I've been trying to find the best methods for how to have a good night's sleep ever since I woke up one morning with zero energy, zero motivation, and zero interest in doing anything. Sleeping is the one thing I can't find a way to make work for me. # Finding it hard to concentrate, especially when reading something stimulating, losing focus during important conversations, and forgetting things. # My friends say I look tired all the time. It's the only reason they ask me to come out with them. This is because I can't sleep enough to look well rested.

When my boyfriend said he wants me bad, I didn't believe him because he rarely says anything like that unless he means it. I'd rather say something once than keep saying it over and over again. The guy was just trying to tell me he had a great time with me at dinner and that the food was delicious! So, if your partner is always telling you you're beautiful, sexy, hot, wow, etc., he really means it! Don't question it! Listen for what he does instead of what he says.

People treat you based on how you treat yourself. When I start to feel good and look good and show up and do exactly what I need to do — people treat me differently. I get more opportunities, better service from others, more help from friends and family, and more compliments on my looks. This is the right time to invest in yourself. # Don't be afraid of trying something new! I was afraid of changing my hair color for almost a year until I did it! Now I love every color I try on my hair. It's about taking a chance on yourself and making a statement all at once! Look at the change as a positive one and don't worry about how it will make other people feel... unless they have a problem with it then that's their problem. # For those who don't like to talk to people. Try doing it more to learn how. I used to be afraid that I'd sound like an idiot if I opened my mouth and actually spoke. Being quiet and talking as little as possible allowed me to avoid situations where I might make a mistake or say something stupid. Over time, my fear got stronger, and I started avoiding conversations altogether whenever possible. One day, after several attempts at dating and flirting with women, an acquaintance casually mentioned how shy and quiet I was and suggested reading The Game: Penetrating the Secret Society of Pickup Artists by Neil Strauss.

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