Time management How to have more productivity

Introduction

Iam a software developer and internet entrepreneur I have more things to do than normal time can allow, so I read many time management and productive books and tried to implement but most of them have techniques which don't work, so I wrote my own book and will be telling you techniques which work

Why old planning techniques doesn't work, it's because they are old and outdated, previously if anyone study accounts and become an accountant he will be doing the same work for his entire life time, so he is pretty used to it and can do his work with ease, he can plan things since all the work is almost repetitive work, once he studies accountancy and have the skills to do the job, his life is set, he can focus on different things now and can automate, can plan things further since situation around him is the same, he can optimize the situation.

But now things around you are changing rapidly even if you refused to change, you will have to change or else you will be replaced☺,

Job security is a myth now, hardly any company stays longer than 10 years, most startups die within 2-3 years, and if you are working in any of those companies you have a problem.

That's why old time management and planning fails, because it requires a static situation, and today's world is dynamic and things around you change rapidly and you are not sure what to do, you did a computer course thinking that will help you getting a job and make your life secure, but after few months after wasting money on that course you are still not able to get the job, the skills you learned are not in demand.

Today's world demands you to be creative, situation around you will be changing and your plans are bound to fail unless you adjust your plans according to the situation.

That's why you need mental space and energy to be able to think on the problems and have solution, that's why you need clutter free mind. If you are busy or overwhelmed with your situation, you won't notice any changes around since your brain is already occupied.

I am giving you certain tips which will help you to have that mental space to be able to think and be creative.

There are only 168 hours in a week, 24* 7

8 hours sleep daily -56 (8*7)

Food including breakfast and occasional eating -14 hrs. (2 hours daily 2* 7)

Bathroom and toilet including occasional leaks 7 hrs.(at least 1 hour daily 1*7)

Commuting to work—14 hours(2*7 at least 2 hours daily)

You just get 77 hours in a week for productive purpose, if you are a family man and with kids than half of your productive time kids will consume

That means if you are a family man you just have productive 40 hours, in that time you have to achieve your goals, actually very less time to achieve anything.

Your time will end even if you start working on anything

Mental space is necessary, you know why people fall into such easy scam tricks, because they are overwhelmed with decision making and too much information processing to the extent they stop thinking, they just do what they feel right, they just want that positive thought to be true. You must have seen how people are fooled by Nigerian scammers on million dollars lottery winning and amazingly people fall for such simple tricks, because they have stopped using their brains.

Iam going to give you tips, where you can automate most of the tasks and have more time for yourself so that you have mental space to think, what's going on with your life, and how you can improve upon it.

About me

Iam Amin b Nagpure, web developer and web marketer, made lot of money building web systems which work

You can follow me
http://www.aminnagpure.com

Iam also director of software company

Iam a programmer, web developer skilled in asp, asp.net, meteor, node, sql server, Mongodb.

Maintain Your Health

if you fall sick it will be your productivity loss and it will push your goals further away, exercise every day if not possible then twice or thrice a week, take supplements, if you fall sick and if you go to doctor, doctors usually makes you more sick by giving antibiotics, there is a whole research on how current medicines are not working and new approach has already been made but only few are using it.

Standard medical practice is about killing the bacteria, it is about kill, kill and more kill which is quite wrong because it also kills good bacteria with it, and modern approach is about having more good bacteria, probiotic approach you can search YouTube about it.

In Ayurveda it is said that disease starts if you have bad stomach, that's why all the ayurvedic medicine are targeted to stomach.

There is fake myth which is circulated on the internet, that drinking water is good for health, actually 4 glasses are enough, if you drink too much water that's gonna cause you health issues, it will cause you issues of electrolytes, it will also reduce your digestive powers, can cause stomach problems

Most people are looking for confirmation rather than information, they keep on repeating popular opinions without even trying it, these articles on blog or on websites are designed to get more views, like how some women drank 3 liters of water every day and has glowing skin, they know they are lying or they just keep repeating popular opinions, there only purpose is get more views.

Actress lies about their looks, like how they inherited their flawless skin from their mother and she drinks 10 glasses of water every day, and she drinks orange juice, she drinks pineapple juice and she does all things which are natural and that's the reason she has pretty skin. They say these things to tell you that they are something special.

But the reality is the most old actress who are above 30 are not good looking, they Photoshop their images, they have too much light on their faces which make their skin look bright and fair.

Actress doesn't tell you, how many plastic surgeries they did and even after that they Photoshop their images, even ugly guy will look beautiful if he do all these things.

That's why this myth " more water is very good for health and skin" is circulating, this is passed on person to person and it is just a popular opinion.

i have also noticed many fake ayurvedic benefits articles on the internet, some tall claims that some ayurvedic medicine can cure cancer, Aids

i saw an article about Triphala, how it can heal cancer, that was pure bull shit, actually Triphala has too much vitamin C, which can actually cause rashes and other health issues, but these hindus are so keen about promoting their beliefs, their religion, common a person is dying here and you are more concerned about promoting your culture.

not everything about ayurveda is good, some things are good, we must check what works, not follow just because it is popular opinion.

Doctors are using techniques which don't work most of the time, that's why there are so many health issues, unhealthy body will deteriorate quality and productivity of life.

I had one female employee, has weakness issue almost sick for at least 10 day in a month, now imagine quality of her life, she cannot enjoy her life, she can be least productive, she cannot focus on good things, she is missing on her potential here, person cannot progress if he/she has health issues, there health issues will constantly drag them back from where they have started.

i had another programmer who was 35 yr old, and was heavy diabetic and also had depression issues, now imagine his quality of life, his ability is limited and will have hard struggle in life. he was a tamil brahmin, and pure veg, that must be causing his health issues, because they have the same food everyday, dal and rice. avg life span of tamil brahmin is just 50 yrs.

variety of food maintain balance of nutrient in your body, variety is necessary.

change the doctor if your health is not improving, maybe that doctor is not having solution to your problem or he may not have understood it, do online search for your health issues, internet almost has all the answers, check what works, what others tried and did they benefit from it.

You can maintain your health by exercise and taking supplements, according to me at least 50% of India is malnourished, an average man needs 2500 calories every day, and women needs at least 2000 calories every day, and that most Indians consume Chapatti, rice and some vegetables hardly have any calories to meet even basic requirement. That's why most of people don't have enough energy even to do everyday things.

green chillies have the highest content of vitamin C, and it is just 240 mg per 100 grams, that's way to low, you cannot eat 100 grams chilli at a time or in a day, our body needs at least 500 mg per day vitamin C.

if you check on each fruit how much vitamin it contains and how much is required per day, you will see the difference. fruit juice won't work, take supplements.

be natural brigade has spread this false myth, and that's bullshit, if anyone tells u they drink fruit juice for their health, question their health, ask about how many times in a year they fall sick, if they fall sick once a month, tell them "don't sell me your bullshit".

check their skin, eyesight and their overall health, how much they can lift weight, how much they can run, how is their brain functioning.

you definitely don't want to take health advice from unhealthy person.

oil contains lot of calories and is essential, if you cannot have the required calories in diet. I will recommend you drink milk daily, drink coconut oil; one tablespoon of coconut oil has 117 calories.

Olive oil, which is pure fat, contains 1920 calories per cup; you can also use groundnut oil, groundnut oil and olive oil almost have the same calorie content.

Bad views about oily food circulating in media are for very obese people, people who eat too much, actually oily food is good.

people get fat not by eating fatty food, they get fat by eating carbohydrates , that's a fake myth, oil food has fat and so it makes you fat, it is actually carbohydrates which makes people fat.

100 grams of whiskey contains around 78 calories and 100grams of beer contains 43 calories and 100g vodka contains whooping 230 calories, so drink vodka

In India alcohol is considered bad and unhealthy, but according to me alcohol is good if taken in moderate quantities like 180ml daily.

I myself have noticed huge difference in performance after drinking vodka; morning feels very fresh and very energetic.

Bad views about alcohol is just a popular opinion, you can easily notice people who consume moderate alcohol are healthy.

Alcohol is necessary for creative thinking, it opens you up, religious head banned alcohol so that they can force people follow their rules and not question, they wanted to people to follow not to think.

religious leader also told reading any other book other than their holy book is sin, and death penalty.

of course too much alcohol is bad, too much of milk is also bad.

One very famous biohacker "Dave Asprey" recommends vodka, actually he is a guy who trains people on how to improve their brain power, how to have more energy, how to be more productive.

Dave Asprey is a very successful internet entrepreneur, he is a programmer and a millionaire, and he earned over 6 million dollars when he was just 26. Not bad

Brain consumes lot of energy, it is just 2% of total body weight but it consumes around 20% of total body energy, it burns around 400 calories just in sleep.

Lot of energy is required if you want to be super productive.

Identify Where are You Wasting Your Time

identify what activity or who is wasting your time and keeping you busy, either its sports , news channel , Facebook or some over demanding friend or a relationship.

Sports waste lot of your time and you learn nothing from it, it's a kind of entertainment but if you are some kind of professional and want to make your career big, you need to avoid this.

Avoid news channel, they bring lot of negativity and fears in your life, lot of news with eye catchy headlines are just unworthy news, they have catchy headlines to capture your attention so you watch or click there link, that's the way they do business, but it wastes your time.

Avoid friends who are demanding, few people are type that they need extra attention, extra time, they are simply demanding, avoid them, because they will keep you busy and you will be wasting your mental energy in keeping them happy. That's way too much work for nothing in return; if you want to have a big carrier then you got to focus on your career not on taking care of someone's ego.

These demanding people will dominate your time; which will shrink your mental space for productive purposes.

These types of people are called "narcissist", they think they are born special and are supposed to be treated like kings. They value themselves much more than they actually worth, some girls falls into this category they think they are queens and should be treated special, they will use anyone who wants to be their friend.

I stopped picking girls calls; becoz when she calls its either she is in need of money or she has some problem which she wants me to solve, mostly money related. Not only they bring strain on your resources but also creates a mental loop in your brain which needs to be solved an additional workload, one more thing to do.

We all need relations for healthy life, friends are required, girls are required just avoid those who needs too much help, relations will consume your time, you have to maintain it, you can minimize the number of people in your life, but do help your genuine friends and relatives since everyone needs one another, everybody needs help at some point, you may also need help at some point of your life, humans can only thrive in society, mutual cooperation.

Every unsolved mental loop will keep on revolving in your brain, that's why broken relationship with which you cannot do anything about, keeps on reminding you, it's an unsolved mental loop, which brain will remind you again n again. It will eat up your lot of mental energy.

If some asks for a help and you are unable to help it, or even if you refuse to help that will still occupy your mental space, it will make you feel guilty and that's a worst use of mental energy.

What I mean to say avoid relations with "narcissist", they will use you to treat them like a king, because according to them, they are special people, it is estimated only 15% people are narcissist, but according to me narcissist people all over near us, according to me at least 50% people are narcissist. But if your mother, father, brother or someone close to you is a narcissist, then you have problem, there are books available online how to deal with narcissist.

Narcissist behavior is encouraged starting from when we are born, remember how your parents used to say how intelligent, special, beautiful you are. Even movies encourages such behavior by showing some individual special, because he is virtuous since he was born, highly intelligent, super fighter, all these special qualities in one individual, and the movie watchers relate to that hero in the movie and starts thinking about themselves someone who is very special, but that's not the truth ask yourself can you beat 20-50 people with machine guns with your bare hands, they fire at you and not a single bullet hits you.

Overestimating once abilities is the major cause of depression, when someone has high opinion about himself, he tries to do a thing which he thought would be easy but finds unable to do it and then finds out he is not what he thought about himself (he is not the hero which was shown in the movies) that's when he gets devastated.

even swami vivekananda says, everyone thinks about himself as a king, and he deserves a throne, but when life punches left and right, then he knows his true worth in the society.

Narcissism is on the rise, attitude and aptitude are two different things, anyone can have attitude , attitude is easy, but aptitude takes practice and hard work which rarely one can master, eBooks selling positivity and believe in yourself stuff are actually promoting false beliefs, most people are looking for confirmation not information, they will buy stuff which supports their views.

70 % of time either we talk about ourselves or either about other people around us, this is where common people waste their time, and successful people talk about ideas and think on ideas.

Common people talk about what they had for lunch, how good or bad that hotel food was, how hard their constipation was, how bad their headache was, how bad their day was, how hot the tea was, how they always wake up at 5am, today they walked 100 meters and they will always do and take pride in telling others, they waste all their mental and physical energy in talking about everyday things.

We all people almost have the same energy levels, it depends where we invest our energy, whether we invest our energy in our career or any big idea, or we invest our energy in talking about ourselves or others or very small things that doesn't even matter.

it is said that each human has 100 billion neurons, mark zuckerberg, steve jobs, bill gates, also have 100 billion neurons, they are not different from you. but they invested their neurons on ideas not on bullshit everyday things.

All working people are using computers, basically they are sitting on computer and working, now you can easily track where you are spending more time.

There is an application which you can download it on computer
https://www.rescuetime.com/

It helps you track every activity on the computer, which website you are visiting, what software you are, basically what are you doing with the computer, which helps in analyzing.

One of the internet entrepreneur, programmer and social media expert has wrote in his book, people used to ask him, how come you have time to learn so much, he simply said he stopped watching TV, he saved at least 3-4 hours by not watching tv.

Everyone has the same 24 hours every day, you got to make choices on where you are going to spend your hours.

focus is the key for everything, be it for studying maths, physics, programming or making money, check where you are spending your attention.

Do Meditation

Sit on a chair comfortably and close your eyes, do not try to empty your mind, just sit quietly and close your eyes, count reverse from 1000-1, as you try to focus, your mind will resist and wander, let it wander, it is doing its work, trying out all possibilities positives and negatives, it is working on unsolved loops, it will try out all the options, it will focus on fears, it is will create new ideas, just let it do whatever it wants don't try to force think.

There is an ancient fake myth circulating on the internet and it says "Think Positive", stay away from negative thoughts, this is unnatural, you cannot change the reality just by thinking positive about it, just because you think positively about a situation it's not going to turn from negative into positive, situation doesn't depend on the way you think. More you try to focus on positive thought more negative thoughts will occur, if you try to suppress negative thought it will come out stronger.

Negative thoughts are perfectly natural; brain thinks of all the option to keep you safe, it is always worried about its existence.

You must think negative and make provisions for it, positive will take care of itself.

You must observe reality as it is, without any perception if you observe situation using lens of positive thinking, you are making false reality.

Only when you accept there is a problem, then only you are going to do something about it.

One good technique is "Zen Meditation", where you sit on a chair (sit comfortably) and do nothing, absolutely nothing, sit still, and it is great

Man is evolved animal, basically he is an animal, constantly anxious, worried and afraid of the unknown,
man has a very low attention span, roughly around 15 minutes, that's why "TEDX" talks are only 15 minutes talk, beyond 15 minutes it is difficult to focus. Our brain is designed in such a way just to notice threats, like a tiger around, bear around. It's not designed for learning.

If you can sit on a chair, no big task, but just sit on chair and do nothing, no movements of any kind not even scratch your nose, it will be difficult to do at first but slowly you will be able to sit without doing any movements for 1 hour, and that will be great.

Old design of our species has some flaws which are problem in current world, we do not have to constantly worry about our safety, there are no tigers around, but still we possess the same old traits, evolution takes millions of years to change design.

When you sit straight without any movement, suddenly you will notice that your mind is rebelling, suddenly you feel urge to scratch your back, you will remember something and it will make you take action, basically your mind will not allow you to stay calm, it will rebel and fill you with unnecessary

thought that will induce you to take action, but don't take any action sit straight and don't move, even if king cobra is around, there has to be difference between humans and animal, animals are constantly afraid of their life, they have to, because there are tigers around.

We live in cities there are no tigers, lions, crocodiles, snakes around.

You must have read in scriptures, that a person is trying to meditate and god sends demons, killers, good looking women to disturb his meditation, it's not god which is trying to disturb his meditation, it is actually the mind which is creating things to disturb meditation.

If you sit for longer hours, your mind will try everything to disturb you, it will scare you; induce thoughts to take action, to move. It will imagine sexual things so that you wake up and masturbate☺; it will try everything to destroy your meditation.

If you can still meditate for long time even when your mind is trying all sorts of things to disturb you, you will attain enlightenment, this is real, you must have noticed some holy gurus (spiritual speakers) how they seem to know and understand everything the way they speak, you will be surprised how in this world they know so many things and you don't.

If you can sit 20 minutes daily doing nothing it will be good enough to calm your mind down, it will also help you in focus.

ADHD patients have a very low attention span, they simply cannot focus on things, it's because they are very afraid of something and their mind is very jumpy from here to there.

Lot of worries and fear are unnecessary mentally created imagination, and we waste lot of mental energy in that, meditation will help you stay focus and calm, scientific study says meditation actually increases cognitive ability.

Awareness is necessary for survival, but too much of it is problem.

false perception is also a problem, like a kid afraid of dark, kid believes their is a monster in there, and it does everything to protect itself from that demon, but in reality there is no monster but kid wastes all his energy in protecting himself from things which are not there.

if we have false perception, we direct our energy into things which aren't there.

Save Time on Grooming

Grooming will waste lot of your time, if you are concerned more about how you look, actually nobody cares about how you look, and it's only you, unless you are a girl.

If you are very worried about your looks & Clothing, there will be a mental thread which will keep consuming your mental energy.

Why Facebook owner Mark Zuckerberg wears the same type of dress every day??? , it's because he doesn't want his mental energy to get wasted on frugal things, he wants to save his mental energy for larger purposes, even Steve jobs used to wear same clothes everyday

Cognitive ability and willpower is limited, even if you take supplements and exercise it will increase to some extent but it is still very limited.

More decisions you make less decisions are available for you. If you waste your decision making quota on frugal things, you will quickly exhaust your quota of decision making.

I have white hair I used to color it black, I noticed I wasted at least 2 hours doing it, i go to barber shop sometimes its full, mostly it's full, and I waste time waiting for my turn.

Even feminist women are recommending to women not to waste time on grooming, since they waste at least one hour a day in grooming, it's actually lot of work for women.

A woman spends almost two years of life in grooming in their 60 years life span, in getting dressed and applying powder.
That's a plenty of time waste, males waste around 1/3 of women getting dressed time.

You see you cannot do big things, since you are too busy in all these little things which don't even matter.

have you ever noticed someone's hair color or his dressed, it is highly unlikely same is the true with others, they won't pay any attention to your hair color or your dress, they just don't care about it, you simply think that people care about your looks and dress and the universe revolves around you, all people care is about themselves.

How can we have more time? For ourselves

We can have more time for ourselves, if you can complete tomorrow's task today, for example if you have some work if done orderly it can take up to 3 days, if you can with some more extra efforts able to complete that task in one day, it will give you two free days. That's 2 days of free time.

Automate things, like your bill payments, credit card payments, electricity bill payments, mobile recharge; if you automate this it will free your mind from thinking about such small things.

Do not buy mobile billing service, they might over bill you and you will waste your time in solving it, always use prepaid mobile services.

I Am currently unhappy with mobile phone recharge packages, they change their plans every now and then, have made it difficult to automate, even banks have added extra layer of security features, which has made automation difficult.

Who has the time to learn more about their recharge packages, i am a busy man and won't like to waste my mental energy in learning about the recharge packages, that's a pure time waste. What I do is recharge one time with the big recharge pack, around Rs2000-3000 it releases me of worry of talk time balance and it lasts for around 10 months for me.

In India mobile companies have found to be cheating, like doing call drops and charging customers for the entire minute, activating some unwanted service packs and deducting their balance, actually telecom companies here are in losses to cover up they are using these cheap tricks, but who has the time to argue with them if they cut your one or two rupees.

Do shopping online, it saves your time from walking into a shop, checking things and then bargaining and then buying, plenty of time waste here, when you can do same thing in much better way via online shopping, online website have wide variety of a particular product, you can check its reviews and then decide to buy or not. Most of time it has discounts as well.

you can have yourself more time, if you have someone to take care of everyday things, or if you can automate your everyday things.

Say no to friends for going out or party

Social life is essentially it makes us feel happy, everybody loves friends and parties, but if you are planning to make a career, then you have to sacrifice some of your party time and use that time in building career.

I almost had no friends for 2-3 years; I avoided friends because I was very busy in programming and learning new skills, which has helped me a lot.

I almost have daily parties now, since I can afford to be a sloth, I have learned a lot and earned a lot, I have done hard work in the past now I can afford to be lazy, but now I think I have to avoid some parties because things are changing fast because of so many new technologies coming up and old technologies are getting outdated.

Alone time is essential, since it helps you notice opportunity and threats, with friends you are so busy you hardly notice things around you.

Illusion of Urgency

this is the most common factor which everybody has, but nobody actually notices it, whenever you try to do something, something will come up in your brain, which will incite you to take action, for example if you decided to complete some chapter in maths, the moment you sit and is trying to do your work, a thought will occur to you, like you needed to call someone for some issue, you forgot to pay light bills, etc, etc.

a typical human cannot focus more than 15 minutes, that's why TEDX talks are only 15 minutes long, after 15 minutes your mind to start to wander and focus on different things.

complex subjects like maths, physics, engineering, programming requires long hours of study, 15 minutes are not ok, if you study just 15 minutes everyday it will take decades for you to complete.

this is the important fact, you will notice it when you try to focus.

when you get urge to do something while studying, check it out whether is really important now to take action, you will find out that most of the thoughts you will have is just to distract you from doing something.

Monitor your progress

What I mean by monitor your progress, I mean check your plans whether they fit into the situation, or you gonna add or minus some aspects of your plan.

There is a new terminology in software development that is called "Scrum", where you start the project with minimalistic goals try to complete it as fast as you can, so that you can test it, if the software project seems to be ok and is in line with the need, then you can carry on building further up with the project.

Previously software development method followed "Waterfall" method where you plan everything ahead before starting the project, development phase was followed by planning phase, this method failed miserably since things around it changed to such an extent that entire plan failed, because the requirement is no longer the same when the plan was made.

Actually no one is exactly sure what they exactly wants, they just have vague ideas, you got to test your ideas as fast as you can, if you are ideas are bad, you know your idea was wrong and you can move on to the other idea.

I mean you need to test your plan, as fast as you can, if plan is a fail then you fail fast and then you can try your other plan

For example if you plan to make a software which will remind users when they want, in that software user will open that software " type in what he needs to be reminded" choose date and time when he wants to be alerted and then save it in the system, but now there are voice based reminders, like "Siri " on iPhone in that user will just say "Remind me at 11.30 Am to buy milk" Siri will create reminder and will alert you at 11.30 am, now in this case who will use your text based software, when they can do things with ease using siri. Your plan fails, abandon that project.

Monitor your plan with according to the changes around it, change and adapt your plan according to the changing needs.

Lot of things started to be something else and ended being something else

YouTube started as a dating site, but got turned into video channels.

Implement your business idea fast and world will guide you where to go.

Search in Google for Scrum methodology it is a software term, but you can implement it in your real life goals.

Save Mental Energy

Brain is good in decision making, planning, but it's bad in storage, memory. Scientist say every time we access our memory it changes, I mean every time we access memory we add false things to it. And it is scientifically proven.

That's why we always feel good about past party's n picnics, because we add false enjoyment memories to it.

So we leave memory management to the computers, use tools like "Siri" or "Google now", you can say "remind me to take milk at 11 am" to siri and it will say "ok I will remind you", it will create reminder for you and remind you at 11 am. By doing this we free our mental RAM, we do not have to waste our mental energy on remembering things, mobile will remind you at the time you asked him to remind you.

Insurance premium dates, or any other events you can use these mobile apps to set reminder

If you can buy "Amazon Alexa" that's great, it will save your lot of time

I have written a whole book about using tools to automate your life and make your life easy and save mental energy.

You can check it here
http://amzn.to/28Wx8p9

I will avoid repeating all the tools I mentioned there

The name of the book is "IOT Enabled", it is a book about internet of things

Use tools like "Evernote" to record your ideas whenever it occur, use reminders on mobile to remember things.

Tools to use
http://www.trello.com

Complete project management tool

https://calendar.sunrise.am/
Calendar and time management tool from Microsoft

https://evernote.com/?var=c

For recording and sharing ideas

Although there are lots of automation tools, these are the tools very busy professional's use.

Simplistic living

I had 2 cars and 4 motor bikes, I kept extra motors in spare just in case if any one of them is not working, but in fact it was total waste. I added lot of work for myself.

I had to remember to carry papers in my car, actually they were always there and I never bothered to check, but when Traffic police used to stop my car and ask they were not there sometimes, I forgot to pay insurance premiums or renew PUC, when they used to check papers they always used to find something missing and I was charged money sometimes.

By having so many motor vehicles, I added it to my work and expenses, I had to remember to renew insurance and PUC, has to maintain them, has to wash them, i simply added lot of work and mental clutter.

there were also occasional breakdowns which demanded attention

By having things which we don't require, it adds to your mental clutter, they demand our attention, attention is very expensive today, you end up doing things which don't matter it's a unwanted loop.

There is a new wave about simplistic living and peace of mind going around; people love simplistic living because it gives peace of mind.

By adding unwanted stuff in your life we add extra responsibilities, you got to maintain that product, it also demands your attention.

By having only things you need, you free your mind; you can use that mental energy in doing something worthy, less responsibility more free time, more mental energy to do something big.

in today's world peace of mind is the most expensive thing if you can afford.

Use Money Saving skills of others

My brother always used to buy with coupons, he knew every new site which offers discount coupon on purchases for first time user or repeat users, and he is used to create accounts on these coupon sites and used these coupons for buying stuff from online e commerce website like amazon and flipkart.

He saves lot of money doing it, almost every purchase he makes he uses some kind of discount coupon from some website.

Actually its lot of work, I cannot waste my time around 1-2 hours just to save my 100 rupees, it requires research you scan through these 1000s of coupon website, read their coupons terms and conditions , on how and where you can use them

But it also saves your money; I used my brother shopping skills to do online shopping and saved my money without wasting any of my time.

Everyone have these type of friends who knows where to buy best and cheap, who seem to always have coupons for everything, use their skills and save your money.

Some of the guys are expert in product research, they do extensive research before buying any product, for example if they want to buy mobile phone, they will search for the best mobile available in their budget, you can use their product research skills in making better buying decisions for yourself.

Checking for discounts is hard work, if you know someone who has mastered these skills, use their skills save your time and also money.

Supplements for Brain Power

When you are unable to focus or planning to learn new technology, usually it's difficult to concentrate that's why we need some medicinal help to focus, it works.

Modafinil, I have used this tablet myself, it helps you focus, I was able to sit on the computer for straight 8-9 hours, it's a good medicine if you are trying to learn new programming language, it will help you sit whole day on computer, your mind will be razor sharp focused and you will be able to learn quickly.

Use "Modafinil" with caution, it does race your heart beat and feels like heart attack, do not consume it with tea and coffee and occasionally it makes stomach upset, I just took 100mg and I did felt like heart attack and upset stomach, so later on I used to split the tablet and take it after 4 hours. It worked

Modafinil is slightly risky, but it has extreme good effect on focus, you will be able to complete your tasks, it is good if you are planning to learn new programming language or when writing an ebook.

After eating modafinil I was able to write 200 pages eBook in straight 8 hours, no distraction, and no procrastination, simple and straight, I sat down and decided to write the book and was able to complete it and it is live on the website.

You can check out the eBook here
http://amzn.to/29Ecnuz

After consuming modafinil difference in your focus and mental alertness is very noticeable

"**Piracetam**", this is another drug I tried, it is also good, it also enhances your cognitive ability and little less side effect than modafinil

Piracetam gives vivid dreams in sleep, I have noticed this effect.

I took these risks, because when we have lofty goals we got to try these new things to check if they can help.

Even "Red Bull" raises heartbeat, almost same risky like modafinil if taken in large quantities.

Modafinil can help in studies, it helps in focus.

do not consume red bull, tea , coffee after you take a pill of modafinil, if you do you will feel like having a heart attack, in fact you will have an heart attack, i myself had heart attack like effect, even my friend had heart attack, after consuming coffee with modafinil.

although modafinil is slightly risky, but it is good if you want to learn faster, it helps in focus, i regularly use modafinil when i want to study maths, engineering, physics, since these subjects are highly technical most ppl and even i fall asleep, but modafinil helps.

There is a slight risk in "cognitive enhancement drugs", but they work , if you have lofty goals, you will have to take supplements, because they give mental energy and focus we need.

you can also try becosule capsule, b complex capsule, it helps, i noticed a significant difference in my learning abilities, i was able to understand topics quiet easily when i'm on b complex capsules.

Alpha-Lipoic acid supplements also help, when i was on this supplement i noticed a significant difference in my learning abilities, whatever book i read, i understood it word by word, each word and sentence was crystal clear. that was awesome effect.

avoid supplements which increases your testosterone levels, it increases your sexual desires to such extent that you cannot focus on studies.

you decided you will study some topic or make a business plan and you also got alone time, but if your testosterone levels are high you will think about sex all the time.

Amphetamine this is a wonder drug, many scientist and mathematicians use it, it helps you focus like 20 hours in a day.

there was a once famous mathematician Paul Erdos, he use to take amphetamine and could do maths for 20 hours in a day, non-stop.

amphetamine drug is not easily available for everybody, it is used for treatment of depression and adhd, but many intellects use it for focus.

whole silicon valley is on drugs, because in technology everyday their is some change, it requires quick learning, some takes 60 pills a day, some take 5-6 red bulls every day, and massive coffee.

Save Time in Eating Food

If anyone asks buffalo what she did her entire life, she will say eat, shit and sometimes fuck, in broad sense eat, sleep and shit.

A typical human invests at least 2 hours every day eating including breakfast + lunch + dinner+' some junk food' time, and 1-2 hour at least in toilet including pee time, you can save at least 3-4 hours here

This is the radical suggestion; you can save at least 2 hours by skipping meals and replacing it with meal replacements like "Soylent ready to drink food". You can also save lot of your toilet time.

I have tried it myself and it is good, if you are preparing meal add at least 4 hours meal preparing time to your eating time.

To prepare meal, you will have to first go to the market buy vegetables, then bring them home clean it, cut it, and then cook it, plenty of work here.

If you are from India, you can easily see women here wastes their entire life preparing meals, going to the market, buying food, cleaning and then cooking it. It's a full time job.

But if you take "Soylent drink", all you have to do is add Soylent in the water and meal is ready, your entire meal will just take 1 minute.

Soylent type food is designed for poor, there are around 7.5 billion people, and when population exceeds 10 billion we won't be able to have that much food using even modern agriculture methods, it will be difficult to feed so many people.

Currently hardcore professionals are using this drink, because they don't want to waste their time on eating food.

You can buy soylent from amazon if you are in America
http://amzn.to/2903Yp5

Try it out it's good.

If you are in India you can use this

http://amzn.to/28SSTSE

it is also cool

eating cook food made us humans, animals acid levels in stomach is higher than cells, but in humans its the same, animals can eat uncooked food, but their bodies need to work harder to extract nutrient from it. while with cooked food, it's easy for the body to extract nutrients from it.

energy saved in digesting food then shifted to brains, that's why our brains work better than animals, at this time soylent may sound unpractical, but once society start consuming it, people will notice the difference in their health and also soylent will be more acceptable.

when i'm on soylent i notice a significant difference in my energy levels, i don't feel hungry and my energy levels are way high, i notice a huge positive difference in stamina and my weight lifting abilities.

god designed birds humans designed jets, and jets are much faster than birds, god designed fish, we designed submarines, see humans are better in designing things.

if population continues to grow sooner or later we will have to adopt soylent like food, even with advanced agriculture technology we won't be able to feed the entire population.

Avoid Distractions

Mobile phone is the biggest source of distraction, since you carry it all the time with you, what Sapp is the biggest source of distraction, if you are a member in any what Sapp group, you will get constant buzz, I have disabled notification from what Sapp, whenever I feel like then only I check but still it wastes plenty of time.

I had uninstalled what Sapp and it was good peace of mind, Instagram is another time wasting and fruitless app, it is for teenagers who have enough time to take and check selfies, I had checked instagram just to see why Facebook paid 2 billion dollars for such a worthless app, which has made zero money so far.

Uninstall Facebook app from your mobile phone, it is also a very time wasting app, disable notification from every app, if not then they will buzz and it will attract your attention.

Check emails at the end of the day, if you check it before you start to work, you will get into reactive mode rather than productive mode.

Almost every company employee wastes at least 2 hours of productive time because of distractions, when a person is busy in some task and he gets a call, even if the call is just for 1 or 2 minutes, after the call a person has to think, where was he and it takes around 5-15 minutes to get back to the point where he left, in most cases a person can completely forget about the task he was doing and might do something else.

Switch off the mobile phone, it will give you peace of mind, I do it often and I feel very relaxed.

Distraction will cut your flow, if the task takes some hours to complete, with distraction you may not be able to complete or you will complete it with errors or you will take extra hours to complete

Productivity of Ds

- Do
- Delegate
- Dump
- Delay

Do

If you have a task and it is important , just do it, remember what I said if you have unsolved issue, it will create a loop in your brain which will constantly remind of unsolved issue, solve it as fast as you can and free up your mental resources.

Delegate

if task doesn't require absolutely you to do it, you can delegate it to your assistant and free up yourself
, it helps you focus more on important issues.

Dump

if the task is just a noise, can be dumped, then dump it, lot of unnecessary tasks pop up they seem important but they are not, don't waste your resources on it, dump it.

Delay

If the task is not that important and you can delay it, delay it.

These are the 4Ds of productivity, which are mentioned by many time saving gurus.

Consumerism and Unethical Sales

an old man who just got retired and got huge sums as retirement fund, I was sitting with him and then a call came, explaining him the benefits of day trading today, there were some offers she said, actually that old man was quiet naïve and had not much idea about stock markets, and that telemarketing girl was explaining how can he profit, in fact how can he double his money by day trading becoz of their tips, this is pure bull shit she was trying to sell, nobody makes profit by day trading, 2 days u make money, 3rd day u lose the entire sum, u win some day and you lose someday, its actually loss, but this brokerage companies are keen to earn brokerage by making you trade more and more, this old man could lose his entire life savings in day trading and he would be on road.

These companies have absolutely no concern for this old man, in fact they are not at all concerned about anybody, and these employees are paid a fixed salary and they are also given trading targets to achieve and also incentive if they can make people do more trade, in fact they don't care if you lose all your money and become bankrupt.

Mutual funds is complete bullshit, i have purchased an audiobook of one financial expert, he said it is normal to lose 1/3rd of your money in mutual funds.

they invest in wide variety of portfolio in some they luse and in some they gain, but they charge you management fees, actually no one can predict for sure, he also said one guy used to trade stocks based on baseball game, and he was right for 11 years, people thought he was a genius and financial expert, but he himself revealed his secret that he traded according to the baseball game, and their is no link between baseball and stock market but yet he was right, this was pure luck, no financial genius was ever right for eleven years.

Current economy is based on more sales, sale and more sale, even if the person don't need the product, trick him to buy it, manipulate his emotion, use his friends to sell him that product, do anything but make sure you sale.

Products are designed to not work after specified period, so they expire and you buy again, that's how economies run, and this also creates lot of waste which is bad for environment.

aMway manipulates people around you, tricks them to join their company so that they can sell their product to his friends through him, and you are forced to buy their product since your friend is selling it to you, you cannot say no to your friend.

Tupperware also tricks people into buying their products using their friends, friends becomes zombies of these companies and sale you there product, even if you don't need that product you still buy it since your friend is selling it.

Money is limited; if you spend money in buying things which you don't want then you won't have money to buy things which you want and are important for you.

Everyday an average guy is bombarded by the products which he don't wants and most of the times he fails to reason and buys the product which he don't need and this creates unnecessary strain on resources and is bad for mental peace.

Mercedes, BMW, Audi sell you cars at exorbitant price, since it appeals to ego of the people, who want to show the world that they have achieved something, lot of buying decisions are based on emotions, nothing related to the need, clever marketing of these car manufacturers have created a fake image of their brand, class due to which people think if he ain't got mercedes he isn't rich.

iphone mobiles are good i can say ok in terms of features they offer, but almost same features are available on cheaper mobile phones, iphone doesn't offer any significant advantage if compared it with price, again it just appeals to the ego of people, who thinks buying an iphone makes them look classy, these people defend the heavy price and will argue with anybody who thinks iphone is nothing but marketing gimmick, it's because they have paid the price and wants to defend their choice, they will never accept they made a wrong choice.

90% of people think higher the price better the quality, but it isn't real though. more expensive the product is, better it must be but again this is false perception.

Be wary when dealing with car dealers, insurance agents, and financial advisors

insurance agents and financial advisors are trained to speak they themselves lack knowledge of financial system, equity linked insurance was a scam, govt of india banned it, it charges high as 20%-30% fee on the first year, that means if you invest 100,000 in insurance, your insurance will be just 70,000, 30% cut which be taken for admin and advertising fees. and if you don't invest for 3 years in a row, you lose all your money.

When buying something think, whether you actually need it.

Learning Fast

If you are in a career which requires you to learn and relearn constantly, learn via multimedia, like YouTube, video tutorials, they are highly interactive. Books is not a good way to learn new things, there are just 2 colors to the book, black and white, since it's not interactive after few minutes your mind wanders to other things, you are looking at the book but you'll be thinking something else

Have you ever heard of white torture, it's a jail room, where everything is white in color, if anyone is kept there, after few hours he will start hallucinating, it's because brain does not get any new information, since the situation around is same, so when nothing new is happening brain starts to imagine things, it a hallucination and torture, that's how kids are tortured when they are forced to read

Multimedia learning is the best way to learn new things for example programming, math's, it's very easy to learn from multimedia.

Books are good if you want to read stories that will provide mental stimulation to your imagination

books are not at all good if you are trying to learn maths, engineering, physics, because the examples they will explain will contain symbols and you will find it hard to understand which symbol is what, because there are many symbols.

engineering and physics are also 60 percent maths, its laws can be explained only by mathematical formulas, videos best explain mathematical formulas.

Kids now have advantage, new learning apps are coming up, video games will be used to teach kids, because they will be implementing what they will be learning, by implementing what they learned makes them understand better, there are video games which can teach politics, physics, math's, in those games you will be required to implement politics, physics, math's in order to win.

Video games will be used in near future to teach kids, there are also apps, which tracks learning progress of kids and can find out what subject matter kid is finding hard to understand, and it can work on it. These are good computer algorithms which can detect patterns and suggest topics.

Religious Bull Shit

religious books are about controlling people so that they don't ask questions, and do as authority says.

i have written some spiritual stuff in my other ebook

http://amzn.to/2dkXN2N

many rituals in Hinduism were just meant to keep women busy, so that she doesn't have time to have illicit affairs. i laughed when i read about it, they were so worried about their women having sex with other men, that they actually had a policy for it.

You can easily notice every day in Hinduism is of some importance some auspicious occasion, some ritual is assigned each day, which is designed to keep women busy.

These ancient men had many wives and were always worried about their women having affairs with other men; they actually made a policy to prevent it.

Even in Islam 5 times prayer is essential, that keeps man busy and prevents him from thinking or rebellion and he obeys as authority says.

Although religion has its own advantages, it bought order in society, but most of it is about controlling people.

religion prevented men from expecting ridiculous things, for example man marrying another man is illegal according to the religion and that simply cannot be granted, if that is given people will soon ask right to marry with their pets, humanity will be doomed.

Some rules of religion were necessary for society to function, in the past there were no birth control techniques and condoms, if women started having affairs, who is father of who will be the confusion and family system would have collapsed, but they made ok for men to have affairs and made strict punishment for women if she has affairs. Because men made the rules.

Women were stoned to death if she had relation outside her marriage.

Spirituality is ok for progress, but some time wasting aspects of religion must be dropped, if you want to achieve something in life.

I am a Hindu, so many festivals that it becomes too difficult to run business, because employees demand holidays for every small festival, women staff is especially keen on holidays.

Baba Ramdev late colleague, "Rajiv Dixit "also said biggest enemy of India, is "Jai Mata Di" and "hare

Krishna hare rama gang ", they waste people's time into unproductive things, Rajiv Dixit said " these religious preachers can't cure their own diabetes and preach other people spirituality "

god has given ability to humans to achieve things, but religion preaches wrong religion says " for things to have, you just need to ask god for it". Prayers will solve your problems; god will mend things in your favour, just pray.

Lazy humans expect things to be easy, they want it to be free, just pray and have things you want, this false belief was promoted by religion, god can never be partial and won't bend rules to favour you, because god is too busy in running the universe.

Because of religion people now have the excuse, it's the god's will for them to be in sorry state, and it's the fate so they should not do anything about it.

women considers it to be noble to practise religion, and society considers religious women to be noble and they consider it to be her duty, i laugh when i see that, because these very rules were made to fool them, to waste their time, keep them busy and accept slavery.

wearing burqa is also mental slavery, religion tells women to cover her face and her beauty should be only visible to her husband, otherwise god will punish her, how come god will be interested if some woman covers her face or not. this is clearly objectification of women.

the men who were very worried about their women having affairs made these rules, they had many wives and wanted to ensure their loyalty so they said god says "women should cover her face or else i will punish them".

we must understand why these rules were made, society was quite uncivilized in the past, men used to pickup women at will, they like any women, they just used to pick her up, that's why society asked women to cover her face, if women is very beautiful she might incite some men to pick her up, so society made rule for women to cover her face, if women gets raped it was consider her fault, she incited men into raping her, and society used to punish her, not the men who raped her, because it's easier to punish weak, and difficult to punish rapists warlord.

women were very restricted to move, they used to stay in rooms without windows, they were not allowed to travel without any male member, because society at that time was so uncivilized.

but now we are civilized, but still old rules are getting followed in some countries, if we are totally connected to the past, it will be difficult to move into future. world is not the same as it was in the past, but old religious thinking makes us believe that world is still the same.

sex is no big deal, but religion and society makes it a big deal for you need to have sex in a civilized way you got to marry a girl, prove to her parents your ability to run a family, prove to the society, prove to your family, and then they will match horoscope, so many things gets involved for you to just have sex, it gets very complicated, it's like climbing 10 mountains before you get a chance to do it.

yes you can have sex without getting married, and of course god will not punish you, because he is least interested in your sex life.

society is more interested about adultery, that's why there is so much celebrity gossip, people are more interested who sleeps with kim kardashian, what salman khan says when there are larger things to worry about.

this is where society wastes their time, discussing who fucks who. rather than discussing larger things.

food and sex should be easily available for society to progress rapidly, if a person wastes his entire life chasing a pussy, where is the time for personal growth.

love stories are not good examples to be given to children, these stories just demonstrate how these people wasted their entire life trying to get married, basically trying to have sex.

religion has some aspect of spirituality, but if you follow religion in a strict sense without critical thinking, you will restrict your creativity.

constantly tied to the past, will restrict your future, you won't be able to have new ideas, new ideas require new thinking.

if you check arab world they are still connected to the past, hardly any intellectual, scientist from that part of the world, all they have is oil money. no brains.

arab world has plenty of money, but they are very dependent on west to solve their problems. from gutters to construction, even to defend themselves they are totally dependent on russia and america.

you may ask how this is connected to productivity, it is connected to productivity, unnecessary rules to follow increase your mental clutter, too many things to do, it's like making a joke without offending anyone.

you need to clean your hard disk of unnecessary data, so that you can fill that hard disk space with data which really matters, and can have faster and more useful computer.

Final Message

Please leave your comment, so that I know is my book useful to you

You can also follow me

http://www.aminnagpure.com