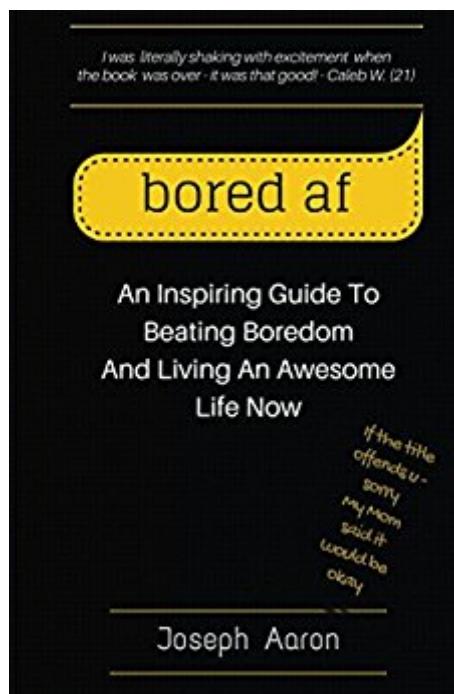


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Bored Af: An Inspiring Guide To Beating Boredom And Living An Awesome Life Now



Synopsis

What Everybody Needs To Know About BoredomIn this funny and inspiring book, Joseph Aaron shares a fresh perspective on why you're bored and what to do about it. But, more importantly, you'll discover how to find yourself, choose yourself, and to live an awesome life you never thought possible. What They're Saying About Bored AF "I was in tears at points ... the book's message was very clear" - Kimberly M (25) "There were a couple of parts where it just blew my mind" - Jay F (26) "WOW!!! This book was one of the best things I've ever read" - Ashlyn P (17) BoredAFbook.com

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Customer Reviews

If you are looking for something that really move you forward and out of the mundane and into changing your reality and living the dream you know that is inside of you. Then read this book

This book is amazing. Flat out the most inspirational book I have ever read in my life. I read the whole thing today because the chapters are usually 3 pages each and every single thing in each one you can instantly apply to any situation. So that's pretty much why it's so good. Every chapter

adds another idea and explanation of things you (me personally at least) can not see while stuck in a state of apathy and focusing on surviving the bitter grind of going forward for goals you have nothing to do with creating. By applying what I read it transitioned my work from dropping to the level of the super stressed out coworkers I have "I'm soooo tired wahhhh" or "man this sucks, I don't wanna go back out there". To me being entranced with my own direction I wanted to take. I couldn't hear anyone because my spotify drowned them out from me strongly setting my own mood up with music I like. Every single thing like those complaints and other little weird things that can possibly drag my day down and slow it up to a frustratingly annoying experience. I could overcome by moving faster than they could drop downer bombs. Even the customers I had to deal with. Some times I have to straight up trigger denial to not confront how utterly buzz killing the request to do stuff like, go check for them to see if I actually was right about what I just explained to them. But instead, from having a totally new complexly (yet subtle) layered approach. I could actually be motivated and already warmed up and moving fast enough to not even let it phase me. Today was one of the best days of work in my life! Because not being bored as it turns out, triggers that time flying by phenominon that vanishes like the statue of liberty with David Copperfield. When confronted (for me at least) with situations that remind one of waiting at the dmv or in line at the court house. Now those situations are more like waiting in line at universa studios for a cool ride because I constantly think about cool things for my self, like how the lady on the transformer ride sort of does the introduction thing. And it's better than disneys lame lines because the extra awareness allows you, like the awesome spritzer fans on hot days (only at universal studios). You automatically create those things that help you progress while waiting. Or instead of stuck grinding to a halt. You have priorities that matter. Which create goals. There are lots of things this book teaches and conveys. But in the end I saw that all that jibber jabber from people who are so far well off that they can't comprehend struggling. Like "all the answers are within". Is complete horse nonsense. You have some skills like the ability to create solutions. But it's knowing exactly how to get to that point. That is why this book is invaluable to me personally. Because for my self, I can not just get to that point. Too many people naturally do these things and if they are in a bad mood (like quite a few people I ran into today). They use that power to demotivate people and crush their dreams so they remain stuck. When you are at a really, really, really demotivated level to begin with. One effort of a pretty experienced dream crusher can totally stop your efforts of self direction for the rest of the day all the way to possibly weeks or months out to regain the lost traction. Honestly, because so many perspectives and excuses and issues people face are covered. It turns out the crazy sadistic people who enjoy crushing others dreams. Usually focus on one aspect of that to

trigger demotivation and they tend to hope that does the job (that's what I went through today). Same with school. From high school to community college. The motivation to step on a weak person to make them feel like a complete failure is pretty subtle and common and it always works exactly like a dream crusher. But because they don't really comprehend how motivation and dream creation works enough. The level of application surpasses anyones ability to one up you, custom personalized, to the point of forcing you to go about giving up. It was like I took my self declared goals and dreams and crashed them like a 747. And read a little more and took right back off. Continued anti air all over the place but nothing could actually destroy my plane I call my dreams and goals. None of the stuff I said is actually verbatim. The book shows you what's actually going on so you can develop your own powerful solutions to what ever crushes your dreams. The only question you should ask is, is \$10 worth the price. To overcome the thing that generates boredom for you personally, when you don't know where it's coming from or it turns into stark frustration? You decide. All I know is, to me it was and did exactly what was promised. I do still get lethargic at the end of my day. But every single time was because I stopped using what was in the book. Remembering why x y or z happens. And that's how easy it is to apply and snap you back. "Aha"

A great gift for your teen or yourself! Written in an easy to read style that makes this a book you don't put down until the very last page. It also helps inspire, motivated & create a positive perspective many of us have missed!

excellent new book with fresh ideas about how to get yourself motivated!

Intentional and Inspirational. Must read!

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