

A close-up photograph of two sloths hugging. The sloths have thick, brown, shaggy fur and are looking towards the camera with their characteristic slow, steady gaze. The background is a soft, out-of-focus natural setting.

Mind Candies for a Lousy Day

A Mental Health
Companion

Thejendra Sreenivas

An Executive Self Help Novel

**MIND CANDIES
FOR A LOUSY
DAY**

A Mental Health Companion

THEJENDRA SREENIVAS

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Preface

It has often been observed that a short piercing sentence, a stinging insult, or a chance remark by someone can have a terrific impact on you than a long sermon or advice. And inspirational quotes are short piercing sentences of wisdom that can puncture your high stress and change

your life in an instant. It is like taking an aspirin for the tormented mind.

This book contains a list of carefully selected quotes or mind candies to puncture your bad moods created for the usual reasons like hopelessness, fear of the future, insecurity, bad bosses, family and health troubles, city life, etc. So, whenever you are feeling doubtful about your own abilities, when disappointments are staring at your face, and you don't see any light at the end of the tunnel simply dive into some great quotes in this book, and you will begin to smile in the midst of overwhelming sorrow



About the Series

The **Executive Self Help Novel** is a series of short non-fiction books on business management, leadership, inspirational, motivational and self-improvement topics. Each book is an imaginary discussion between a retired professor who thinks unconventionally and a corporate executive who thinks like

the crowd. This is a unique professor who thinks, *"What is popular may not be right, and what is right may not be popular."*

Most self-help books are normally written in a textbook or step-by-step guide format. But these books are written like a novel in a conversational style with interactive lectures, candid arguments, and idle talk between the two who belong to different generations. Each book discusses some self-improvement concept or an aspect of the executive's personal or professional life and the professor enlightens, alters, or completely demolishes the executive's earlier thinking and assumptions. The first book in the series is **The Power of Laziness** followed by **The Extreme Minimalist** and others.

However, each book can be read independently.



Mind Candies

The professor was now my indispensable Guru. His workshops on laziness, frugality, communications, anger management, etc., had dramatically altered my mind, body, and spirit. I was now a frequent visitor to his office and we would chat for hours on countless issues. I also started recommending all my friends for his workshops. Once during a visit I

noticed he busy referring to many books and writing something in his notebook,

“What are you writing, professor?”

“I am collecting some mind candies from various books,” he answered in his usual puzzling manner.

“Mind candies? What are they?”

He didn't answer that and started talking about something else.

“Do you know if you type the word stress on any internet search engine it will throw up thousands of articles and videos on stress and the harm it can cause?”

“Yes, it does. Now are you researching something on stress?”

“Yes, I am. Humankind has always been plagued by stress from ages. On our planet the number of reasons why people get stressed or agitated can run into hundreds. For example, the modern crazy workplace is one of the single biggest sources of stress for employees and their families.”

“Correct.”

“While some stress is unavoidable and even necessary, a highly stressed person can not only cause problems for himself but also cause various hassles to all his family members. And you cannot simply ignore stress as it is a serious health matter as it will deteriorate you with time. For example, a person who can't handle

stress in office can wreak havoc at home daily.”

“Well, professor. You know there are several methods to reduce stress like, meditation, Yoga, dietary changes, fitness programs, stress management workshops, etc. So, what are you trying to do?”

“I know about them. But they still take time, money and effort. And not everyone can spare their time in this rat race world that we live in.”

“So, what do you suggest?”

“I was thinking of introducing a relatively unknown stress reduction technique that is simple, cost-effective, non-medicinal and extremely powerful. And you don’t need any professional help

to use this technique unless you are a severe medical case.”

“What’s that method?”

“Start reading inspirational quotes by famous personalities over the ages.”

“Okay, but how will reading such quotes help?”

“It has often been observed that a short piercing sentence, a stinging insult, or a chance remark by someone can have a terrific impact on you than a long sermon or advice. For example, I remember reading a true story of a bankrupt businessman on his way to commit suicide suddenly stopped in his rogue pursuit by accidentally reading an inspirational quote on some billboard. So, a famous quote

actually saved his life by giving him a sudden dose of inspiration to continue with life no matter what. Isn't that great?"

"Wow! So, a mere quote saved his life."

"Yes, such is the power of an inspirational quote. This inspirational effect is very similar to how a small pin can puncture a high pressure balloon or a car tyre. And most inspirational quotes are also short piercing sentences of wisdom that can puncture your high stress and change your life in an instant. It is like taking an aspirin for the tormented mind. This is why I was collecting some mind candies or quotes from various books."

"But what is a Mind Candy?"

“Instead of calling them inspirational quotes, I call them as *mind candies* because they make your mind sweet, just like regular candies make your taste buds happy. Thousands of such literary gems have been stated by hundreds of famous personalities over the ages.

Like tiny homeopathic medicines, these gems of wisdom can gradually make you calmer, handle criticism, understand mankind better and become well equipped to tackle life's ups and downs. So, whenever I am feeling doubtful about my own abilities, when disappointments are staring at my face, and I don't see any light at the end of the tunnel I simply dive into some great quotes in this notebook, and I

will begin to smile in the midst of overwhelming sorrow.”

“Wow! That’s great, professor. You must have a good collection of quotes.”

“Yes, I have. Want to read them?”

“Definitely.”

“Here, all the great quotes are in this notebook. You can read and keep the book back in that shelf. But the quotes are in no specific order.”

“Any reason they are not in order?”

“This is done deliberately as my notebook tries to imitate a box of candies containing a variety of colourful chocolates each one having a unique taste, colour, shape, size, etc. Similarly, my quote

collection ranges from mild to wild and have the power to jolt you like an electric shock. Maybe some quote can even be the exact solution to a nagging problem you are currently worrying about. Hope you will like them and more importantly read them regularly."

"Why read regularly?"

"That is because stress is like dust and will invade your mind again and again. So, it must be dusted again and again."



START

For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something that had to be gotten through first, some unfinished business, time still to be served, and a debt to be paid. Then my real life would begin. At last it dawned on me that those obstacles were my real life. - Alfred D Souza



Leave the mind in its natural, undisturbed state. Don't follow thoughts of this is a problem, that is a problem, etc. Without labelling difficulties as problems, leave your mind in its natural state. In this way, you will stop seeing miserable conditions as problems. - Lama Zopa Rinpoche



Six billion of us walking the planet, six billion smaller worlds on the bigger one. Shoe salesmen and short-order cooks who look boring from the outside - some have weirder lives than you. Six billion stories, every one an epic, full of tragedy and triumph, good and evil, despair and hope. You and me - we aren't so special, brother.

- Dean Koontz



If you ever want something badly, let it go. If it comes back to you then it's yours forever. If it doesn't, then it was never yours to begin with - George H. Powell

Happiness is like a butterfly: the more you chase it, the more it will elude you, but if you turn your attention to other things, it will come and sit softly on your shoulder.
Henry David Thoreau



Risk! Risk anything! Care no more for the opinions of others, for those voices. Do the hardest thing on earth for you. Act for yourself. Face the truth. Katherine Mansfield

I was ashamed because I had no shoes until upon the street I met a man who had no feet. - Ancient Persian Saying



Hating people is like burning down your own house to get rid of a rat. - Harry Fosdick

Never give in. Never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense. Never yield to force. Never yield to the apparently overwhelming might of the enemy. - Winston Churchill



Don't get angry. Don't raise your voice.
Just negotiate. - The Godfather

One of the symptoms of an approaching
nervous breakdown is the belief that ones
work is terribly important. - Bertrand
Russell

The gem cannot be polished without
friction, nor man perfected without trials. -
Chinese Proverb



When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal. - Napoleon Hill

Never argue with idiots. They will bring you down to their level, and then overwhelm you with their experience. - Dave Johnson

It doesn't depend on size, or a cow would easily outrun a rabbit. - German proverb

Efforts may fail, but don't fail to make efforts.

When you have to kill a man anyway it costs nothing to be polite. - Sir Winston Churchill

There are two days about which nobody should ever worry, and these are yesterday and tomorrow. - Robert Burdette

END

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About the Author



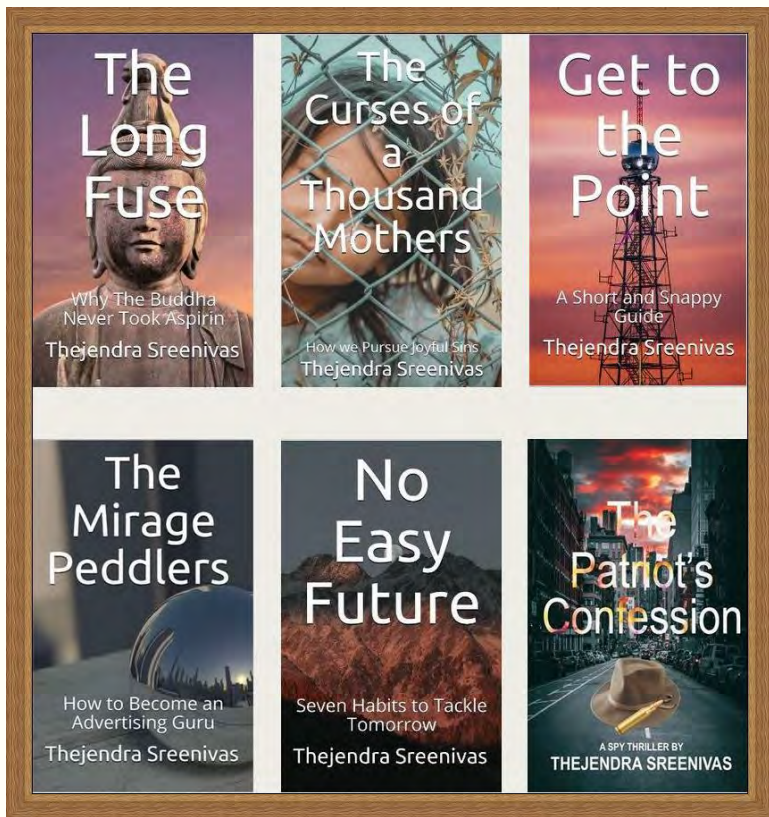
Thejendra Sreenivas is an Author and Life Skills Coach and offers personalized coaching in Book Publishing and Personal Development. He has also written 20+ mild & wild books on a number of subjects. His inspiration for writing unique books comes from Toni Morrison who said, *"If there is a book that you want to read, but it hasn't been written yet, then you must write it."*

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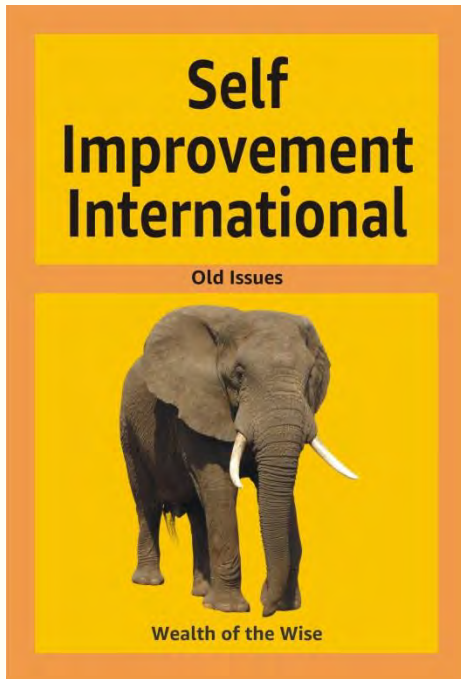


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