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Mind power secrets pdf

Beth Bischoff No one disputes that yoga will make you loose and limber. But there's one misconception we'd like to wrestle to the mat: that bending and stretching and twisting can't work you as hard or get you as fit as logging miles or swinging kettlebells can. While some yoga classes are indeed gentle and relaxing, the truth is that yoga can provide a heart-pounding, metabolism-stoking session as well as a muscle-toning, fat-frying routine. As pointed out in the new Women's Health Big Book of Yoga, the trick is picking the right style. Rolling cardio, strength training, and flexibility into one workout—while also blasting stress and easing tension throughout your body—is what makes yoga the ultimate form of exercise. Do I have to be flexible? Pop culture portrays yogis as Gumbys with Madonna's super-toned arms. While eventually getting these results isn't farfetched, you don't need to have all of that to begin. Practicing yoga will increase your flexibility. By regularly doing a routine that caters to your target areas, even your tightest muscles will begin to relax. Patience is key. Rome wasn't built in a day, and your hands won't fly past your knees to touch the ground in that amount of time either. Start slowly, learn to breathe through discomfort, and you'll become limber and flexible. What should I wear? Most dynamic styles of yoga require fitted clothes that will move with you and not get in your way. Look for tights or straight-leg yoga pants made with spandex. There are plenty of options for tops, and many of them have built-in bras. A fitted T-shirt works well too. Definitely avoid baggy shirts! They'll fall over your face in poses like Downward-Facing Dog. For more restorative (or "yin") practices, you can opt for soft, nonconstrictive clothes that don't need to be quite so fitted. Will I lose weight? Absolutely! A regular yoga practice combined with a healthy diet will help transform your body. Whether you want to lose five, 10, or 15 pounds or even more, yoga is a fabulous way to burn calories, tone muscles, and create a lean, sexy shape. The best fat-blasting yoga styles are Vinyasa and power flow, because they focus on strong holds and challenging postures aimed at burning calories. How often do I need to practice to see results? It depends on your specific goals. My advice: Listen to your body. Yoga can be practiced safely every day. For total newbies who want to jump-start their practice, I recommend sessions of anywhere from 20 to 90 minutes in length three or four days a week. Stick to a routine in the beginning to become disciplined, and focus on a small group of postures so you can measure your results. Your yoga practice will constantly evolve—the goal shouldn't be to perfect a posture and then move on. You'll feel a great sense of accomplishment from simply being able to reach closer to your toes than ever before, as well as on the day you do your first headstand! Will yoga reduce stress? How do I breathe? If I could bottle the amount of stress relief that yoga provides, it would sell faster than a designer collection at Target! A large part of this relief comes from breathing. "Ujjayi breath" is done by inhaling and exhaling through the nostrils with the mouth softly closed. This method is what allows you to focus when your mind starts to race or a posture becomes challenging. Focusing on both the breath and the posture is the secret to yoga's amazing ability to eliminate stress. Taking just five minutes to stop and breathe can have a dramatic effect on the rest of your day. Your pulse slows, your mind softens, and you're ready to move forward. Get a Sexy Yoga Body! Discover the power of yoga to tighten, tone, and calm. Buy The Women's Health Big Book of Yoga today! This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io CCO/paulbr75/Pixabay When you refinance your mortgage, you're basically starting all over again with the mortgage process. Your new mortgage pays off what's left of your old one, and you start making payments all over again on the new one. It's often advertised as a good thing, and while it can be for some homeowners, it can be a terrible move for many others. It all comes down to why you're refinancing and your own unique situation. Here are some reasons why you should — and shouldn't — do it and what to keep in mind if you do: 1. When Not To Refinance There are probably more reasons not to refinance than there are to do it. Consolidating debt, for example, is a bad idea, especially if you have recurring problems with debt. Never put your home on the line for something like a credit card. If you've been offered the opportunity to refinance at no cost, don't fall for it. The fees involved with securing a mortgage and refinancing will show up somewhere, they may just be hidden. If you're planning to move in the next couple of years, your credit score is low or you can't afford closing costs, refinancing is a bad idea. And, last but not least, never refinance for something like a nice new car, a trip overseas or a whim to start a business. Look for other ways to fund these endeavors. 2. Lower Mortgage Rates Now that you know when not to refinance, it's time to look at some reasons why it may actually be a good idea for some people. A lower interest rate is one of the top reasons to consider the move. Lenders say that if you can decrease your interest rate by at least one percent, think about refinancing. If you can decrease your interest rate by two percent or more, definitely refinance. You'll build equity in your home this way and lower your monthly payments. If you invest or save the difference, it can be a big win for your financial future. If you aren't concerned with your monthly payments, you may try to secure a shorter-term loan instead. 3. Your Credit Score has Improved When you first got your mortgage, your credit wasn't that great, but you've worked hard to repair it over the past few years, and your score has gone up quite a bit. In many cases, the higher your score, the lower your interest rates, so it may be worth revisiting your mortgage to see if refinancing makes sense. This is one of many reasons why it's important to stay on top of your credit score. Many experts suggest checking it at least once a year if not more frequently. Just make sure you're making a soft inquiry when you check on your score. Inquiring about it in order to secure more credit or debt can actually lower your score. 4. Your Monthly Payment is Too High Many experts say that you shouldn't refinance to secure a lower monthly payment, but if you can't afford your mortgage as if, you may feel like you have no other choice. And this doesn't mean lowering your monthly payments by securing a lower interest rate. In this case, you do it by adding years to your mortgage so that it takes longer to pay it off. It also means you'll pay more interest, so it's actually costing you more money in the long run. If you plan to stay in your current home for a long time, and you do have an extreme circumstance, such as a medical condition that leaves you or your spouse unable to work, refinancing isn't the best option, but it can make life a little easier. 5. Other Reasons You May Refinance While these are some of the most common reasons why homeowners choose to refinance, there are a few others that you may consider. They include: Converting an adjustable rate mortgage to a fixed rate mortgage through refinancing makes sense when interest rates are on the rise. When your home value increases, you can refinance and receive the difference if you opt for a cash-out refinance. As long as you save or invest the money wisely, this makes sense in some circumstances. When you want to shorten your loan's term and you're still able to make your monthly payment, you may opt to refinance if you can get a lower interest rate. Check the drive sprocket to make sure it is not worn. Replace it if it displays wear. Sharpen the chain and replace it if it shows damage as well. The chain's tension should be checked too. Tighten it if the chain is too loose, as well any other loose parts, such as nuts, bolts, or screws. If you need to sharpen the chain, refer to the owner's manual for directions. You will also need to find out what size file to use on the chain. Check for damage to the starter and the cord. If either the starter or cord is damaged, take in the saw to a service center. Check the emergency stop switch for proper operation. The saw's engine should shut off instantly. MORE FROM ASKMONEY.COM tWhat is the Mind?Psychology is generally considered to be the science of mind, although more properly it is the science of mental states—thoughts, feelings, and acts of volition. It was formerly the custom of writers on the subject of psychology to begin by an attempt to define and describe the nature of mind, before proceeding to a consideration of the subject of the various mental spates and activities. But more recent authorities have rebelled against this demand, and have claimed that it is no more reasonable to hold that psychology should be held to an explanation of the ultimate nature of mind than it is that physical science be held to an explanation of the ultimate nature of matter. The attempt to explain the ultimate nature of either is futile—no actual necessity exists for explanation in either case. Physics may explain the phenomena of matter, and psychology the phenomena of mind, without regard to the ultimate nature of the substance of either.The science of physics has progressed steadily during the past century, notwithstanding the fact that the theories regarding the ultimate nature of matter have been revolutionized during that period. The facts of the phenomena of matter remain, notwithstanding the change of theory regarding the nature of matter itself. Science demands and holds fast to facts, regarding theories as but working hypotheses at the best. Someone has said that "theories are but the bubbles with which the grown-up children of science amuse themselves." Science holds several well-supported, though opposing, theories regarding the nature of electricity, but the facts of the phenomena of electricity, and the application thereof, are agreed upon by the disputing theorists. And so it is with psychology: the facts regarding mental states are agreed upon, and methods of developing mental powers are effectively employed, without regard to whether mind is a product of the brain, or the brain merely an organ of the mind. The fact that the brain and nervous system are employed in the phenomena of thought is conceded by all, and that is all that is necessary for a basis for the science of psychology.Disputes regarding the ultimate nature of mind are now generally passed over to the philosophers and metaphysicians, while psychology devotes its entire attention to studying the laws of mental activities, and to discovering methods of mental development. Even philosophy is beginning to tire of the eternal "why" and is devoting its attention to the "how" phase of things. The pragmatic spirit has invaded the field of philosophy, expressing itself in the words of Prof. William James, who said: "Pragmatism is the attitude of looking away from first things, principles, categories, supposed necessities; and of looking forward toward last things, fruits, consequences, facts." Modern psychology is essentially pragmatic in its treatment of the subject of the mind. Leaving to metaphysics the old arguments and disputes regarding the ultimate nature of mind, it bends all its energies upon discovering the laws of mental activities and states, and developing methods whereby the mind may be trained to perform better and more work, to conserve its energies, to concentrate its forces. To modern psychology the mind is something to be used, not merely something about which to speculate and theorize. While the metaphysicians deplore this tendency, the practical people of the world rejoice.MIND DEFINEDMind is defined as "the faculty or power whereby thinking creatures, feel, think, and will." This definition is inadequate and circular in nature, but this is unavoidable, for mind can be defined only in its own terms and only by reference to its own processes. Mind, except in reference to its own activities, cannot be defined or conceived. It is known to itself only through its activities. Mind without mental states is a mere abstraction—a word without a corresponding mental image or concept. Sir William Hamilton expressed the matter as clearly as possible, when he said: "What we mean by mind is simply that which perceives, thinks, feels, wills, and desires." Without the perceiving, thinking, feeling, willing, and desiring, it is impossible to form a clear conception or mental image of mind; deprived of its phenomena it becomes the merest abstraction."THINK ABOUT THAT WHICH THINKS." Perhaps the simplest method of conveying the idea of the existence and nature of the mind is that attributed to a celebrated German teacher of psychology who was wont to begin his course by bidding his students think of something, his desk, for example. Then he would say, "Now think of that which thinks about the desk." Then, after a pause, he would add, "This thing which thinks about the desk, and about which you are now thinking, is the subject matter of our study of psychology." The professor could not have said more had he lectured for a month.Professor Gordy has well said on this point: "The mind must either be that which thinks, feels, and wills, or it must be the thoughts, feelings, and acts of will of which we are conscious—mental facts, in one word. But what can we know about that which thinks, feels, and wills, and what can we find out about it? Where is it? You will probably say, in the brain. But, if you are speaking literally, if you say that it is in the brain, as a pencil is in the pocket, then you must mean that it takes up room, that it occupies space, and that would make it very much like a material thing. In truth, the more carefully you consider it, the more plainly you will see what thinking men have known for a long time—that we do not know and cannot learn anything about the thing which thinks, and feels, and wills. It is beyond the range of human knowledge. The books which define psychology as the science of mind have not a word to say about that which thinks, and feels, and wills. They are entirely taken up with these thoughts and feelings and acts of the will—mental facts, in a word—trying to tell us what they are, and to arrange them in classes, and tell us the circumstances or conditions under which they exist. It seems to me that it would be better to define psychology as the science of the experiences, phenomena, or facts of the mind, soul, or self—of mental facts, in a word."In view of the facts of the case, and following the example of the best of the modern authorities, in this book we shall leave the consideration of the question of the ultimate nature of mind to the metaphysicians, and shall confine ourselves to the mental facts, the laws governing them, and the best methods of governing and using them in "the business of life."The classification and method of development to be followed in this book is as follows:I. The mechanism of mental states, i.e., the brain, nervous system, sense organs, etc.II. The fact of Consciousness and its planes,III. Mental processes or faculties, i.e., (1) Sensation and Perception; (2) Representation, or Imagination and Memory; (3) Feeling or Emotion; (4) Intellect, or Reason and Understanding; (5) Will or Volition.Mental states depend upon the physical mechanism for manifestation, whatever may be the ultimate nature of mind. Mental states, whatever their special character, will be found to fit into one of the above five general classes of mental activities.FOREWORD copyright © 2021 by Joel Fotinos

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