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<https://www.microvolt.com/001-Healthy-Living/00001-RELIGIOUS/>

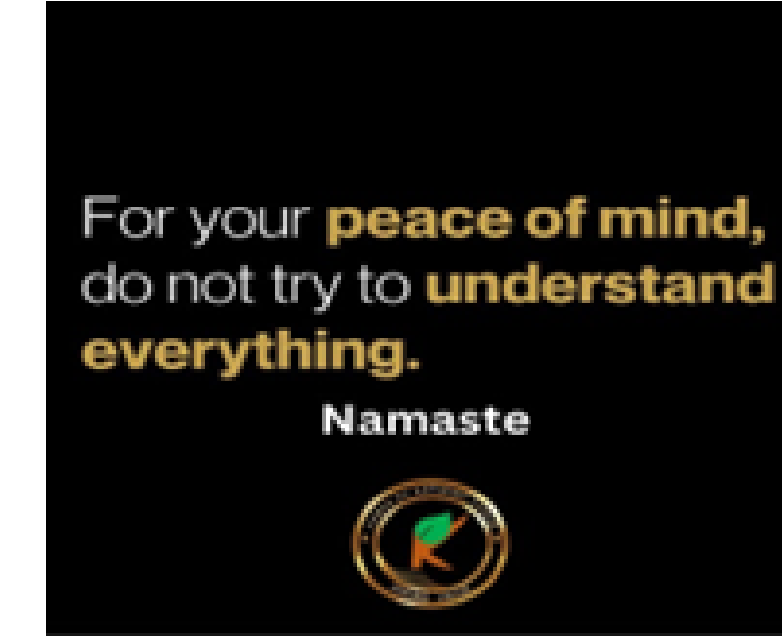
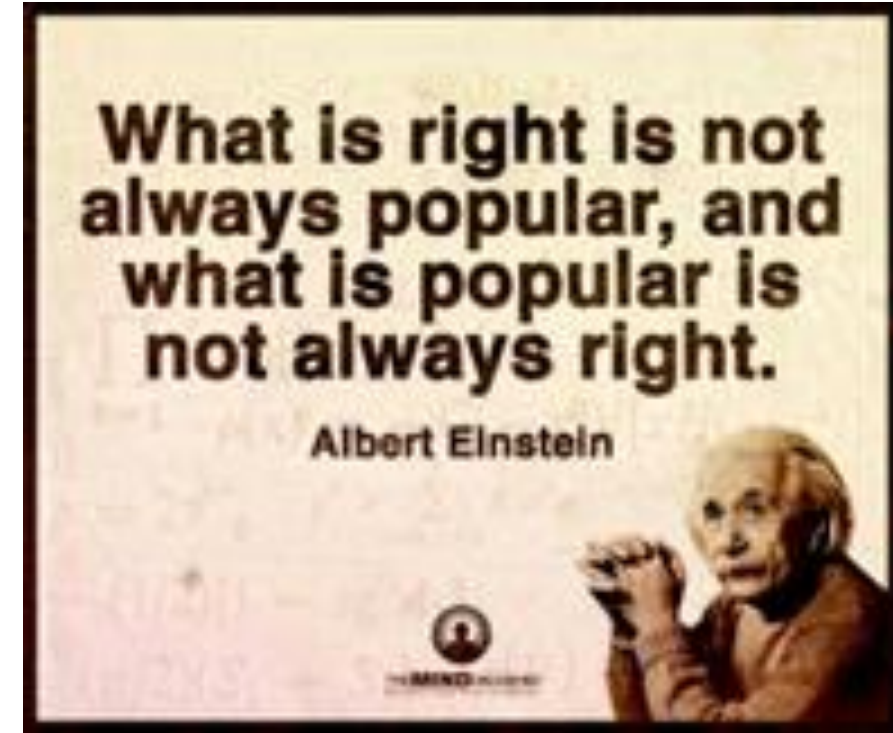
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HEALTH TIPS & MORE:

1. What's the best way to break old and odd painful century old habits that give extreme pains to others? Any ideas if you have, please share it very carefully.
2. Please visit and tell others too. This will make your future better than today, it is guaranteed.
3. [1014](#) , [1018.3](#), [1018.4](#) , [1018.5](#) , [1019](#) , [1019.1](#) , [1019.2](#) , [1020](#) ~~0~~
4. You may find excellent tips in these programs, preparing you to be the main and the important person. [LINK #1](#) & [LINK #2](#)
5. Link#1: <https://www.ebobmart.com/2024/PDF/1008.pdf>
6. Link #2: <https://www.ebobmart.com/2024/health/PDF/1018.3.pdf>
7. Please pay attention to what you eat (Balanced, nutrient rich, fresh food and exercise daily) is key for healthy body.
8. Did you ever wonder, the water being used, the source of water, spices, utensils, pots and pans, are made of what materials etc. Was it freshly prepared or it was refrigerated or frozen etc., we must pay attention for our better health, simply hoping and wishing good health does not work. In the case of paani poori, cooked rice steamed or steamed, freshly prepared paani & rice etc., tastes better.
9. There are [NARCISSIT](#) Personalities in this world. How do you spot them. A NARCISSIT thinks or believes nothing in this entire universe, there is something or someone, like him or her, no matter what. It is some kind of complex, or some of Syndrome! A NARCISSIT never acknowledges or recognizes his/her capabilities and does not recognize subordinates' abilities correctly. In their lingo it's just politics.
10. <https://share.newsbreak.com/9uxy3y4f> and <https://gordonramsayclub.com/greatest-natural-antibiotic-ever-3/>
11. It has become apparent that when elite businesses are supporting top political contender candidates, will win as compared to celebrities supported contenders who have very slim chances to win! In other words, whosoever is supported by elite business leaders before elections is a precursor for electoral decisions.
12. In this world, there are two types of people, from a unique perspective, business elites have abundance of wealth, and little or no time for political volunteer acts. However, the other group has time in abundance on their side and wealth is less. Both can play unique roles in making contenders win top powerful political positions.







It's well known that No Pains, No Gains.

When salaries are so low as compared to owners Take Home Wins,

It means All Pains are Theirs and All Gains are Best or Worst Owners, call Wins

You will go to Grocery store to buy household goods/spices etc.

You will not live or work in a place where Goons / Scamps rule not BBB etc.

A Narcissist always wants to learn and then misuses what has been learnt on you!

When the electoral VOTE(s)/NOTE(s) decides who wins, then voting is just a show/drama, for you!

It's proven by show or drama that make you believe its super / great democratic process by means which seems universal

When you know electoral Vote(s) is always right and people are most often, if not always wrong, it is proven by the process, that seams universal

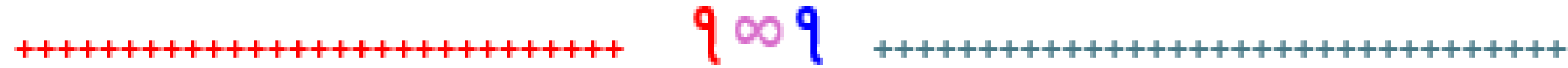
OK, I understand, the leader is elected indirectly, and local and state politicians are elected by voters directly,

Whether we call it Autoleocracy or Autopandacracy, it's the same, except Autoleocracy is aggressive by its manifestations

It's not fair to call it democracy, the label that matches the bill or reality is Autoleocracy or read on for more clarifications

Autoleocracy is extremely aggressive, and Autopandacracy is less aggressive.

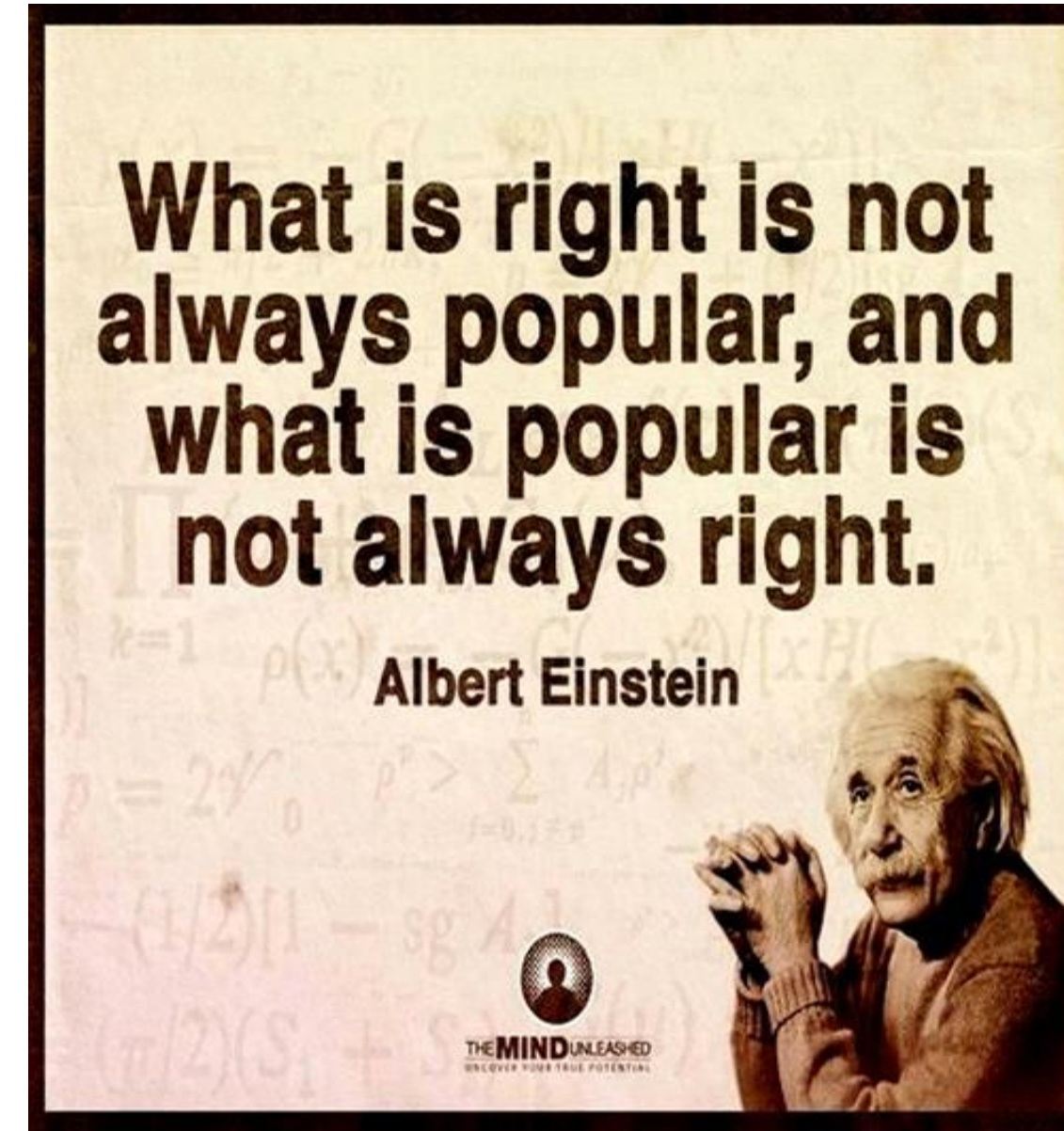
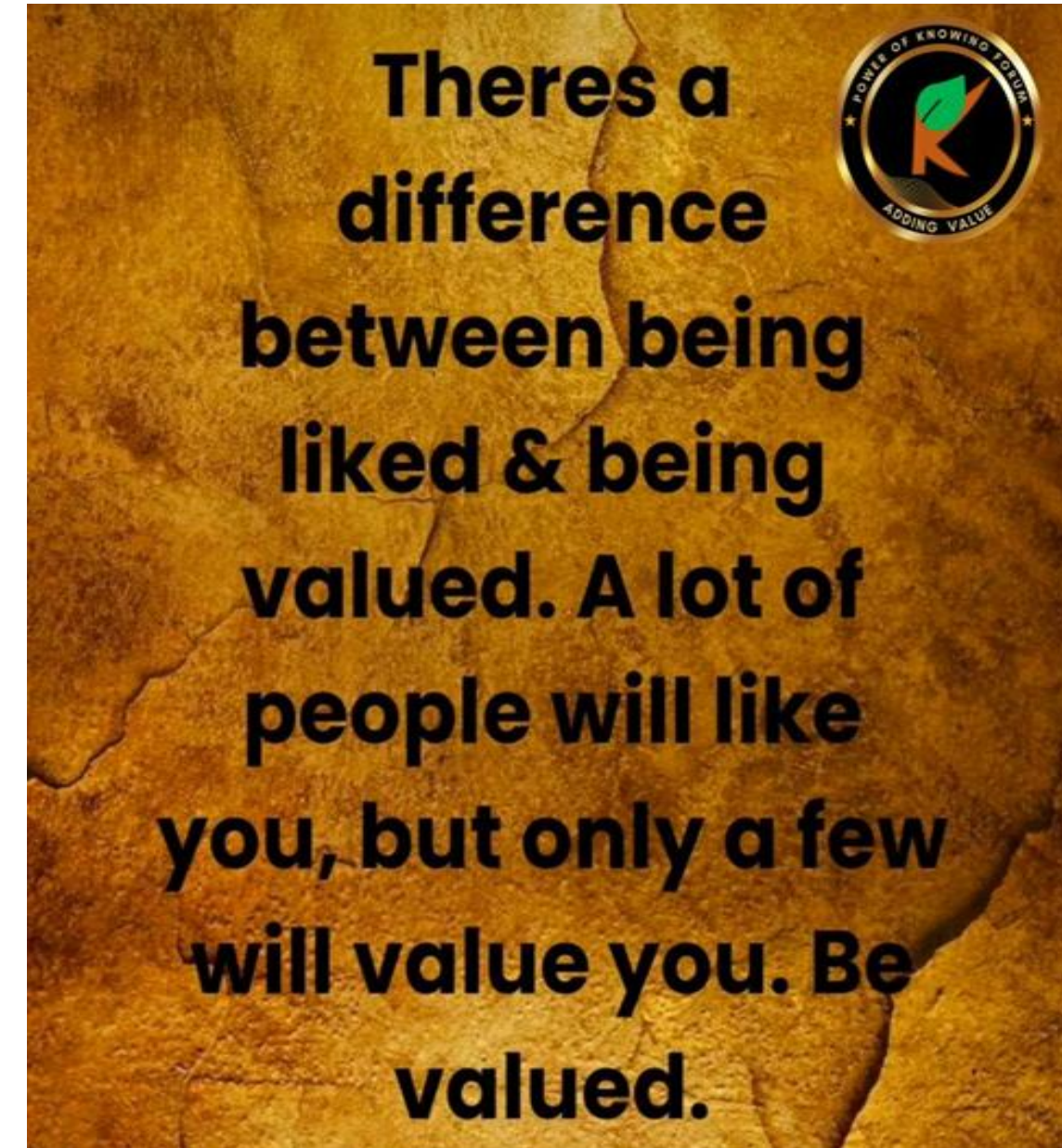
Autoleocracy, Autopandacracy and democracy are three different systems and are clearly impressive.

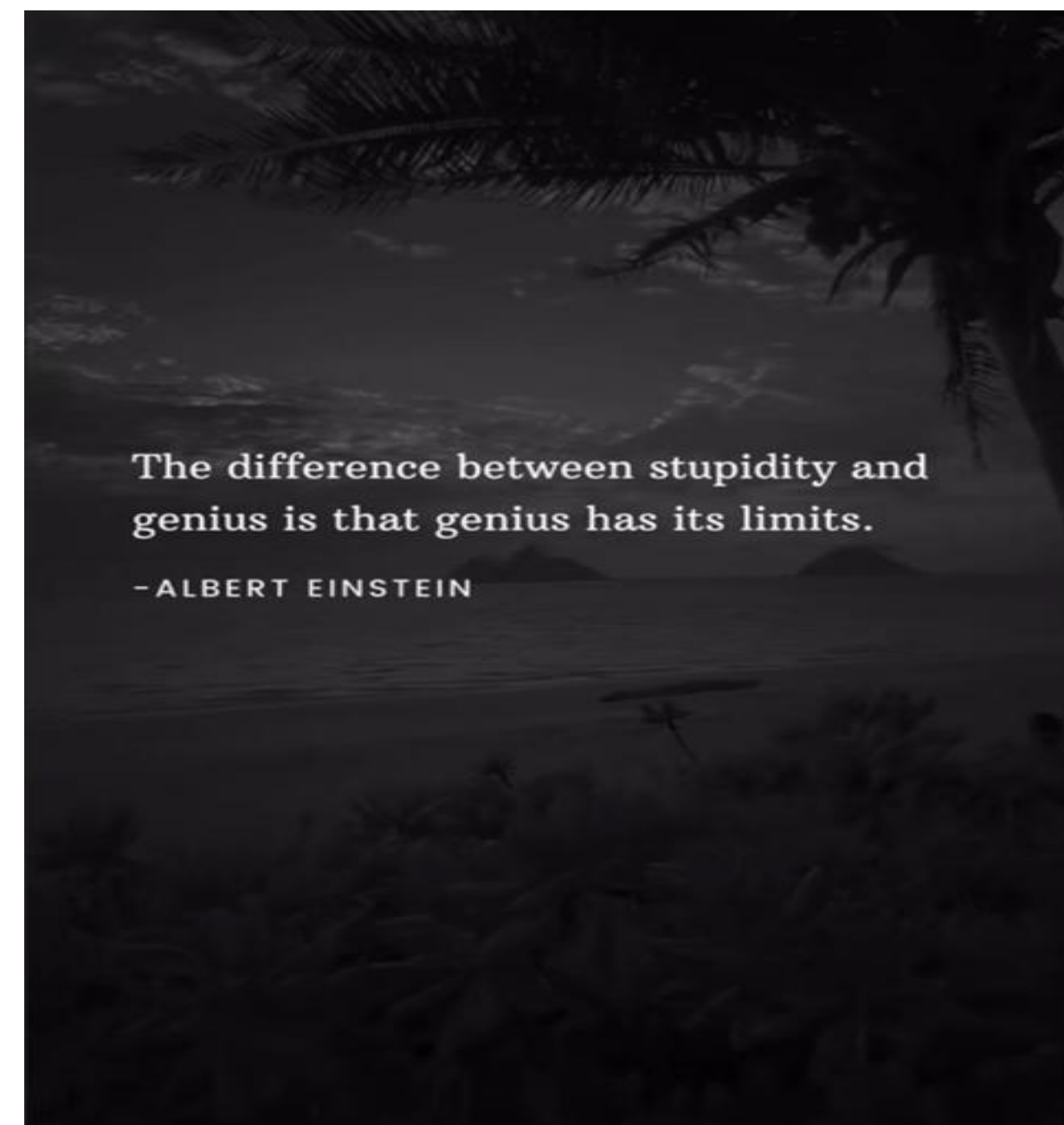
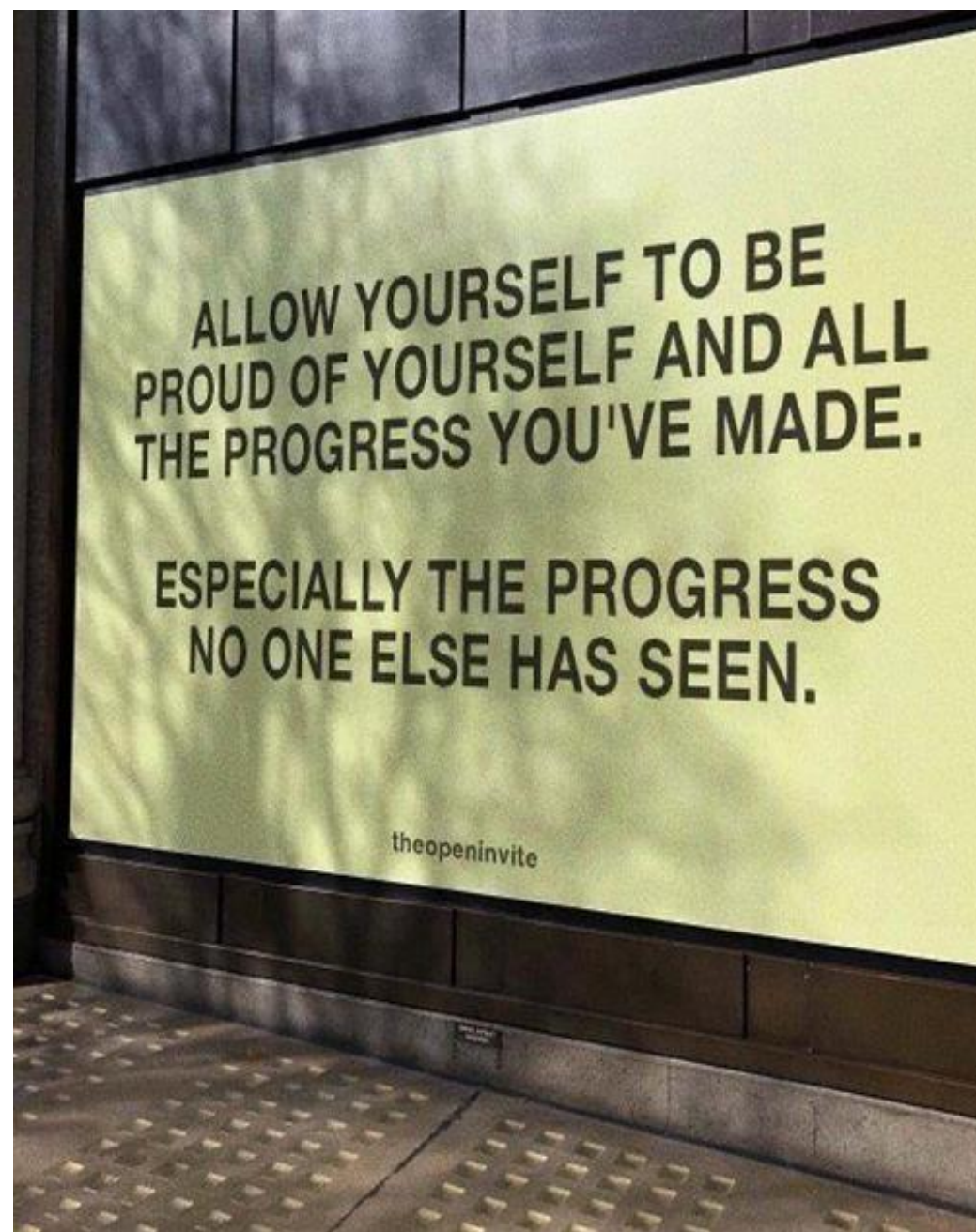
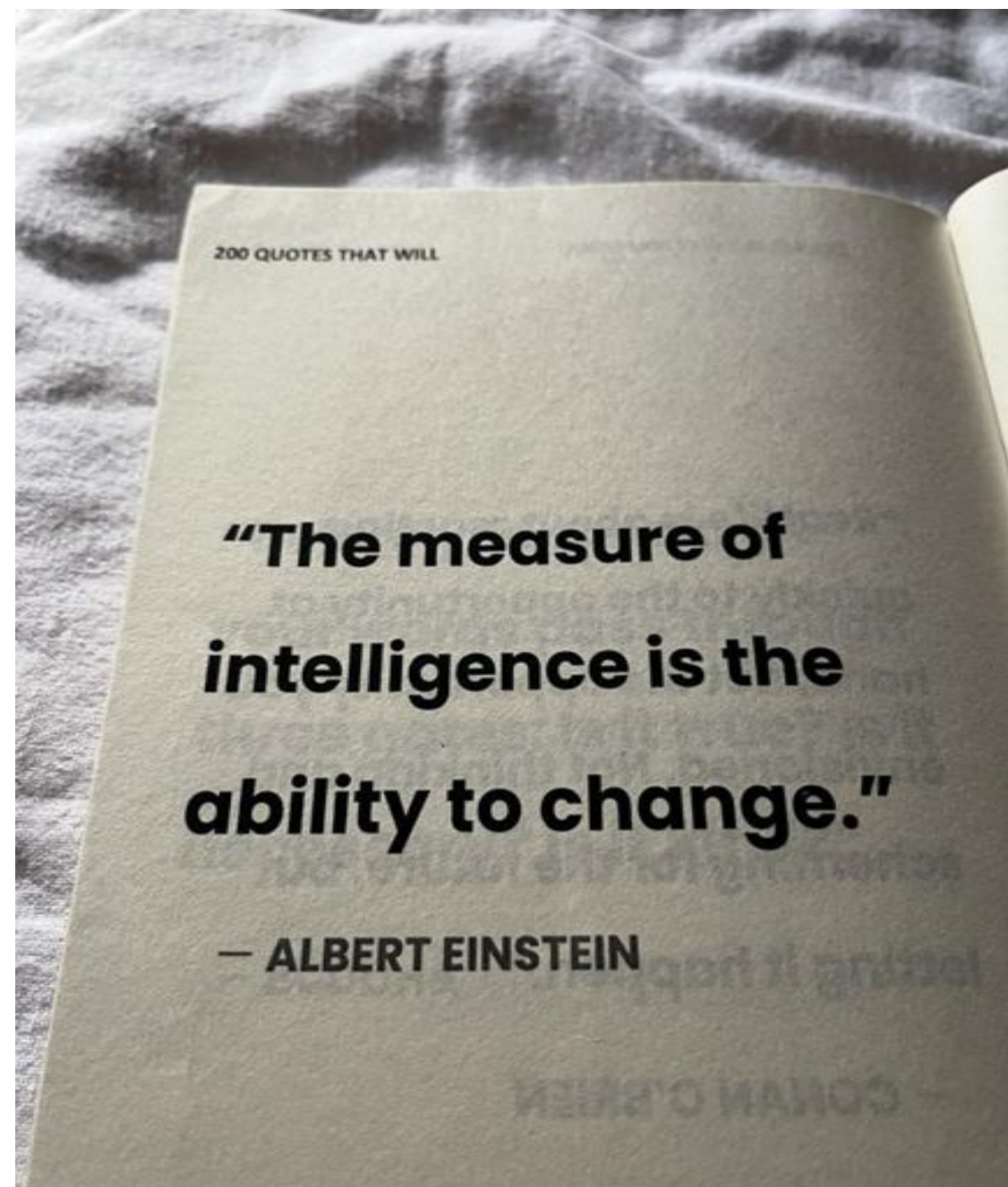


Thanks for sharing | Love this| Interesting |Great perspective| Good Insight | I agree not to disagree this time| Please share if u care about yourself. Thanks for sharing | Love this| 1020 , 1020.1 & 1020.2 |

When Hatred, Looting, **Narcissism** is at full swings, it is a sign of civilization is about to end!







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Buy this space for Advt...

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Leadership First

Fear has no place in management and leadership. If anyone uses fear as a strategy to get their people to work, that person has no place leading or managing anyone.

@leadershipfirst



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2. <https://ebobmart.com/2024/chaman.bhardwaj01.pdf>



Build your dream or someone will hire you to build theirs.
justinwelsh.me

15 Things Nobody Tells You About Emotional Intelligence

1. The most emotionally intelligent response is often silence.
2. What bothers you most in others reveals your own work.
3. High empathy without boundaries becomes self-sabotage.
4. True EQ shows up in handling rejection, not success.
5. Real EQ means choosing honest over comfortable.
6. The better you read people, the more alone time you need.
7. Your EQ drops when you're hungry, tired, or stressed.
8. High EQ's shadow side is perfectionism.
9. Being emotionally aware with yourself is harder than with others.
10. Reading fiction builds EQ better than self-help books.
11. Spotting manipulation becomes easier, and harder to ignore.
12. Most people don't want solutions - they want to be heard.
13. It's not about never losing control - it's about recovering quickly.
14. You can't control others' emotions, only your response.
15. Authenticity matters more than being liked.

www.healthymindsetliving.com Dr. Carolyn Frost | Strategic Lifestyle Design

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1. https://www.linkedin.com/posts/ugcPost-7263195259608735744-ORr6?utm_source=share&utm_medium=member_android
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Build your dream or someone will hire you to build theirs.

justinwelsh.me



1. **CONSTANT GOSSIP AND RUMOR-SPREADING**

If coworkers are always gossiping or spreading rumors, it creates an atmosphere of distrust and division, making it hard to feel secure.



2. **UNDERMINING OR SABOTAGING OTHERS**

Taking credit for others' work, downplaying contributions, or even sabotaging efforts shows they're more interested in competing than collaborating.



3. **PASSIVE-AGGRESSIVE COMMUNICATION**

Instead of addressing issues directly, they use sarcasm, indirect criticism, or give the silent treatment, which can erode team morale and trust.



4. **REFUSING TO TAKE ACCOUNTABILITY**

If they're always deflecting blame and never own up to mistakes, it's a toxic pattern that holds the team back from real improvement.





5. EXCESSIVE COMPLAINING WITHOUT SOLUTIONS

Constant negativity with no effort to solve problems is draining and lowers morale, making the work environment harder for everyone.



6. CLIQUES OR EXCLUSIONARY BEHAVIOR

Forming cliques, playing favorites, or excluding others can make people feel isolated and disrupt team unity.



7. MICROMANAGING AND HOVERING

If coworkers constantly monitor or question your work, it signals a lack of trust and can undermine your confidence and autonomy.



8. INCONSISTENT OR UNPREDICTABLE BEHAVIOR

Mood swings or unpredictability make it feel like you're walking on eggshells, adding stress and uncertainty to everyday interactions.



9. WITHHOLDING INFORMATION OR RESOURCES

Refusing to share information or resources makes collaboration difficult, showing they're more interested in keeping control than supporting the team.



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10. DISREGARDING BOUNDARIES

Coworkers who don't respect personal or work boundaries, like messaging after hours or pushing tasks onto others, show little regard for others' well-being.



THE BOTTOM LINE:

These phrases can be indicators of a work culture that may not prioritize employee well-being. Candidates should consider asking follow-up questions during interviews to clarify these aspects and ensure the role aligns with their mental health needs.

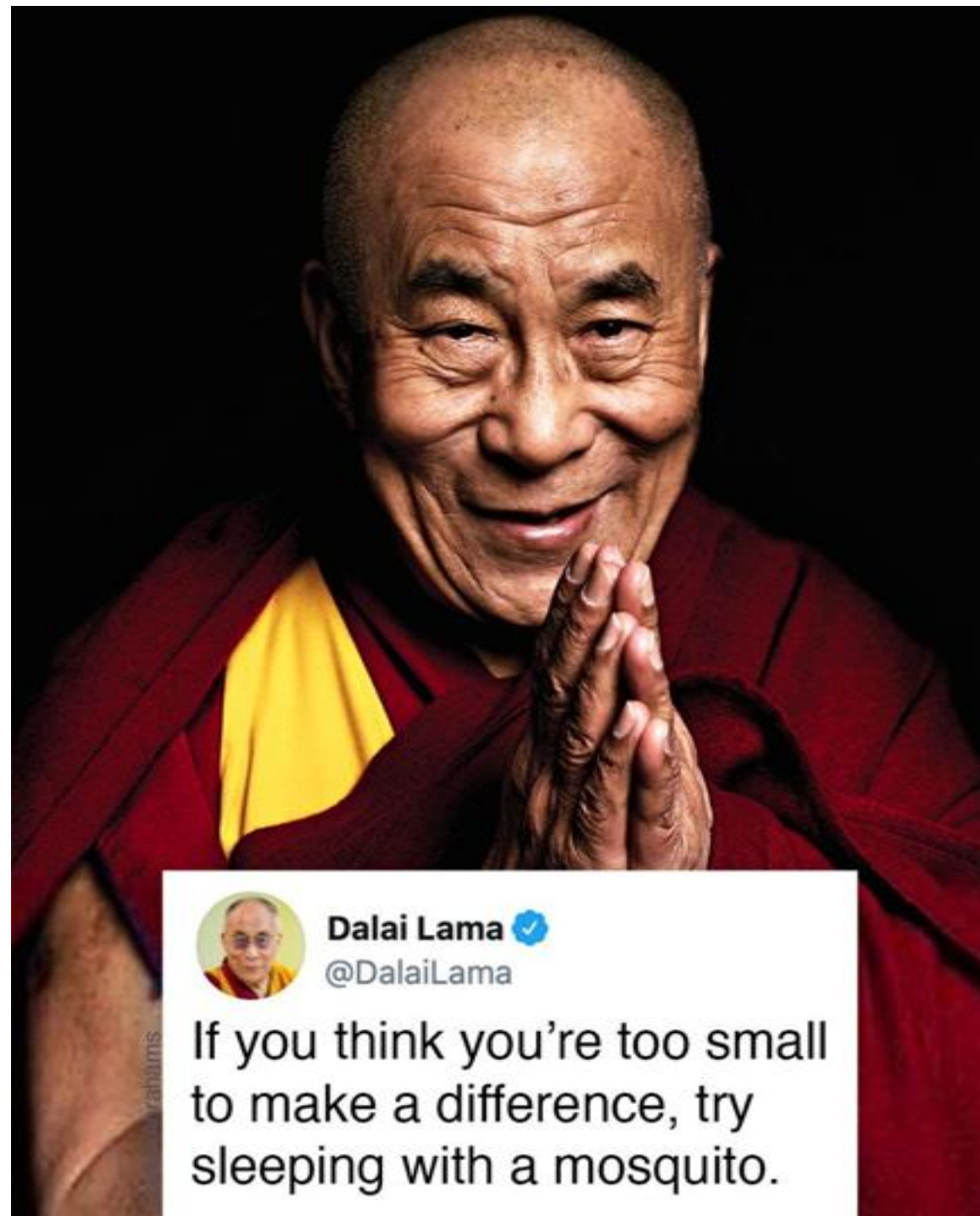


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Ships don't sink because of the water around them. Ships sink because of the water that gets in them. Don't let what's happening around you get inside you and weigh you down.



Your Top Talent is not just Resigning

They are escaping this



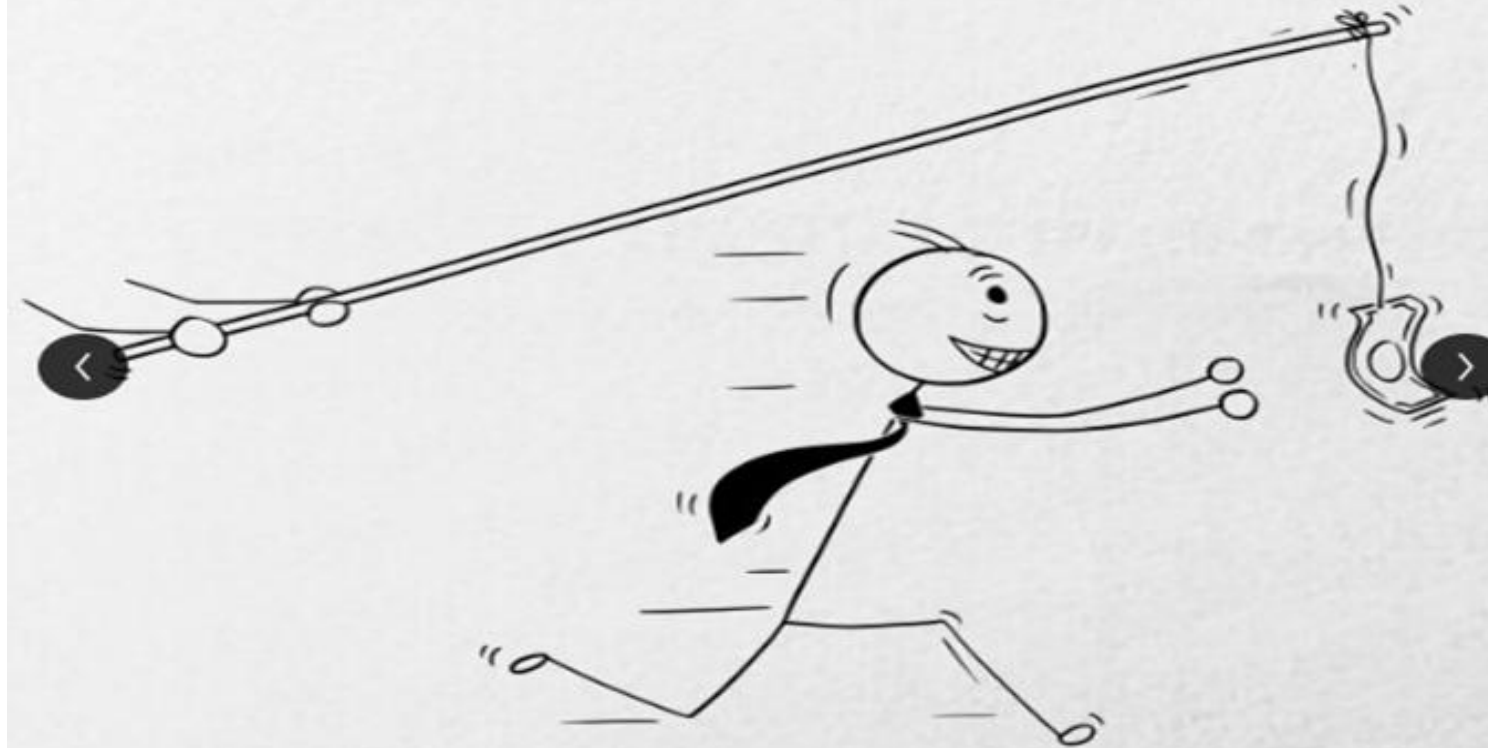
Lack of Growth Opportunities

Jitender Girdhar

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Your Top Talent is not just Resigning

They are escaping this



Inadequate Compensation

Your Top Talent is not just Resigning

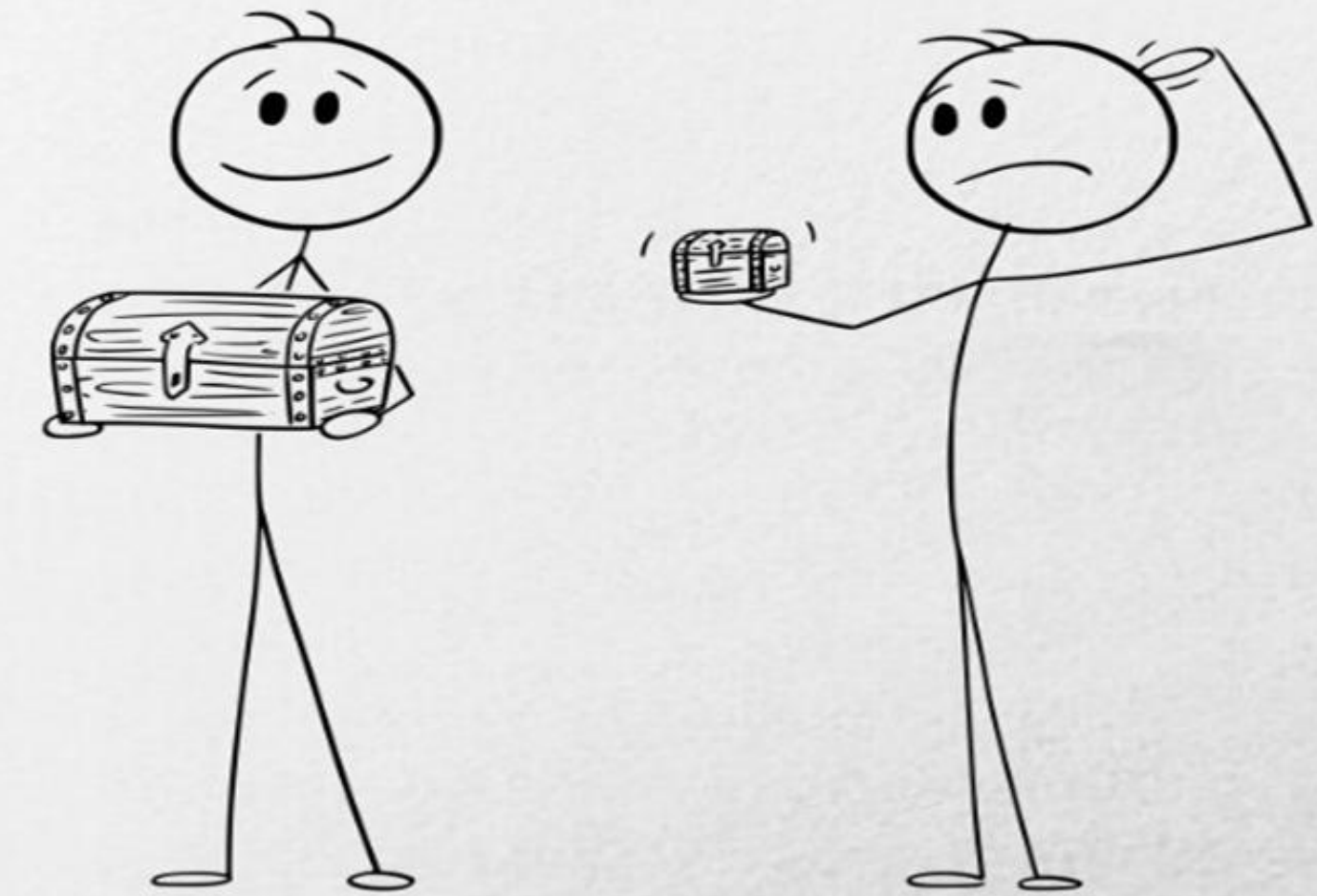
They are escaping this



Work-Life Imbalance

What happens, when people living in the past are in charge of your destiny?

Your Top Talent is not just Resigning
They are escaping this

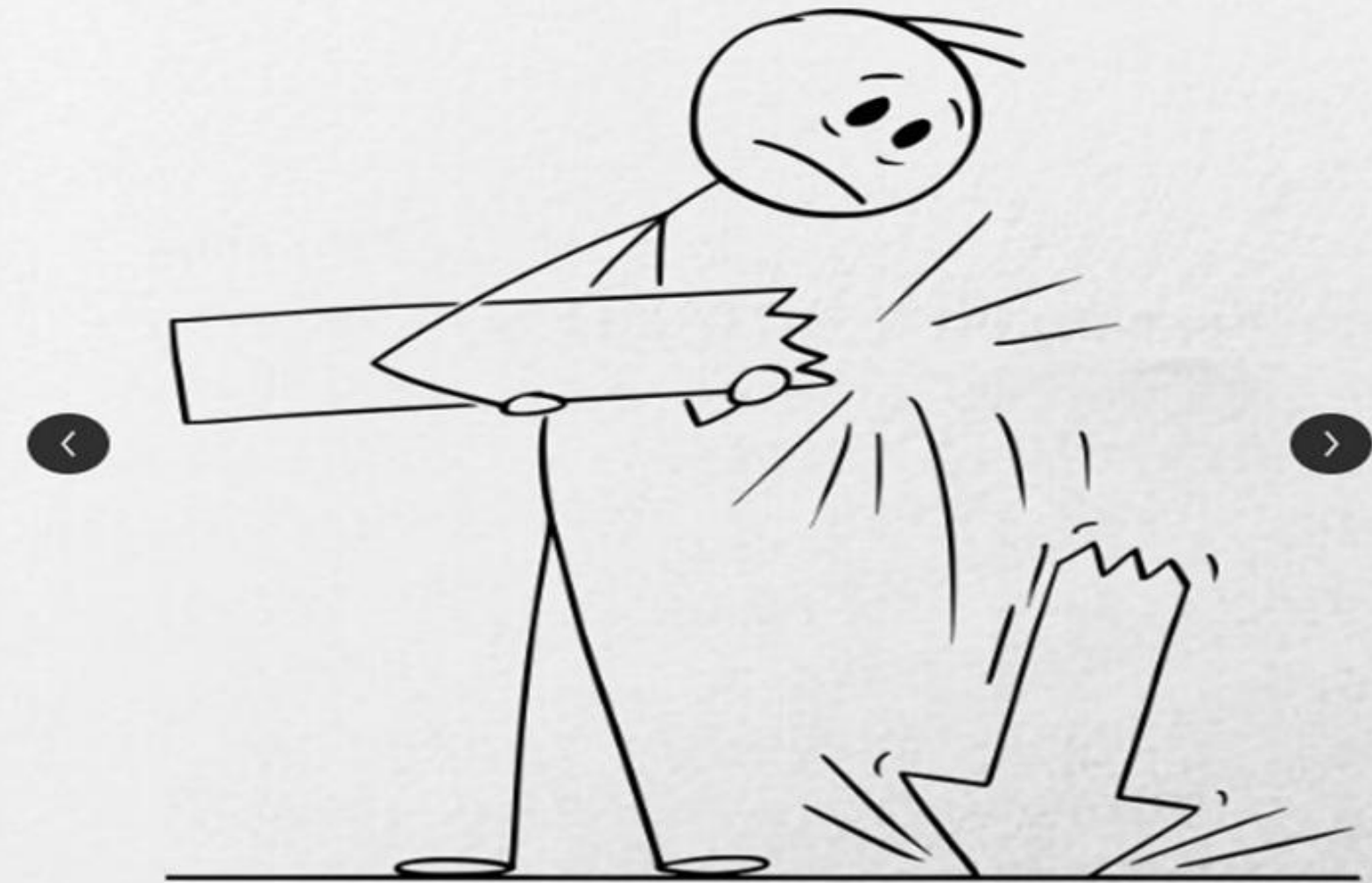


Biased recognition

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Your Top Talent is not just Resigning
They are escaping this

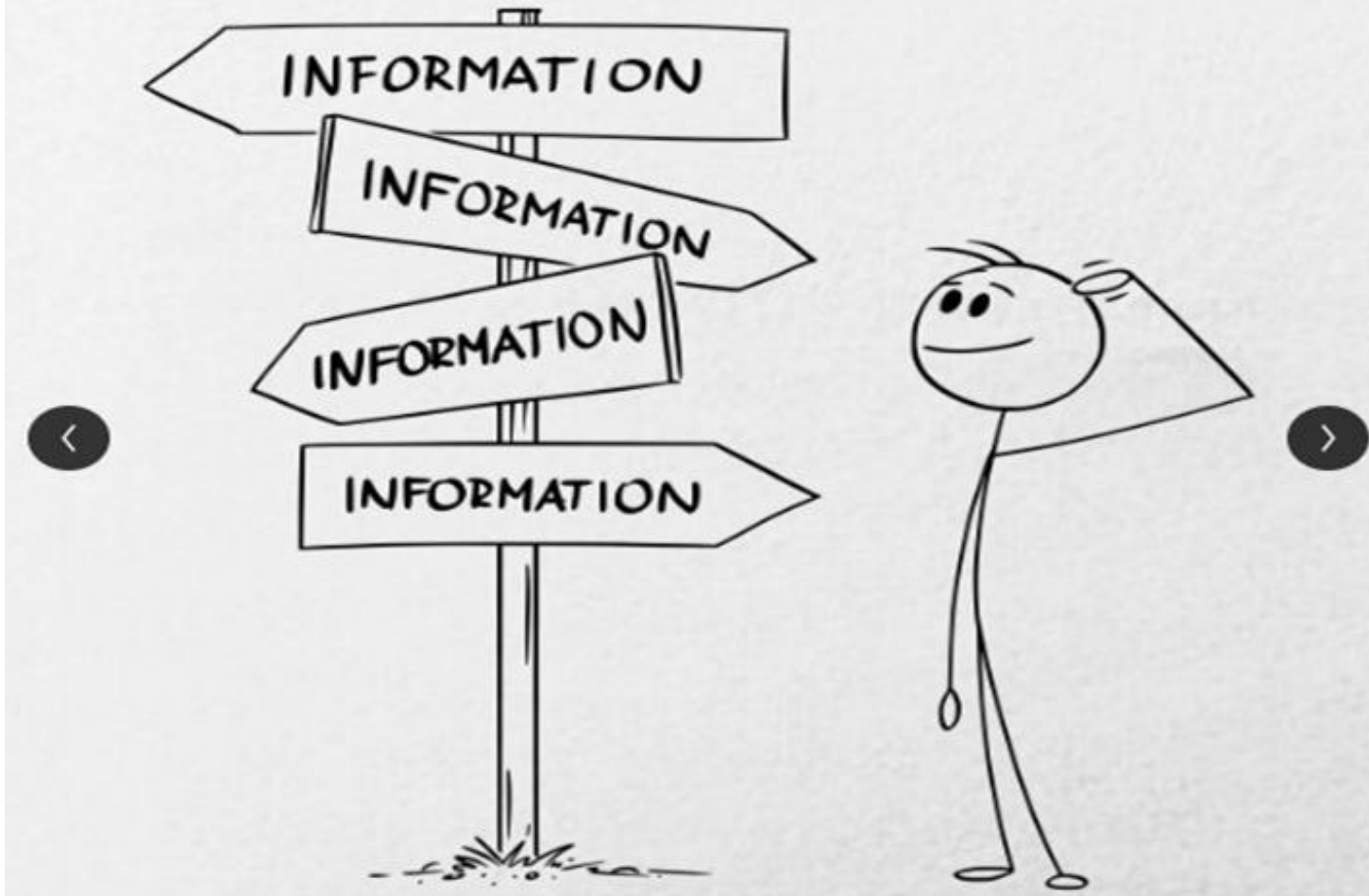


Limited Autonomy

What happens, when people living in the past are in charge of your destiny?

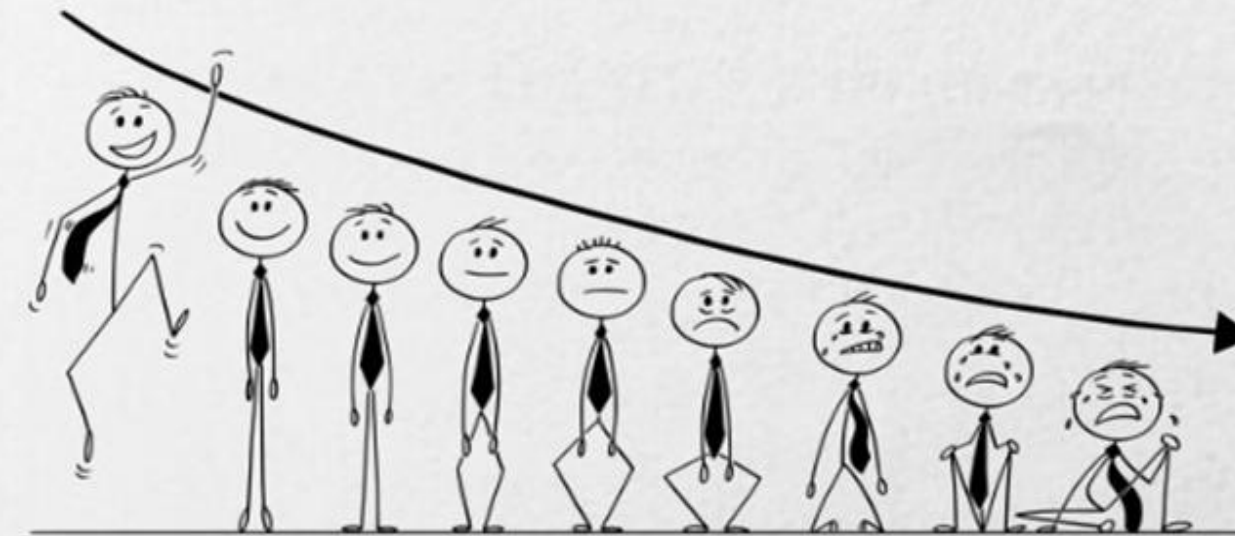
What happens, when people living in the past and forget the contributions made by new employee (s)?
Narcissism...

Your Top Talent is not just Resigning
They are escaping this



Inappropriate Feedback

Your Top Talent is not just Resigning
They are escaping this



Changing Company Values

Jitender Girdhar

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Your Top Talent is not just Resigning
They are escaping this



No Room for Innovation

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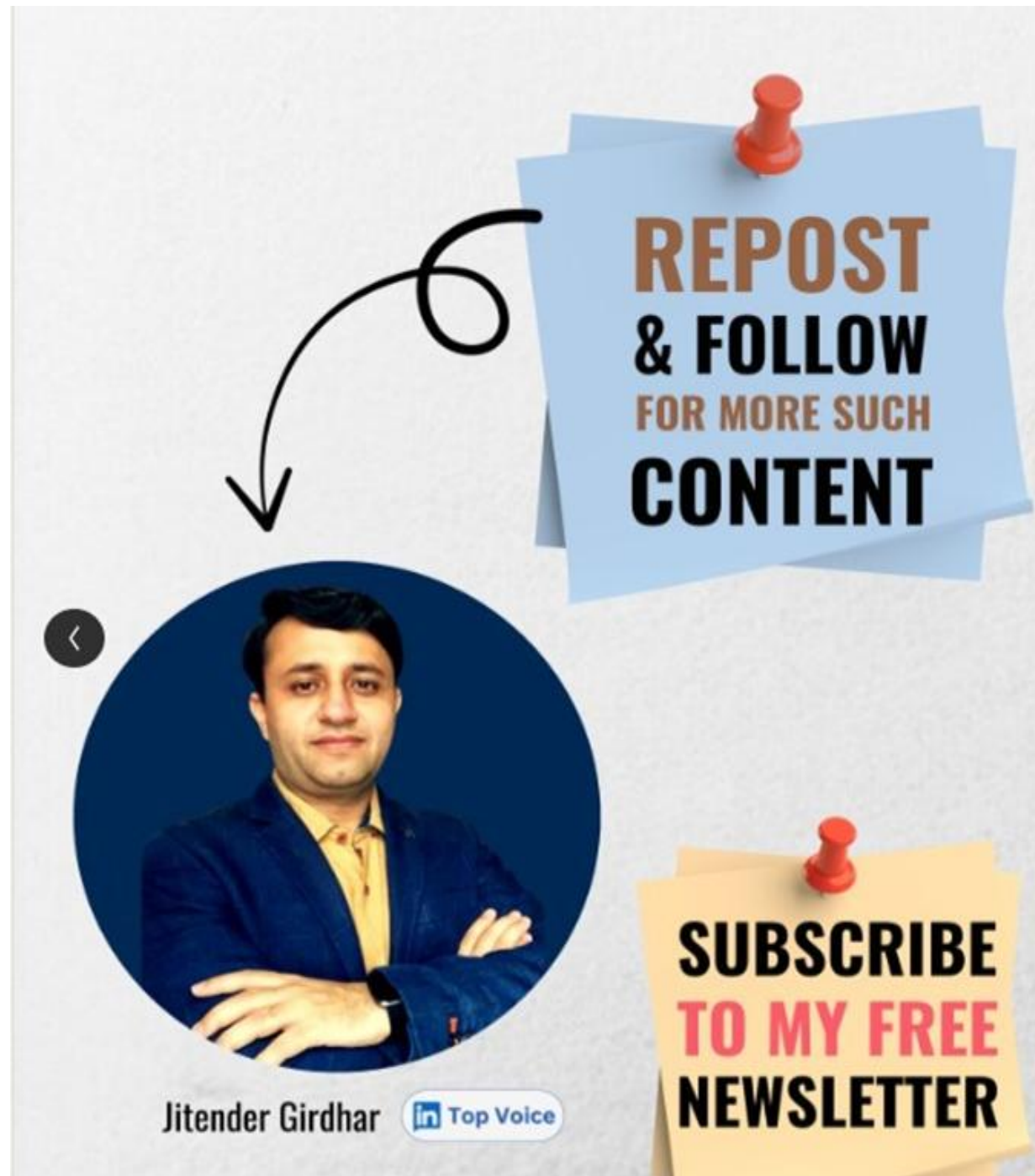
When his innovative submittals are sabotaged by less intelligent life!

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THOUGHTS OF THE DAY, NOV-20-2024

1. It is utmost important that help them find origin or source, so that God can be consumed by the biggest telescope ever built or will be built.
2. Your moto must be to make them the smartest and broadest mind ever existed on this planet and in this universe, so that you can be consumed by their super ego that of a narcissist.
3. Never ever let them outsmart you. They are whatever they are, and you are whatever you are and will be.
4. Be careful, do not become a guinea pig, for them for their experiments.
5. A bastard will never ever be like God or wiser than God/Almighty.
6. A humble human being(s) can be like Him, however, never ever greater than Him.
7. Keep searching Him, it is good, However, no matter how big your instrument / telescope or microscope is, you will never, never to the power infinity, find Him!
8. He is trillion and trillion of light year away from us and also He is in us all. It requires right type of human being(s) to realize Him.
9. Devils hate it, when he is ridiculed by others, however, enjoys even with parties and constant celebrations , when others are ridiculed.



FB FAVORITES

1

4

7

2

5

3

6

In this world, there are two types of people, from a unique perspective, business elites have abundance of wealth, and little or no time for political volunteer acts. However, the other group has time in abundance on their side and wealth is less. Both can play unique roles in making contenders win top powerful political positions.

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You are not Good...

He is Good...

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 In Hell You will Need Many Attorneys to settle big or small disputes...

 In Paradise You Need only One Attorney to settle big or small disputes...

 Paradise will be Always Paradise and Hell will be always Hell

 Fake Democracies will not have diverse populations/civilizations representations

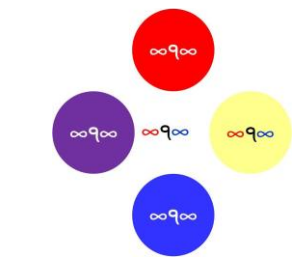
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WHEN ONE IS WORKING FOR NARCISSITS

11 signs you're about to be laid off or fired



1 You receive too much feedback or none at all

- You get a bunch of negative feedback in a short period after previous strong performance.
- Alternatively, you get absolutely no feedback at all.



2 You're excluded from team meetings and events

- Especially if you were in these meetings before.
- This goes for after-work socials, too.



3 Your manager isn't discussing your future with you

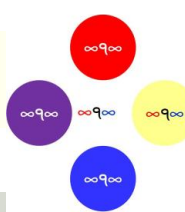
- Annual review or performance feedback is slow or negative with no explanation.
- They won't talk about your future with you.



4 You're denied raises, bonuses, or promotions

- Sometimes this can be about timing.
- But if in combination... it's a red flag.





5 Your work is being reassigned

- Work is being taken off of your plate randomly and given to other people on your team.



6 You're given nothing but grunt work

- You're given the worst tasks that nobody likes.
- You're given tasks that don't move the needle.



7 Your workload increases to an unmanageable level

- This is all of a sudden with no clear explanation.
- You're having to work later or just can't keep up.



8 Your boss has started avoiding you

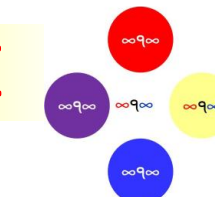
- Your boss is suddenly a ghost to you.
- They don't reply quickly (or at all) when you need help.



9 You're asked to document everything

- They want you to prep for your replacement.
- It's only you that has to do it and not team-wide.





10 You're put on a PIP

- The kiss of death in many companies.
- It will be almost impossible to get promoted there after a PIP.



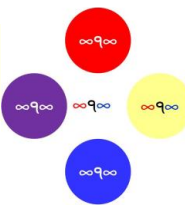
11 You're left out of new projects

- You're only focusing on existing tasks.
- The team talking about projects you should be in.



Repost & follow Ashley Couto for more tips





 In Hell You will Need Many Attorneys to settle big or small disputes...

 In Paradise You Need only One Attorney to settle big or small disputes...

 Paradise will be Always Paradise and Hell will be always Hell

 Fake Democracies will not have diverse populations/civilizations representations

 NARCISST Always believes He/ She is right no matter what they say


 When ruling class does not listen to its subjects, those societies will not evolve and definitely die with passage of time quietly.

 A Racist Idiot will never help you! Most of the manipulators are unhappy, selfish, saddest and monster like personalities.

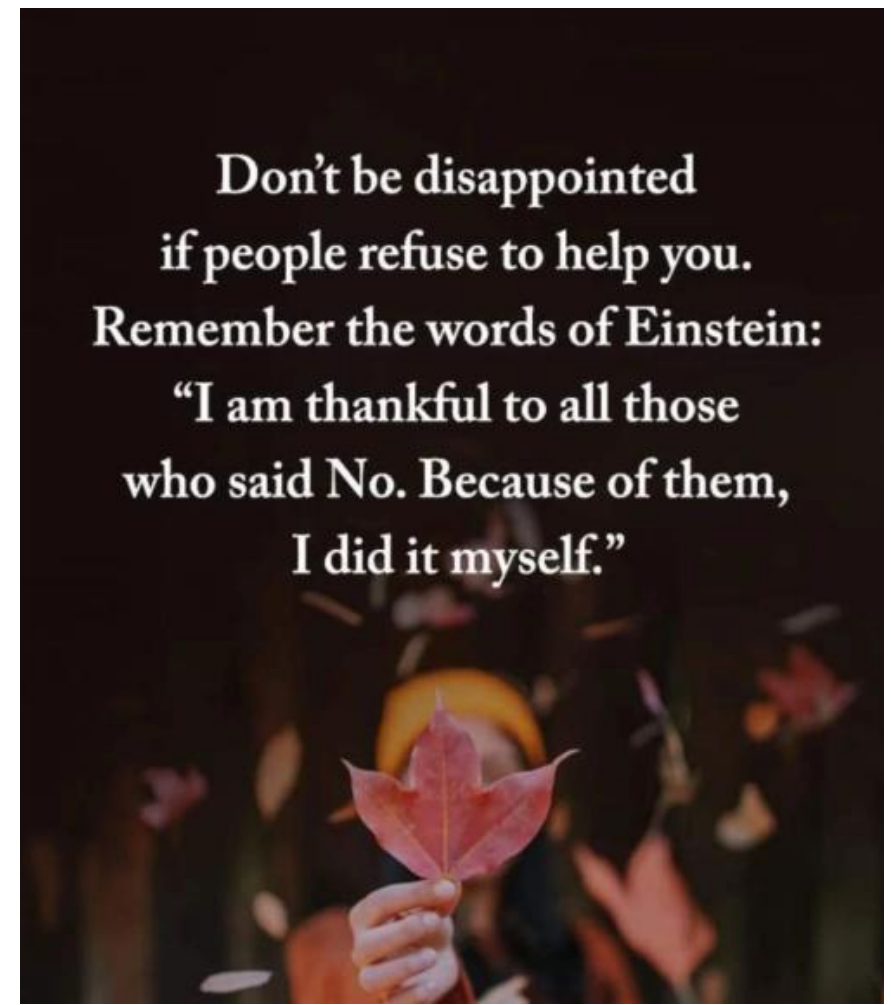
 A Manipulator hides his or her weaknesses by manipulations and it gives a lot of pains to its subjects.

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In Hell You will Need Many Attorneys to settle big or small disputes...

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In Paradise You Need only One Attorney to settle big or small disputes...

Paradise will be Always Paradise and Hell will be always Hell

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God is Almighty, History has proven it again and again. History will repeat, if you haughty beings do not get it. The dialogue must be the first and the last tool of disagreement settlements for absolute Peace! All other weapons put aside, Absolute truths have been revealed again and again and the absolute victory of absolute truth eventually will happen, it is correct, spins of your evil intentions will not accomplish anything but destruction! God is Almighty and will be Almighty always! God is irreplaceable by Humans!

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God is neither Hindu, nor Christian, nor **Jewish**. All other religious concepts are not religions, but are myths or scientific ideas!



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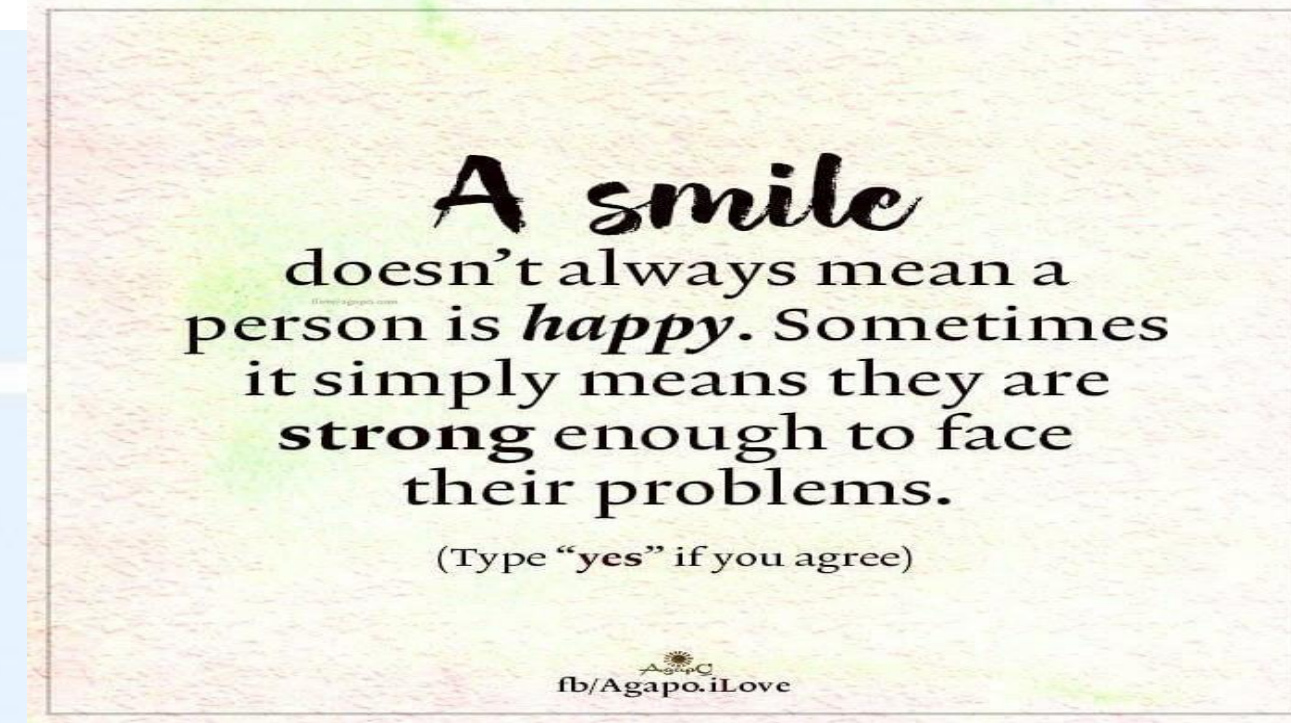
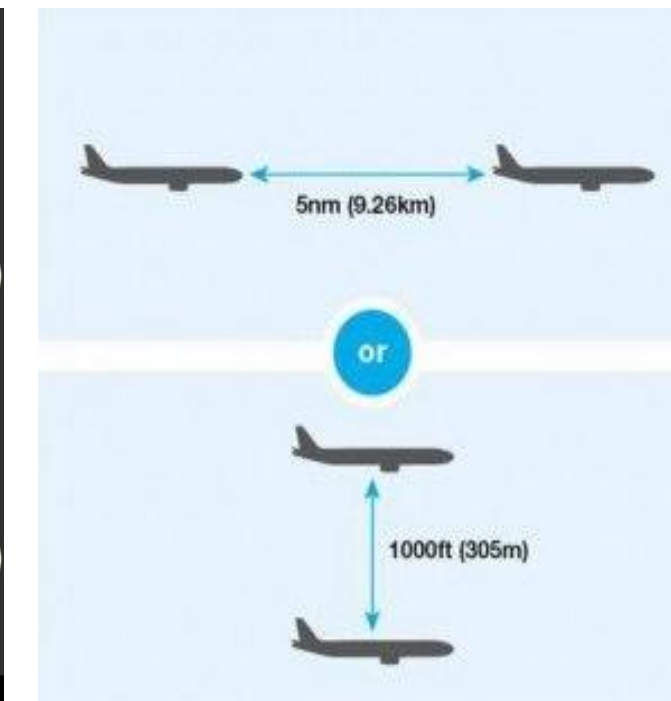
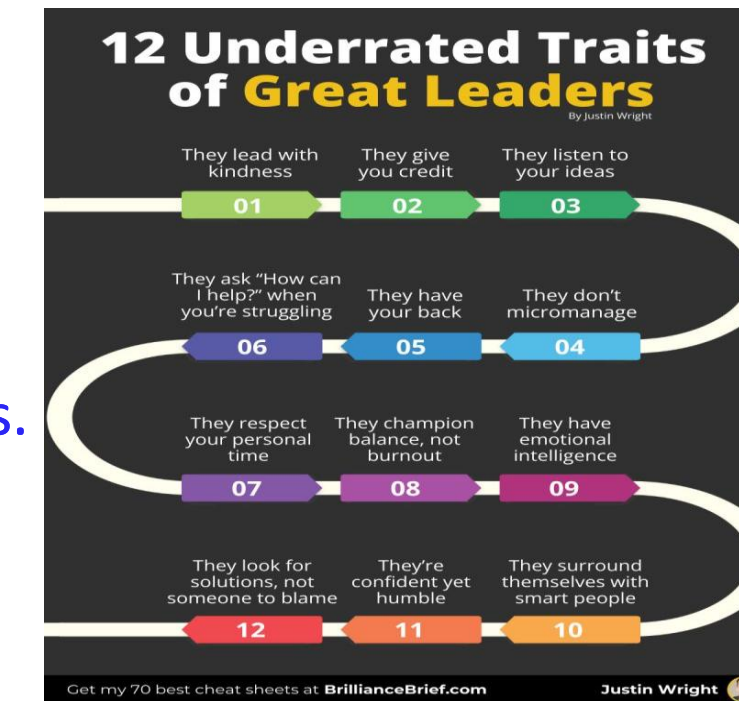


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Wise People Talk about Innovations, how to solve problems the most efficient way! Average People quarrel/fight about everything, rather focus on Win-Win for all! There is no such thing, when it comes down to people, it is US all, not You, They or I! Everyone, has a unique role to play to support, what has been stated above in first line! Choice is Yours to be a human or animal or nasty and nasty animal!





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How do we want it to be ?

1020.3

1024.3

1025.1

Having un-wavering determination, will get you want you want! Provided sane leaders are ruling!

A Set any Goal, realistic or unrealistic

B

-----TIME LINE START TO FINISH----->

How does it really look?

Started with enthusiasm and Zest

An Angel came to rescue

Met an angels led company

Avoided terrible collisions

MATURE

Shines Like SUN/STAR

Accomplished!

Set a Goal

Met a mugger

Hit an obstacle (MAFIA)

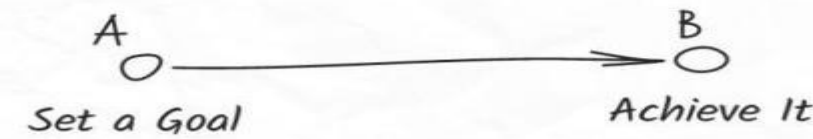
Avoided a terrible collision

Avoided a terrible collision

CHILDHOOD

ADULTHOOD

How we want it to be



How it really is



Reno Perry



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1020.3

1024.3

1025.2

Super best, especially Duet (Male + Female Voices) Songs are the best in the entire world! These Songs are produced by Bollywood! Produces Peace Lovers...

All other I do not call them songs. These are all geebrish..... Noise only.... Except handful of songs that are sung without any emotions! Produces Hitlers, Haters of peace!

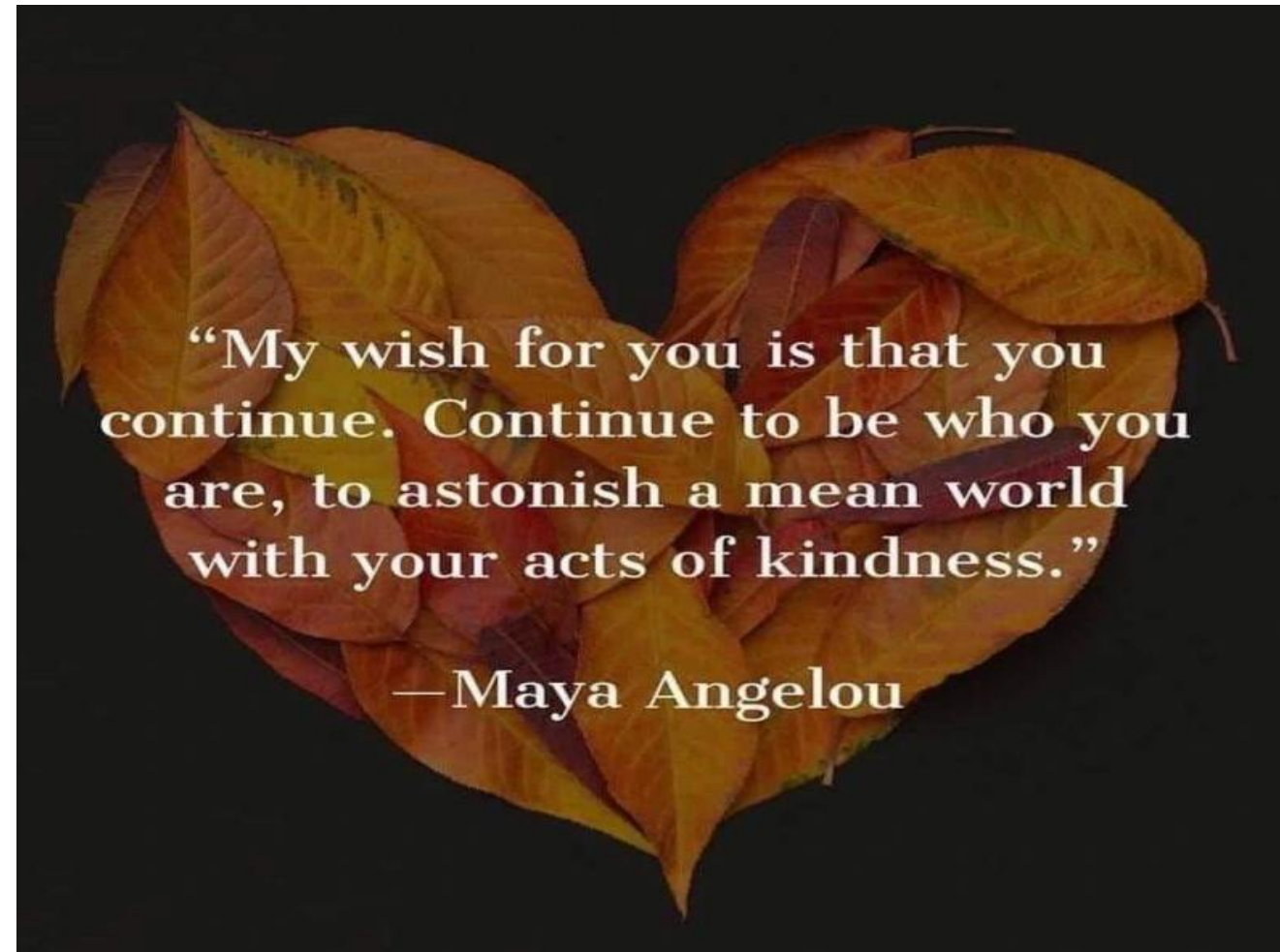
Peace is virtue of Love and LOVE ONLY, forever, Haters are known by their actions not words, they can be perfect wordsmiths...! Very UGLY on the inside...!



2009

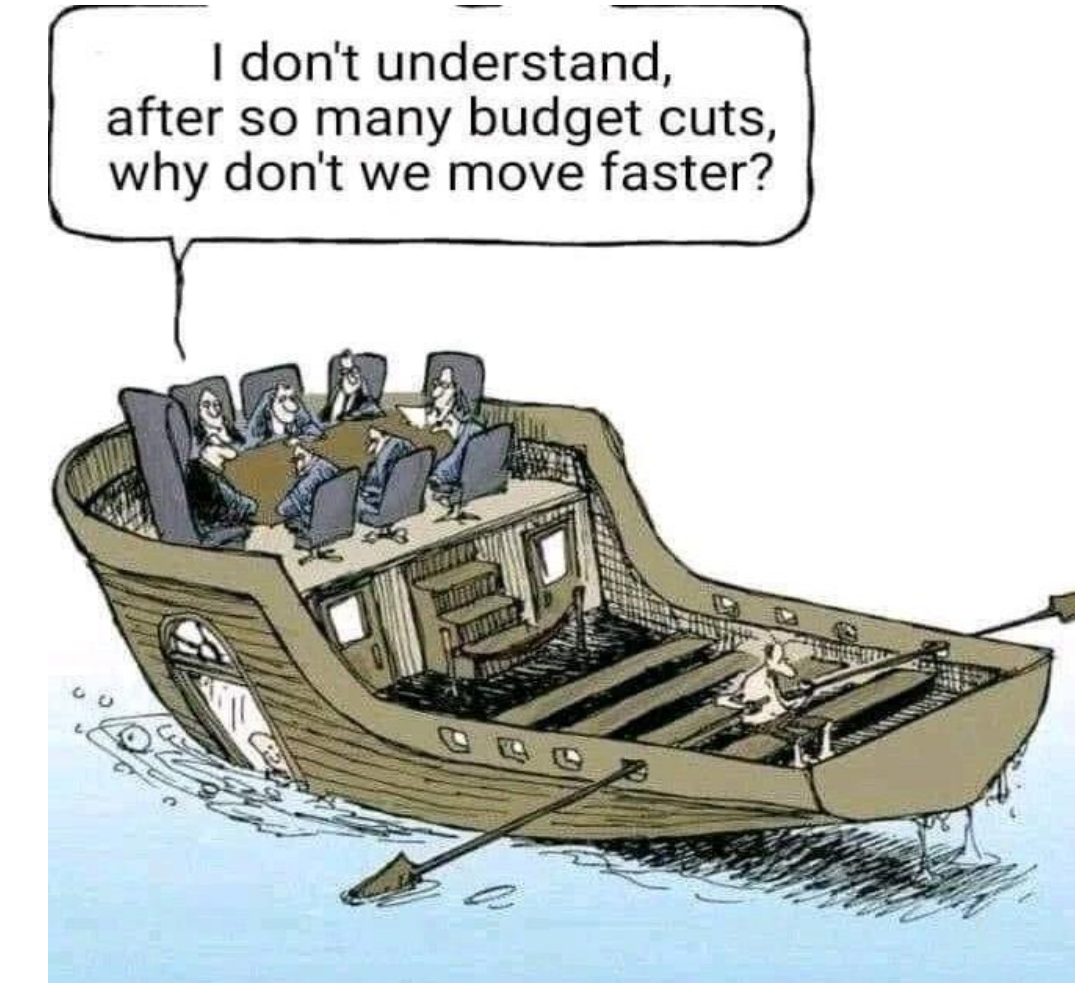


2019



—Maya Angelou

workday. BE A ROCK STAR OF BUSINESS FINANCE & HR ON ONE EPIC PLATFORM





In Hell You will Need Many Attorneys to settle big or small disputes...

1020.3 1024.3 1025

In Paradise You Need only One Attorney to settle big or small disputes...

Paradise will be Always Paradise and Hell will be always Hell

+++++++ 9 ∞ 9 ++++++

Fake Democracies will not have diverse populations/civilizations representations

NARCISST Always believes He/ She is right no matter what they say

When ruling class does not listen to its subjects, those societies will not evolve and definitely die with passage of time quietly.

A Racist Idiot will never help you! Most of the manipulators are unhappy, selfish, saddest and monster like personalities.

A Manipulator hides his or her weaknesses by manipulations and it gives a lot of pains to its subjects.



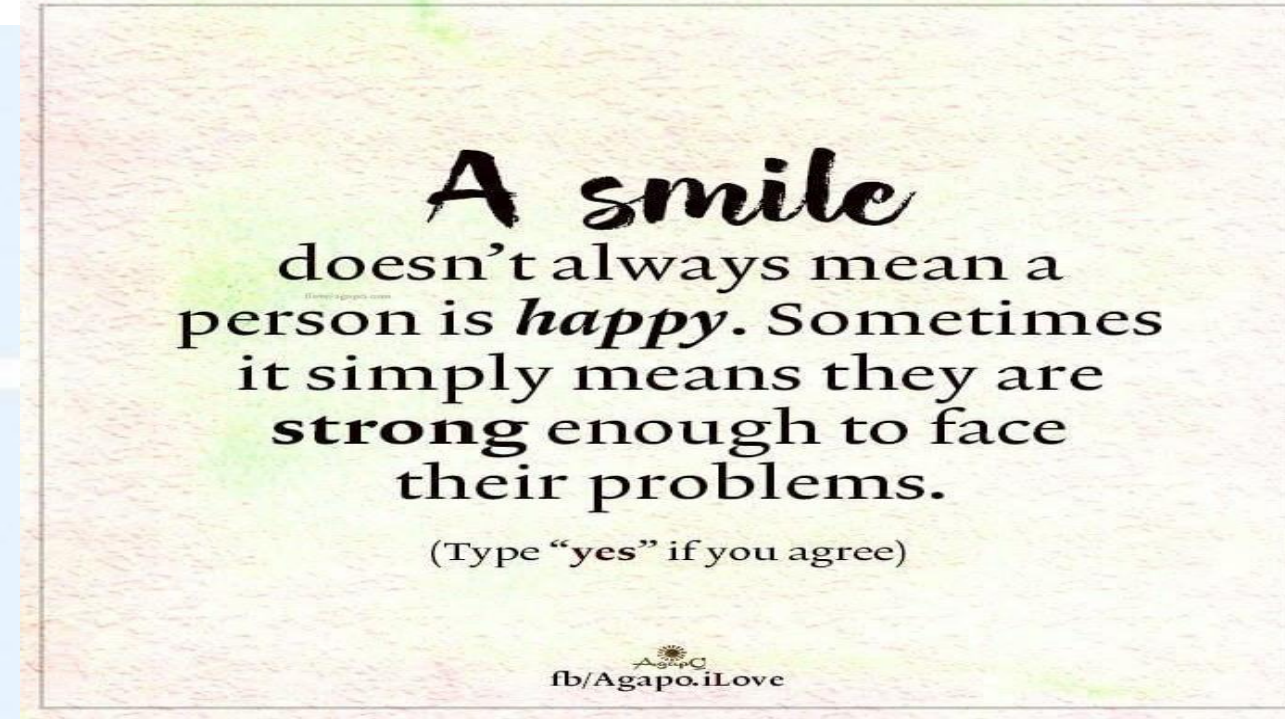
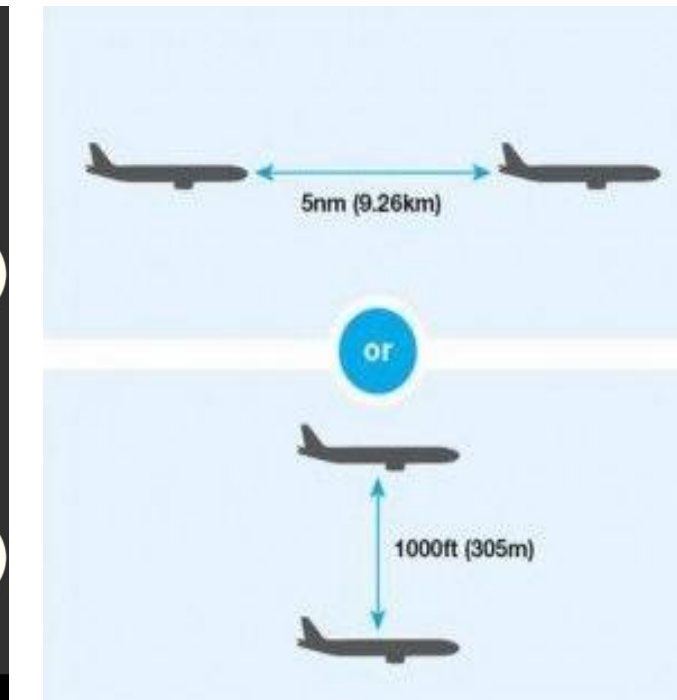
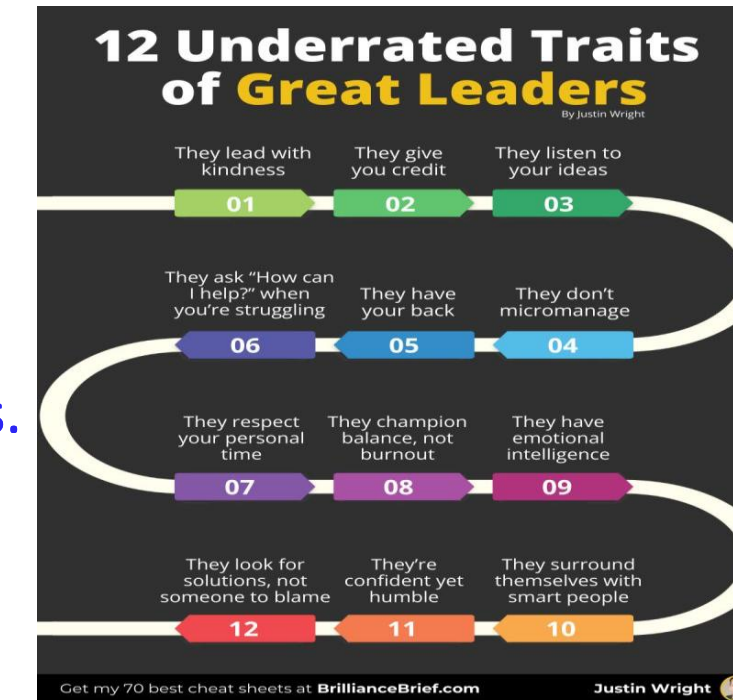
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Wise People Talk about Innovations, how to solve problems the most efficient way! Average People quarrel/fight about everything, rather focus on Win-Win for all! There is no such thing, when it comes down to people, it is US all, not You, They or I! Everyone, has a unique role to play to support, what has been stated above in first line! Choice is Yours to be a human or animal or nasty and nasty animal!





When UNO doesn't know, what it's role must be, at the global stage, then replace such a rogue organization with new one. It's the duty of a nation that is a nation of nations, who understands without an iota of doubt. An organization who is responsibility is to promote education about economics, engineering, medical, politics and laws to define democracies for worldwide audience. An organization that can be called Global Organization of Democracies (GOD) or GOOD! The GOOD or GOD can establish a Global university at its headquarter and institutions/ colleges in different countries with world class teachers! The goal must be global causes, such as promotion of good, health, democratic values, world class education at least in Economics, Engineering, Medicine, Mathematics, and Politics. The annual fee for accepted democratic norms countries, will be lets say X million and for non-democratic nations, it will be 10x times.

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When your philosophy religious or otherwise organized mythology or curriculum does not teach one, how to recognize the difference between a thief, saint or common sense mindset. However, you have the audacity to sit in front of the mega-microphone and speak/pass lousy or filthy judgements every day every time that keep only money as the main focus that is your own GOLAKS(Piggy Banks), at all Global Locations are filled everyday! Then what do you think you are setting up to your followers to become? There is only one outcome that is right or wrong and it is called narcissism is the way forward! It is not we, them or I it is us all that will count. Such a religion must not be called religion! It must not be one way street, accept it is both ways in other words it must be interactive always and forever. Please look in the mirror and say to your self, if my face looks lousy/ugly on the outside and pledge to your soul that at least your deeds are not lousy/ugly any or shape! The world is not a drama of just talks, dialogs and amusement for your audiences. Ask those who has to do hard work, with their hands and minds always!

If your goal is to make yourself more important & valuable. And the teacher/consultant does not count. Such a belief will not move you or us all forward from long sighted vision of progress of us all! I really do not which world you all live in?

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When will this non-sense stop? The so called leaders of Punjab assembly for the past 30 years, They looted the treasury of Punjab for 30+ years. And what punishment did they get ? It is called seva, what a joke! The religion which allows this must be banned forever so that looting can stop! What would you call this mindset, where people are more focused on, what will they become in next rebirth, and never, realize, what are they living in the present life? **99% focus must be on present life and may be a little on whatever, if it exists! To change mindset, you must feed all masses, all necessary nutrient rich diets.**

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• When masses are not fed pure, clean and nutrient rich diets, how can they be innovative? How can they compete at global scale? If 1000 or whatever, people can design world class satellites, that doesn't and must not mean all citizens have same caliber or talent! **Those political leaders, want their masses be weaker in physical and mental capacities, must not be in politics.** Politics is not for Meek/Sneaky & those who resist change(s), type people. There is Toxic stress and healthy stress, you must understand the difference. Those who listen to others, but not themselves! Often commits harmful mistakes for others! There is only one faith, that has been natural and accurate! Everything else are divine imaginations

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If you want us to post your desi nuskhey (recipes) on our platform. Please provide English translation for names of raw materials for international audience and maximum benefit of your recipes!

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Whosoever, came with an idea, you know. The idea was to send to jungle for retirement, the masses. Tell those, people that government of Bharat has built five star retirement homes for the hooligans at Andaman & Nicobar islands. Where breakfast of parathas are served by lions and lionesses of the jungles. This is the best way to correct their mindset. After implementation of this policy Bharat will progress at an unprecedented rate of 10 fold or more than present. At the world stage any idea you implement at masses is applicable to the idea creators too. If you don't want this peril to continue to destroy the new generations. It is tough but required. Before you do land reforms, do shopping reform. If a customer has to buy 10 items, customer has to drive to 10 bazaars. This is ridiculous, these practices, ensures status quo and it shows sickness in thinking. Visiting 10 bazaars, wastes fuel and time of educated customers. The wasted time could be used for innovative solutions to issues. A customer must be able to buy, under one roof all 10 items such as, electronics, groceries, and clothes etc. You have to kill or change old mindset first, or whatever solutions work or possible, for progress of all not one class or clan! You should decide what must be the value of your currency. If others decide, what your currency is worth, then you are not in control of your destinies. If you make and world buys from you then you are in charge. If you can't chop their practices into 100s of chops, then they will keep you looting, not since your independence, but since last thousands of years. In a democratic country and system, people have the real power not raavanas! Chop or burn them it is your choice. When people of your country are not safe in foreign nations. What will be the plight of these people in their own countries? **ISANITY**: the definition of insanity is when you keep doing same thing and expect different results. It is a sickness to ignore this for centuries! Just like a wrong life partner delays family's progress, similarly, a country on wrong path, delays the progress of the whole world! Devil wins, less often and, God wins most of the times! There are absolute, practical and idiotic ways. If you know the difference, you are normal. Do you want 1000 small vendors or may be four stores, Brand A, Brand B, and Brand D. Each brand is establishing its reputation for pure and best quality foods at competitive low prices, the customer will spend money at store that provides best quality goods at competitive low prices. This will also organize real estate for efficient use for businesses.

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By Definition a racist **NARCISSIT** can not be satisfied even by enormous efforts that are more than infinity... the goal of the bad racist idiots is to give pain, that is their core value...



Happy Holidays to Ya All!



By Definition a racist **NARCISSIT** can not be satisfied even by enormous efforts that are more than infinity... the goal of the bad racist idiots is to give pain, that is their core value..

Dear Women, Get Educated, Make Money, Take Charge Of Your Own Life Financially And Then Get Into A Relationship For Companionship And Not To Use The Man As An Atm.



Earn The Luxury You Need In Your Life, Don't Harass Someone Else For It. #Justice For Atul Subhash

If Country has lost its ability to identify the core causes of its backwardness. Who shall be held responsible, Country Leadership or it's Citizens?

Idiots do not need education smart people do need education

Idiots Like Status Quo, and smart people like dynamic society

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By Definition a racist **NARCISSIT** can not be satisfied even by enormous efforts that are more than infinity... the goal of the bad racist idiots is to give pain, that is their core value...

Seller has more power than buyer. The buyer can compare with other competitive sellers, however, in the long run seller wins the race, The seller has to maintain monopoly over unique and advance products. There is a significant difference between high-tech and service tech industries!

When you have your for example country has divided into 10 business zones and there are five companies competing and regulators allow only three of the five participate in each region. And in each region, each company can up to three branches, So a total of 9 stores can be operating in each market zone. The company has to licence to operate in each market zone for a fee and only three branches are allowed. More than three branches will require extra fee on annual basis.

Regulators do not have to mess with little ones. Same apply at international level competitions. The world is measuring its progress every day or every three months.

If it takes five years to earn a revenue of 7 Billion and a country spends 5 Billions out of 7 Billion on one product as a buyer, it is not wise investment by any international measure.

The Super Top Economy can use high-tech as a subsystem in its super high tech systems! That will be progress, worth mentioning.

Science solves complex problems, most often, social sciences and physical sciences have to complement each other for clean, environment and development of means..

Do you have leading and participatory economy or solo crazy follower economy? Who are the draggers, companies or families, and who are the enhancers, and hence leaders?

If you spend your time chasing butterflies, they'll fly away. But if you spend your time making a beautiful garden, the butterflies will come to you.

When you focus on improving yourself, everything you want will come to you. We attract based on who we are, not what we want.

Don't chase, attract.

A developed country is not a place where the poor have cars. It's where the rich use public transportation.



Maturity is learning to walk away from people and situations that threaten your peace of mind, self-respect, values, morals or self worth.

Simple Reminders
SIMPLEREMINDERS.COM

Servant leadership is painting the world with sunshine so all people can bloom.

- Bill Marklein

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By Definition a racist **NARCISSIT** can not be satisfied even by enormous efforts that are more than infinity... the goal of the bad racist idiots is to give pain, that is their core value...

Leaving a toxic workplace...
...is an act of bravery, not a sign of defeat!

@fuelyourgrowth

The truth is...
You're 100% replaceable at work!
But 100% irreplaceable at home!

@fuelyourgrowth

Stop Comparing
Start Comparing

@fuelyourgrowth

Dream in years!
Plan in months
Act in days

@fuelyourgrowth

High performers don't always...
...follow the crowd

@fuelyourgrowth

Motivation
Discipline

@fuelyourgrowth

Your perception is that others are focused on you!
When in reality, they're only focused on themselves.

@fuelyourgrowth

Learn
Grow
Learn to let go!

@fuelyourgrowth

I coach **Founders** and **Creators** on building their personal brand and thought leadership on LinkedIn.
DM me to get started!

FUEL YOUR GROWTH

You don't meet people by accident.
There's always a reason.
A lesson or a blessing.

The reason why some people are so kind
is because the world has been so unkind to them that they don't want other people to feel the way they did.

- VEX KING | TheMindsJournal
MIND JOURNAL



When sinners or devils, have been looting you all for centuries, now time has come that you loot them. Let's see how do they feel. Citizens have to find world class solutions to human problems. Citizens have to solve their own problems first. Do not be afraid of challenges, even if they are greater than Himalayas. Your collective efforts can make Himalaya look, like a mole! Citizens ought to have right to stop oppressions by those who have just, authority. It is not right to accept unjust traditions for decades etc. If you do not burn or eliminate your roadblocks, the progress is impossible. You need hundreds or thousands of factories to produce goods. Country needs only three, at the most political parties, to formulate ideologies to move forward together. The system which makes a few to progress and all others leave behind will not work always.

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Your purpose must be to eliminate superstitions out of corrupt of the morally corrupt and bad and ugly looking beings! When you the awake ones, are not strongest physically and mentally. How can you eliminate darkness out of this world? When most corrupt of this world are there to steal your noble ideas and you the awakened ones must make it clear that the most strongest and hardworking people are winners not manipulators. You must celebrate 13th (terah) day of every month, to dedicate this day to guru ji! This way you will encourage the righteous ones!



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I came across a book that said:

Health: 80% eating,
20% exercising

Wealth: 80% habits,
20% math

Happiness: 80% purpose,
20% fun

Achieving: 80% listening,
20% speaking

Talking: 80% listening,
20% speaking

Improving: 80% persistence,
20% ideas

Learning: 80% understanding,
20% reading

Relationships: 80% giving,
20% receiving

"Prioritize the 80%, and the rest
will fall into place."



**Fear is "What if it
doesn't"**

Faith is "Even if"

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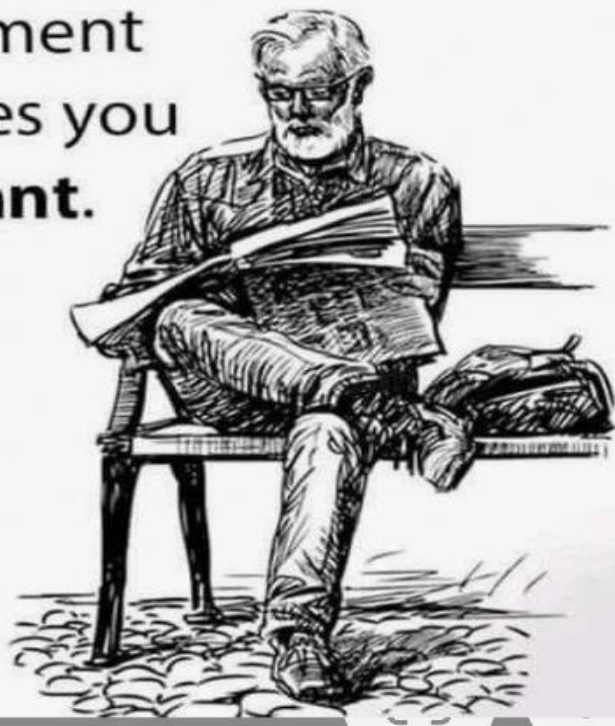


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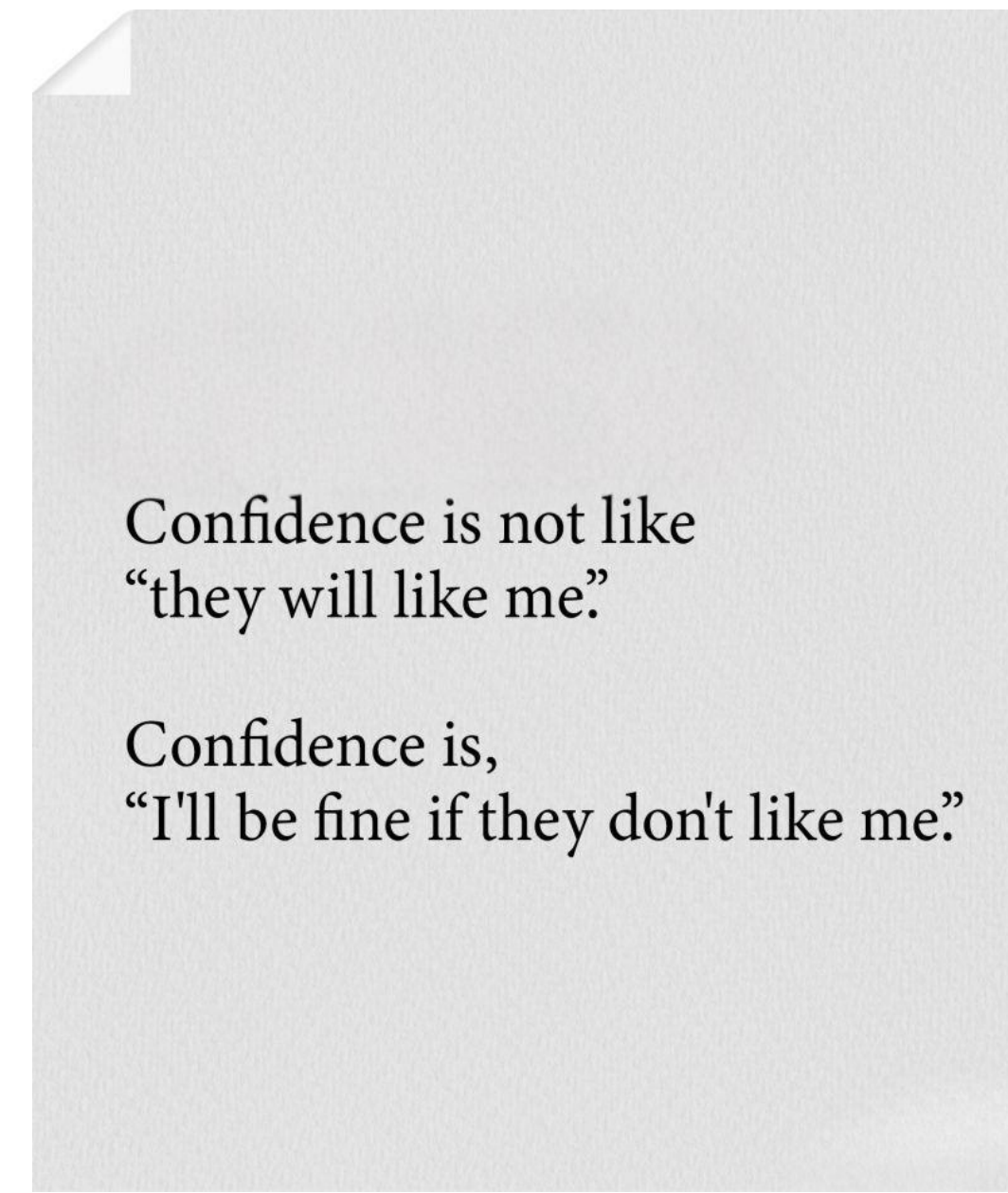
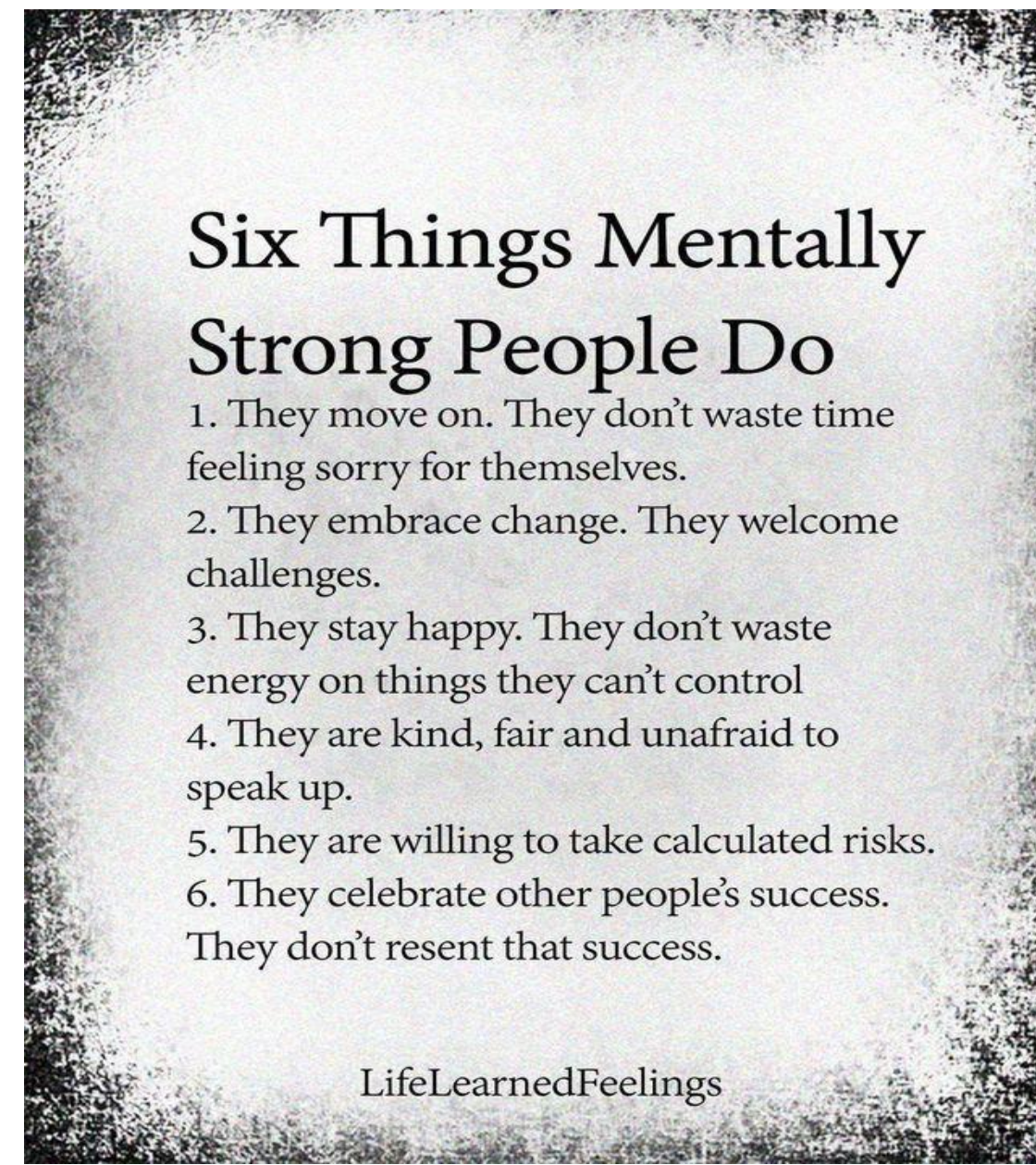
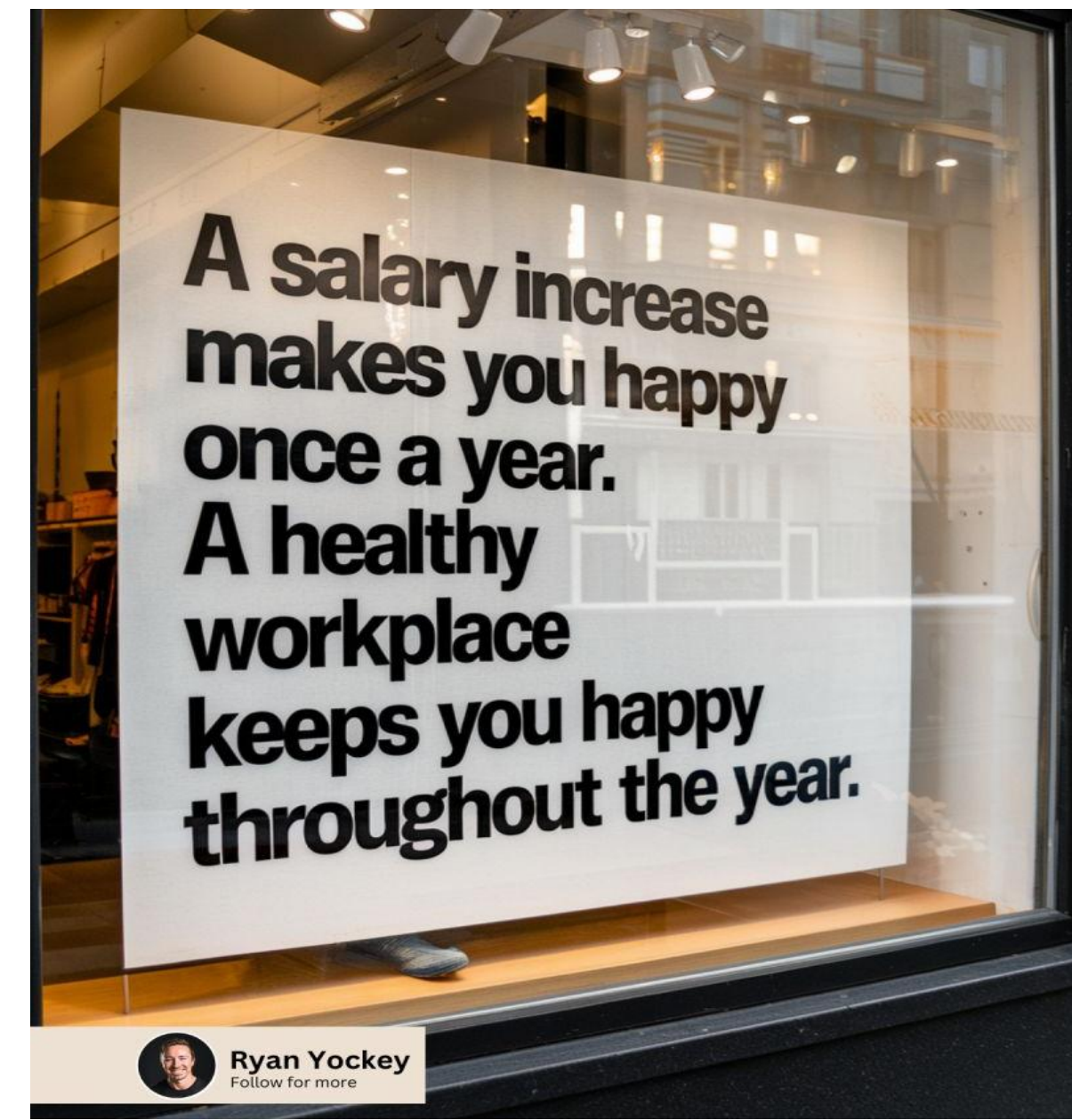
**There's a Japanese legend
that says,**

**"If you feel like you're
losing everything,
remember, trees lose
their leaves every year,
yet they still stand tall
and wait for better
days to come."**

**A mistake
that makes you
humble is better
than an
achievement
that makes you
arrogant.**



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7. Promotions and raises are out of your **control**

- You can be an A+ employee and still not get raises and promotions.
- These decisions happen above you so don't let it define you.
- Instead focus on what you can control (ex. sharing wins publicly, asking for a raise, and doing work that matters)

Jean Kang
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Airplane Family			
		3-Class No. of seats	Range nmi (km)
747-8		467	8,000 (14,815)
777-300ER		365	7,930 (14,685)
777-200LR		301	9,395 (17,395)
777-200ER		301	7,725 (17,305)
787-9		250-290	8,000-8,500 (14,810-15,740)
787-8		210-250	7,650-8,200 (14,160-15,180)
2-Class			
737-900ER		180	3,265 (6,045)
737-800		162	6,115 (6,765)
737-700ER		48*	5,755 (10,695) <i>*All business class</i>
737-700		126	3,440 (6,370)
737-600		110	3,225 (5,970)

DOCTOUR

"Travel is not a matter of money but of courage"

Luna M.N

Hi, please give me a list of hotels and airlines that accept courage as payment

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you can increment or decrement this last number up or down such as 100320.mp3 or 100324.mp3 FYI. Tell others...if u care. and are always positive thinker. Robotics & AI are coming to life and helping us all!