have a victim mentality and a sense of injustice draining you more than any real harassment your neighbors could cause. Try to take this outage in your productivity the way you would accept bad weather. Get used to finding opportunities in your problems. This is a typical big picture of thought.3. Ask for adviceBoth Napoleon and Kutuzov had trusted advisors to discuss their affairs. In general, getting a different perspective – or a few – can only help inform your understanding and lead to better decisions. Just make sure that people you are competent in a specific area where experience is needed. Paying money for advice can also be a wise investment. Lawyers, tax accountants, doctors spend years learning how to help people like you in more successful and fulfilling lives. A quick legal consultation can save you a fortune in a row or even keep you out of big trouble. Medical check-ups can detect potential problems and help keep you healthy and active for years to come. Even big, complex dilemmas in your work or in your romantic relationship can be solved more effectively by partnering with a coach or therapist or, of course, with the help of a wise friend.4. Beware of Biased AdviceMany imperfect decisions occur in response to imperfect advice you choose to act on. This advice often comes from a biased party. For example, we are often encouraged to buy something we supposedly need. Protect the skin from harmful UV rays with a special cream. Enrich your health by getting multivitamins. Connect with your friends by sending them elaborate gifts. Brighten up your weekend by eating delicious pastries. Be more productive with a faster PC. However, most purchases are unnecessary. Some, such as sunscreen, have legitimate advantages when used correctly. Others, such as multivitamins, make a difference only for a small group of people. Advertisers of these benefits inevitably want to narrow their focus to overestimate the importance of their product. They often present it as the only solution to your problem, whether real or imaginary. After all, the skin can also be protected from the sun by wearing appropriate clothes. Health can be better fortified by eating a balanced diet and exercising regularly. Spending time or talking on the phone with your friends is the foremost way to connect with them, and it is practically free. Your weekend can be brightened by doing something you love. You can become more productive by focusing on the tasks that have the most important consequences. A faster PC can actually reduce productivity by making multitasking easier and allowing your favorite distractions. There are other sources of imperfect advice. Politicians also often want us to focus on a particular big picture, excluding alternatives. Even loving parents can be guilty of the same thing. They can advise their children to choose a career path that is safe and respectable, based on their great image, which they must nurtur in life. However, the child can disagree on the basis of another great image, that life must have meaning and fulfillment. Bottom line It's human nature to be rushed, emotional decisions based on incomplete information, then regret those decisions later. You can protect yourself from poor judgment by trying to achieve a big picture when you need to think carefully. Focus on the consequences of your decision before What do you think? Play with the cards you've been dealt, but look at the opportunities in every situation and you'll find them. Ask knowledgeable mentors for advice, but beware of biased people who have an opinion but don't necessarily have their best interest in mind. Still, remember that real great thinking comes from hard-won experiences. Legendary military commanders Napoleon Bonaparte and Michail Kutuzov were both wounded on the battlefield. Clear thinking comes from putting your big picture to the test of reality. More Tips on Thinking ClearlyThey are not photo credit: Haneen Krimly via unsplash.com unsplash.com

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