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BY

MAGIC

Simone Janson (ed.)

MAKE PRIORITIES & RIGHT
DECISIONS, CHOOSE MINIMALISM,
SORT OUT & TIDY UP, DO LESS IS
MORE, INCREASE CONCENTRATION,
LET GO OF FEAR WITH CLARITY, SELF-
LOVE PSYCHOLOGY

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Make priorities & right decisions, choose minimalism, sort out & tidy up, do less is more, increase concentration, let go of fear with clarity self-love psychology

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Profound Expert Knowledge, Quality Assurance and AI: The Concept of Publisher of the Year Best of HR - Berufebilder.de®

Appendix: Tips and Prompts for using the AI Extensions

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Introduction: Information, Experiences of Success, Inspiration - you'll find all that in this Book

Dear readers,

glad we could convince you of the 4th, significantly extended edition, like thousands of readers before. Because this book makes your success tangible: In the following pages, you will not only encounter expert knowledge, but also a wealth of practical tools and resources that can help you achieve your goals and realize your full potential.

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback

For its interactive concept, the publisher was not only awarded the Global Business Award as Publisher of the Year by Corporate Vision Magazine and supported by the Minister of State for Culture and Media of the Federal Republic of Germany, but also repeatedly recognized in renowned media such as **ZEIT**, **Süddeutsche**, **personalmagazin**, or the special magazine **Personalführung**. For example, the **FAZ**, one of the most influential Newspapers in Germany, attests to us "good actionable tips" and customers like the **Press and Information Office of the German Federal Government** are enthusiastic. You can find many more reviews as well as information on free review copies at <https://best-of-hr.com/press/>.

Renowned experts from various fields - overview in the table of contents - have compiled their expertise and experiences to provide you with valuable insights and advice, practical and condensed. As a reader, you will also receive working materials as part of your book purchase, which you can download for free at <https://best-of-hr.com/academy/>. In addition, workbooks are available to help you reflect on the inspirations from this book.

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specifically tailored to your needs, we want to ensure that you make the most of this reading experience.

Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Briefly and concretely this is your benefit from this book: You support certified climate protection projects, quickly receive compact information and checklists from experts as well as access to AI extensions and the possibility to individually live your inspirations as an experience. Because even if the Simplify-your-life movement and later Marie Kondo with their KonMari method made the topics of tidying up and minimalism popular, it is difficult for many people to really separate themselves from all the beloved legacies: Too often they weigh too heavily Memories, sometimes too great is simply the fear of letting go of things. In fact, sorting, mucking out, and keeping things tidy are easier than you might think - provided you follow some basic tips that this book shows. But it also becomes clear that it has long been about more than just an orderly environment, much more important is your own well-being and mental harmony, which almost automatically arises through order.

You will receive valuable resources through this [unique publishing concept](#) that will enhance your knowledge, stimulate your creativity, and make your personal and professional goals achievable. This allows you to discover new ways, expand your thinking, and improve your skills to experience success. You will receive concrete advice, proven methods, and strategies to overcome challenges and overcome obstacles. By providing specific action steps and practical guidance, you will learn how to define your goals and develop plans to progress step by step. The clear structure and our special, highly detailed table of contents support you in quickly finding the desired information and implementing it directly into practice.

This is not only contributed by the expert articles of renowned experts but also by numerous inspirations from successful managers, entrepreneurs, and other exciting personalities. Their stories and experiences serve as vivid examples of how challenges can be overcome and goals can be achieved. Through their inspiring narratives, you gain insights into proven strategies and practices that you can apply to your own situations. Different, and potentially contradictory, aspects of the topic are deliberately addressed. This allows you to examine, reflect on, and weigh the various pros and cons optimally. This ultimately enables you to gain different perspectives and improve your knowledge to develop a deeper understanding of complex topics and find innovative solutions.

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Under the motto *Information as desired*, we also provide you with exactly the information you have been looking for. The book also includes an e-course with a worksheet for you to work through, which you can receive for free as a reader in

our Academy at <https://best-of-hr.com/academy/>. You can find out how to access it in the book's conclusion.

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learning experiences from our academy with individual exercises. And the interactive [travel planner](#) helps you plan individual moments of success.

One of the greatest strengths of AI is its ability to process large amounts of data and recognize patterns. By using machine learning algorithms, AI can learn from this data and make predictions. This enables you to make informed decisions, optimize your strategies, and even solve complex problems. Whether it's your personal career management, optimizing communication processes, or improving work efficiency - AI can help you achieve your goals more effectively.

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So you see: from cost savings to access to knowledge and education, to the opportunity to experience and live your own successes, to inspiration for entrepreneurial activities, and the possibility to earn money with our publishing house - reading our books can provide you with financial benefits in various ways.

Improve quality of life and health by detoxifying and detoxifying

// By Dirk Rauh

Some people want a lot, some people are less able. In addition, many things that make you wealthy are not for sale. And as everyone knows, the last shirt has no pockets.

Body and Mind

Body and mind are not separated. When you are sad, your body produces tears. When you get upset, your blood pressure rises. If you are happy, activate unconsciously your facial muscles and your immune system is strengthened.

You move in fresh air - your mood improves. They are massaged or pleasantly touched in one of the many ways - you are happier. They hear the leaves rushing. Your mind will be quiet.

How we harm our body

Some lovers can live by air and love, some disappointed ones eat Kummerspeck, others get away with worries of appetite. Some of them strain their bodies for a well-filled wallet, some frustrated people sit flat on the TV set with alcohol, ready-made pizza and chips.

By the way, according to a study, the average European is already spending about 12 years of his life in front of the screen. Others live an active life in the anti-aging or fitness delusion.

What is healthy?

The influence of our brain on the body is truly amazing. Even healthy food is not automatically healthy. If you are worried or stressed, you can demonstrably absorb less nutrients and digest and age faster.

"I have something in my stomach" says the vernacular! And this influence is not just for the moment. Any painful or pleasant body experience left behind and leaves traces. Love or punches, it makes a big difference!

Waste

By nature, our body is geared to storing no "garbage". Necessary is used optimally, no more needed excreted. A healthy body does not produce any slag. However, if the body is out of balance - often due to poor nutrition, overexertion, disregard for

one's own ecology, through our thoughts, moods and actions - this has negative consequences.

"Garbage" accumulates, for example quite clearly, when we eat more than consume. 67% of men and 53% of women are overweight in this country, although the conditions for healthy nutrition in Germany have never been as good as they are today. So many men pay more attention to good quality engine oil than to good cooking oil.

What do you need?

How important is the "fuel" that you supply to your body? Refuel gas, even though your car needs diesel - maybe because you used to drive a gasoline engine or because it recommends advertising or your neighbor also refuels gasoline?

I want to seduce you into a rendezvous with yourself. A rendezvous with consequences ... With successes that go beyond the usual striving for success. With successes that include quality of life, serenity and contentment - even in a time that demands a lot from you.

Body wrap

But you can also bodily "roar": More and more people resort to the bottle, pill or drugs. According to a FORSA study commissioned by Techniker Krankenkasse, 70% of employees feel stress in their jobs. One in four suffers from psychological stress that restricts it.

After the absences report of the AOK "more and more Germans are doping", in order to meet the requirements in everyday life. By the way: Some call this DVD our ego, our ego, our neural control system, our mind, our unconscious mind.

Relationships: chains or cobwebs?

Do you know this: do you feel obliged to go to boring meetings, events or family celebrations? Or do you maintain relationships only for the sake of form? Relationships are similar to cords.

They can both give us support as well as put on fetters. Some relationships are strong as chains, some sensitive as spiderwebs, others are similar to a suction cup with suction cups at their end, which simply do not let go and suck.

4 Questions about the relationship quality

Now take 5 minutes to answer the following questions. With the answers to the following questions, it will be easier for you to take the next step: to eliminate your "relational garbage". Because relational waste burdened, especially you!

- In which relationships do you feel comfortable?

- What contacts do you annoy, suck?
- What can you learn from bad relationships?
- What prevents you from getting relationships?