



Self improvement introduction

Bronze

Silver

Gold

platinum

Hello if you are reading this then you must be interested in self improvement

First of all, the courses are useless if you do not implement them into real life.

I see to many people read a self improvement book or program and do not implement it and

They are back at square one and see most people are weak. If you are reading this you are probably weak too many years of indulging in instant gratification activities . This include tv social media, movies, video games, porn, and junk food now all of these feel good

To us. We are naturally drawn to them and the part of the brain that urges this is called the Lizard brain and the lizard brain is one of the contributing factors. To your long term body dysmorphia,depression,anxiety,binge eating and so and so see this is the problem.

Over 68 percent of tik tok users are addicted to the platform because everytime they see a Video they like they get a short burst of dopamine similar to porn and see this is the problem.

Over time they get more and more addicted . And when this happens they the old stuff They enjoy do not feel fun anymore like reading and tiktok is not the only problem this is On youtube and all social media and videogames . This is like a disease and you are probably addicted to it.

There is a cure it is called self improvement and no it is not those cringe 24 hour dopamine Detox videos this is long term if you are interested i have 3 courses bronze silver gold and these will teach you how to complete self improvement to the best of your ability they are Not cheap if you buy this . this shows you are willing to do it and remember

“ do the hard work especially when you do not feel like it ”