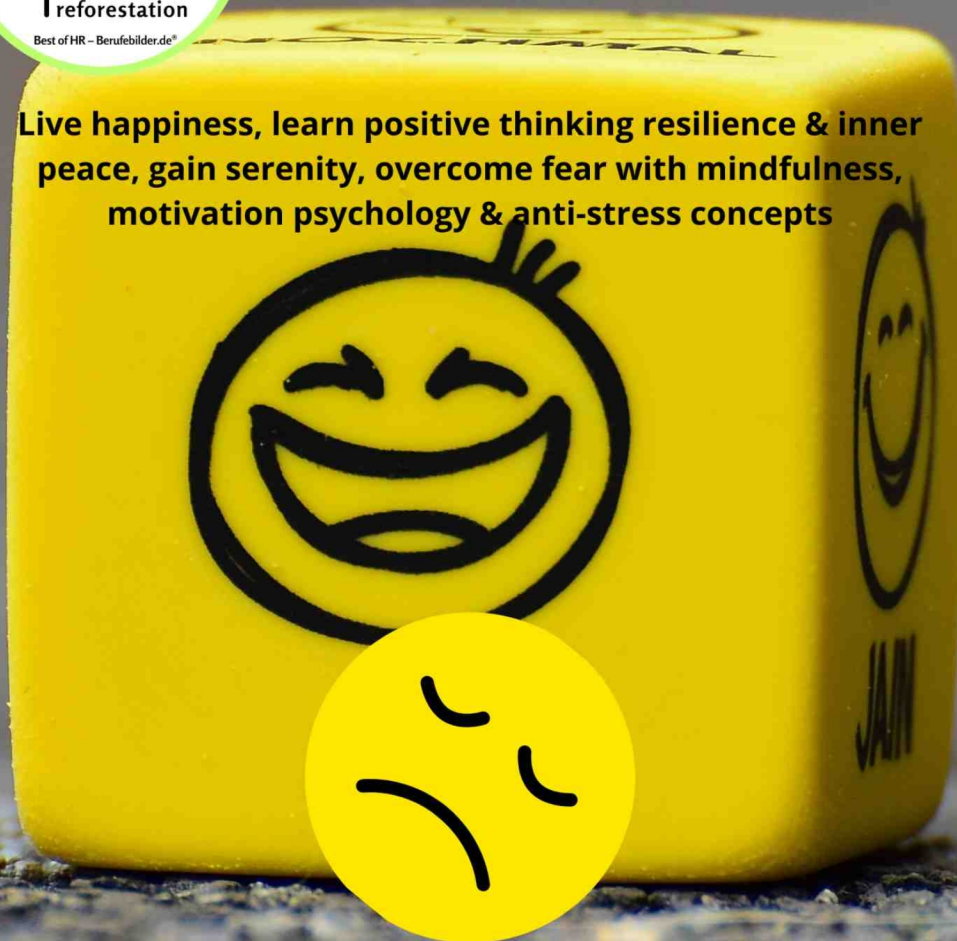


Don't brood, be
happy



Live happiness, learn positive thinking resilience & inner
peace, gain serenity, overcome fear with mindfulness,
motivation psychology & anti-stress concepts



Simone Janson (ed.)

Best of HR - Berufebilder.de®

Don't brood, be happy

Live happiness, learn positive thinking resilience & inner peace, gain serenity, overcome fear with mindfulness, motivation psychology & anti-stress concepts

Simone Janson (ed.)

Published by Best of HR - Berufebilder.de®

Table of Contents

Imprint

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

Achieve Goals Interactively: Awards, Press Reviews, Customer Feedback
Your Benefit in concrete Terms: Content, Organization and Structure of the Book

Information as desired with Membership Discounts, eCourses, Workbooks,
and custom, individual eBooks

Successfully use the AI Extension to the Book for your Goals and to make Money

Experience Success and Inspiration: Discover your Way and support Sustainability

Internal blockages actively changing mind traps and obstacles // By Claudia Hupprich

Negative thinking affects success: I'm stupid and the world is going under? // By Jens Korz

Ruminating makes you unproductive: against pessimism and catastrophic anxiety // By Simone Janson

Better Choice - 10 Tips: Properly informing instead of brooding! // By Simone Janson

Digital transformation and career reorientation: solving problems instead of brooding! // By Tom Diesbrock

Procrastination of cervicitis and perfectionism: 7 tips against anxiety // By Simone Janson

Small Talk - dialogue for success: overcome fear of embarrassment // By Dr. Cornelia Topf

Solve problems, make decisions: just do not think about it! // By Simone Janson

Just start instead of panic: how positive thinking makes you productive // By Simone Janson

More productive work through laughter: promoting communication and efficiency // By Simone Janson

Stop brooding and carousel of thoughts: 10 effective anti-stress strategies [+ checklist] // By Simone Janson

Anxiety, stress and panic: how to control your thoughts // By Patrick McKeown

Conclusion: How to expand your Knowledge and Experience with interactive AI and discounted Add-on offers for free.

Authors Overview

Patrick McKeown

Dr. Cornelia Topf

Tom Diesbrock

Jens Korz

Claudia Hupprich

Simone Janson

[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](#)

Imprint

The German National Library lists this publication in the Deutsche Nationalbibliografie; Detailed bibliographic data are available on the Internet at <https://dnb.dnb.de>.

ISBN of the German eBook edition: 9783965962187

ISBN of the English eBook edition: 9783965962194

German website of the publisher: <https://berufebilder.de>

English website of the publisher: <https://best-of-hr.com>

Don't brood, be happy

4th completely revised and extended edition, 10.01.2024

©2024 by Best of HR - Berufebilder.de®, a brand of Janson Pressgroup Print & Online

Published by Simone Janson

Duesseldorf, Germany

Concept, editing, graphic design & layout: Simone Janson

Cover design with Canva

eMail: publisher@best-of-hr.com

For your [successful, fulfilling life](#), the information you truly need: State-funded publisher, awarded the Global Business Award as [Publisher of the Year: Books, magazines, eCourses, data-driven AI services](#). Print and online publications, along with the latest technology, go hand in hand - with over 20 years of experience, partners such as the [Federal Ministry of Education](#), customers like [Samsung, DELL, Telekom](#), or universities. Behind it all is [Simone Janson](#), a German [Top10 blogger](#), referenced in [ARD, FAZ, ZEIT, WELT, Wikipedia](#).

All books are published in German and English. We take our responsibility to deliver well-researched and reliable information very seriously. Therefore, the publisher follows a dedicated concept for quality assurance and compliance, where the expertise of renowned experts goes hand in hand with the latest AI technology for information analysis and text optimization. If you have any further questions, you can read the corresponding chapter at the end of the book.

All works of the publishing house Best of HR - Berufebilder.de®, including their parts, are protected by copyright. Any use outside the narrow limits of the copyright law is not permitted without the consent of the publisher and the author. This applies in particular to the electronic or other reproduction, translation, distribution and making publicly available.

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.

All readers who are looking for individual solutions also have the opportunity to use the AI extensions and consulting tools free of charge within the framework of AI Extended Books, for which we usually charge a monthly subscription fee. Our interactive success advisors and other AI-supported tools are at your disposal to provide you with tailored advice and recommendations that are tailored to your individual needs. Use these tools to drive your success and achieve your personal goals.

In addition to this wealth of inspiration, we want you to experience and enjoy your success: As a reader of this book, you will have access to a variety of exclusive services that will help you live well and successfully according to your wishes: from inspiring reader trips, where you have the opportunity to discover new places and exchange ideas with like-minded people, to lifestyle products that are

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. It has been proven that a more optimistic attitude can also have a positive impact on life. Too much pondering and thinking, on the other hand, not only creates stress and a bad mood, but can also lead to anxiety and panic attacks. Here it helps to know the causes of your own often exaggerated worries and to do something about the brooding step by step. Resilience exercises, meditation and breathing techniques can help to realistically assess dangers and risks, to assess situations objectively and to react appropriately.

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.

Information as desired with Membership Discounts, eCourses, Workbooks, and custom, individual eBooks

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.

Our Academy offers you the opportunity to continuously expand your knowledge and skills and engage with like-minded individuals. By participating in our online courses and interacting with experts and other learners, you can achieve your professional goals and advance your personal success. We believe that inspiring experiences and continuous learning are the keys to long-term success. Therefore, we invite you to explore our Academy and benefit from the diverse learning opportunities.

In addition, the Workbook Success Planner is the perfect complement to the guidebooks. This workbook helps you successfully implement the inspirations and tips from our books, step by step and day by day, whether it's about career goals, decision management, or financial planning. You can either print the Success Planner yourself or order it as a bound book. Each workbook comes with a free eBook.

Do you want a personalized eBook topic or an e-course on a specific subject? You can also find that in our publishing house at <https://best-of-hr.com/publisher/>. We will create your personalized eBook on a topic of your choice upon request. In the Academy of Best of HR - Berufebilder.de®, you will also find email courses with individual assignments, personal support, and certification.

As a book reader, you not only have the advantage of gaining information and new insights but also enjoy financial benefits that come with purchasing our books. As a [newsletter subscriber](#) or [registered member](#), you will receive a 50% discount on all e-courses and a 20% discount on all other books as a member edition. You can find the books at <https://best-of-hr.com/shop/books/>. The coupon code is sent weekly via the [newsletter](#). Additionally, there is the Premium Membership, a paid flat rate for one year, which includes all learning materials, downloads, and premium articles.

Successfully use the AI Extension to the Book for your Goals and to make Money

For those seeking further individual guidance and services, our concept of *AI Extended Books* offers the potential to analyze information, gain valuable insights, and show paths to achieving your individual goals. By utilizing AI in your work or personal life, you can gain many benefits and work much more efficiently. Through our AI solutions, you will discover new ways to explore your horizons in innovative ways. And the best part is that this service is free for you as a book buyer. In the appendix of the book, you will find a detailed explanation and numerous application examples to facilitate your successful handling of AI.

Our interactive [AI-assisted consultant](#) is there to assist you with any questions regarding success, career, and personal development. Our [AI-eTutor](#) supports the 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.

With the AI tools from Best of HR - Berufebilder.de®, you can even earn money. This is done through an affiliate program, a marketing strategy where companies collaborate with affiliates to promote and sell products or services. Affiliates are individuals or companies that act as partners and receive a commission for every sale or action they generate. To participate in our affiliate program, please register [for our partner program](#).

Experience Success and Inspiration: Discover your Way and support Sustainability

But that's not all! We want to offer you a very special opportunity that will make your journey to personal growth and success even more unforgettable. Because we know that it's not just about reading, but also about experiencing and applying what you've learned. That's why we want to offer you exclusive vouchers for suitable trips and other items that perfectly match your chosen guide. To achieve this, we work with numerous network partners in accordance with our compliance guidelines.

So imagine putting the inspiring wisdom of your book into action while creating unforgettable memories at the same time. Whether it's a relaxing break at a wellness resort, an adventurous trip into nature, or a workshop that further develops your skills - with our specially selected vouchers, you can put what you've learned into practice directly and enjoy unforgettable experiences at the same time.

Let yourself be inspired by our guides and discover the possibilities that await you. Because we believe that true change doesn't just happen in the mind, but also in the heart and in action. So get ready to elevate your life to a new level with individual moments of success and make your dreams come true. By the way, 5 percent of your purchase goes to non-profit organizations that are dedicated to projects such as reforestation and climate protection.

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.

Internal blockages actively changing mind traps and obstacles

// By Claudia Hupprich

Each of us has certain blockages, pitfalls and obstacles that prevent us from achieving our goals. We call you Wusel. And imagine: you can actively change your bustle!

Change your mood to your mood

Do you already know your bustle? Congratulation! Now you can take the first steps to try out a few changes. The measures proposed below do not change the actual interaction of the Wusels and the reason for its actions, but can sometimes cause the first changes in the behavior of the Wusels.

All you need is your imagination and your humor, because now you can experiment as you please and transform the bustle. It is best to close your eyes again and let yourself be surprised by the upcoming encounter with the wusel. Now imagine that you have a kind of dashboard or dashboard in front of you, with a large number of knobs and controls. With each of these knobs and controls, you can change a particular aspect of the appearance of the wusel.

The size regulator

There is, for example, a regulator for the size of the wusel. As you turn the knob to the left, the wusel becomes smaller as you turn it to the right, the wobble increases. You can make the wusel small or also tiny, but also bigger and even huge.

Just as you like it. Experiment with it, you can restore the original state at any time. You will soon realize that there is a greatness for the whisper that seems to be the right one in your perception.

Whether it is the output of the wusel or you have reduced it or increased it, you will consciously perceive the moment when you have the impression that the appropriate size is the right one. The reason is not of interest here. It is only your perception that you should trust in this case.

The Wusel Zoom

Then switch to the next slider, which - similar to a photo lens - allows you to zoom around the wusel, thus reducing the distance between you and the wusel.

You can also zoom out the wusel, thus increasing the distance between you and the wusel. Then select the appropriate setting that best suits you.

The brightness control

Does the brightness fit? If not, try to find out what happens when you use the brightness control. Brighter, darker, no problem. You determine what you like best.

Color and sharpness

There are many other controls that can change your visual perception of the wusel: you can focus the wusel, but also blurred.

You can display it in monochrome, but also multicolored. You can change the colors. Treat yourself to the fun of trying each regulator in turn.

Re-dress the wusel

Have you already discovered the many small buttons on the dashboard? With these you can re-dress the Wusel, of course only if it fits into your imagination of the Wusel.

The selection of buttons is great: sailor suit, clown costume, cowboy hat, light sword, astronaut suit, wizard hat, school bag, balloons, sunglasses, cardboard nose ... There is something for every Wusel here. In short, you can change the shawl the way you like it.

The sliders for the sound

Do you remember the voice of the Wusel? There are, of course, controls too. You can make the voice loud but also quiet. They can make them very high and even squeaky, or even very deep. Mainly, you have the impression that the voice so now better fits the wuschel, so you like it better.

Do not take the wig seriously

A client of mine did not change the voice of the Wusel, but linked the music from the Sesamstraße children's series. Since it was a whisper, with a very childish logic, she could always smile when the wusel began to play his usual game.

Because together with the music from Sesame Street, she could no longer take the bustle of the hustle and bustle seriously. By the way of this example, you will notice that your imagination has no limits when it comes to changing the hustle and bustle.

What to do with aggressive wusels?