THE DAILY DOSE

One hundred gems on personal growth, motivation, and seduction, volume 1

Compiled by: *Elite Essentials*

FOREWORD

For over twenty years, I've been jotting down truths on napkins, notebooks, and text files while studying, working, and living life.

Whenever I've come across a text—sometimes short, sometimes long—good enough to make me stop and think, I've copied it down.

My sources have been, and still are, the same as yours: self-help and personal development books (the most common), novels, movies, newspapers, magazines, songs, websites, emails... even comments from random people on YouTube.

What you’re holding in your hands are just a hundred of these "gems" on development, psychology, and seduction, chosen at random to mix the old with the new.

I have many more notes collected on motivation, relaxation, seduction, sales... which I will be publishing in future volumes.

I don’t think you can read this book in one sitting. If you’re anything like me, after each entry you’ll have to stop and reflect on what you’ve just read. That is precisely why I copied them, and why the title is what it is.

#001

Fully functioning people never complain—especially not about potholes in the street, cloudy skies, or ice being too cold.

Happiness means not complaining about what cannot be fixed or what cannot be helped.

Wayne W. Dyer: *Your erroneous zones*

#002

Practicing presupposes making mistakes. But these must not lead to discouragement or giving up.

However, this cannot be learned overnight. It is a matter of practice. Training over and over again.

In the long run, every individual only achieves the success they expect from themselves.

Johannes Heinrich Schultz: *Autogenic training*

#003

For those capable of focusing their mind on a single point (deep concentration), nothing is impossible.

Difficulties and illnesses can be resolved through intensive concentration and visualization exercises.

Buda

#004

Mo Gawdat, a Google engineer who became obsessed with finding the "mathematical" formula for happiness [book: *Solve for Happy*], says that after chasing success (financial, social, family, intellectual...) thinking it would bring him happiness, he realized it was much simpler.

It’s not about making assumptions or pursuing

intermediate goals; it’s about going straight for what makes you happy (whatever that may mean for each person).

In other words, doing what you would do once you had already achieved your goals—what you would do if you were already rich and famous.

Carlos Galán: *Píldoras* (https://carlosgalan.net)

#005

Never, ever pressure or plead with her. It has the opposite effect. Believe me, I’ve been there.

Maintain a stoic attitude of indifference, like someone who has accepted their fate. That way, she might "buy back" into you again, seeing that you can manage without her.

But I don't advise you to give in if she wants to return. The merchandise has already lost its value.

Quora: *What you should never say to someone who has lost interest in you*

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#006

Romulo believes the little girl is his sister and considers her his own: something that belongs to him.

He sits beside her and, for hours, talks to her and strokes her head.

It is moving to hear him invent stories just for her and say beautiful things with such tenderness that it thrills anyone who listens.

Torcuato Luca de Tena: *God's crooked lines*

#007

Praise three people every day.

Be brave. If you aren't, pretend to be; no one can tell the difference.

Learn to listen. Sometimes, opportunity knocks very softly.

When you enter a room, do so with determination and confidence.

Be bold and courageous. When you look back on your life, you will regret the things you didn't do more than the ones you did.

If you receive poor quality service, food, or products, let the person in charge know. Good managers will appreciate the feedback.

Set your priorities clearly. No one on their deathbed ever exclaimed, "I wish I had spent more time at the office!"

Never be afraid to say "I'm sorry" or "I don't know."

Replace the word "problem" with the word "opportunity."

In all the world, nothing is more important than treating others the way you would want to be treated.

Make a list of 25 things you want to experience before you die. Carry it in your wallet and refer to it often.

H. Jackson Brown: *Life's little instruction book*

#008

By fighting you never get enough, but by yielding you get more than you expected.

Dale Carnegie: *How to win friends and influence people*

#009

We sat for a long time around the brazier, in silence.

I confirmed once again just how simple and frugal a thing happiness is—a glass of wine, a chestnut, a humble brazier, the sound of the sea; nothing more.

Nikos Kazantzakis: *Zorba the Greek*

#010

If there is one TOP need that relationships fulfill, it is the need to feel loved, appreciated, and valued.

This need—the feeling that the other person chooses us because we seduce them—is what ties us to them the most.

To feel that we are appreciated, valued, and needed.

You can try to pick up 20 girls or 20 guys. Out of all those people, the one you'll like the most is the one who likes you back.

David Gracia Belmonte (Bravetys, Seduction coach**):** *https://bravetys.com*

From theory to practice. My real dating experiences at www.rosatintado.com

#011

She looked at him smiling, and seeing him perform his bow, she burst out laughing.

Then, with a cry full of sweetness, she caught the little one, pressing him against her breast, and kissed him with such enthusiasm that his little cap with the golden Buddhas fell off.

At once, she looked at me over the tiny bald head.

What a look, sister! Her eyes said: "I want one like this!"

I smiled and said: "We shall be Friends."

Now I understand why my brother loves her.

Pearl S. Buck: *East wind, west wind*

#012

"And why do you never use your strength against me?"

"Because to love means to renounce strength," Franz said gently.

Sabina realized two things: first, that the sentence was beautiful and true.

Second, that by saying it, Franz was disqualified from her erotic life.

Milan Kundera: *The unbearable lightness of being*

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#013

You see, David Hasselhoff is the big boss—'the king.' Everyone respects him because he is easy and pleasant to work with.

(**Alexandra Paul,** actress from *Baywatch*)

#014

The path will be very difficult and frequently painful.

Forcing clairvoyance costs much suffering, and to travel through the astral planes requires unshakable nerves and a will as hard as a rock.

Lobsang Rampa: *The third eye*

#015

It is also very helpful to evaluate myself every day by asking: "What things am I going to change to do better next time?"

This question is key because once you internalize it and review it at home, the next time you go out, it comes to you unconsciously.

If at first my mind went blank during an interaction,

when I got home I would write: "What three responses can I give every time a girl says this to me?" and then I'd memorize them.

Álvaro Reyes: *La guía definitiva para tener cuatro citas por semana*

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#016

I pass my hand over my windowpane, dampened by the rain.

I see a dove with wet wings, struggling to keep flying. It struggles and it flies, even though it is hard.

With great tenacity, it takes flight and manages to escape my gaze. Flying high, it disappears.

Then I notice that the path the dove had marked is

illuminated by part of a beautiful rainbow.

I want to send my best regards and encourage everyone to take that "pending flight" that would make them so happy.

Take heart, everyone, and may you make it happen.

#017

Enjoy what you have. Surely, it is a lot.

AVIVIR Magazine

#018

Worry is the interest we pay on problems before they become real.

It has never solved a single problem. It is completely destructive and disintegrating.

Most of us should ask ourselves: "Why was I worried a month ago?"

In all likelihood, what we were worried about never happened; and if it did, we managed, and worrying was of no use at all.

Dan Custer: *The Miraculous Power of Mind*

#019

I’ve always believed that the bridge between reality and a dream is work.

Jared Leto, *actor, singer, and film director*

#020

I know from personal experience that taking charge of your love and sex life is one of the most fulfilling actions in a man's life.

In personal relationships, the best time to start was five years ago.

If you had started seriously back then—dedicating time, effort, and desire—you would now be enjoying female company, self-confidence,

and an enviable emotional freedom.

The second best time to start is right now.

If you do, I guarantee that in a few months you will look back and think: "I wish I had started..."

Back in the day—it feels like prehistory now—when I read in various books on seduction that you had to dare to talk to

total strangers, I thought with all my might: "No, I am incapable of doing that."

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

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#021

Breathing, relaxation, the training of one's gaze, of gesture, diction, articulation, and so on, all share one thing in common: self-mastery—the only thing that allows one to be conscious of what is about to be said.

#022

"Yes, we suffer from anxiety attacks," I tried to explain [Earthling to Eykis], "but it is not exactly that anxiety attacks. In fact, anxiety by itself does not exist. People suffer anxiety attacks without anxiety doing any attacking."

Wayne W. Dyer: *Gifts from Eykis*

#023

Pedro Martínez believes that curiosity has no limits, "and satisfying it costs me not sleeping more than 6 or 7 hours any day and living immersed in obsession."

"Every month I receive eight specialized magazines." ... "It is a lot of sacrifice, but you constantly see the reward, even if it comes in small doses."

"Furthermore, the body is a machine that no one can imagine how far it can go; it simply becomes what it is accustomed to."

Pedro Martínez, Spanish sommelier championship finalist: *La Chuleta newspaper*

#024

Everything you now find easy, you once found difficult.

Robin Sharma: *The 5 AM Club*

#025

If anyone were to ask me what the worst time to open up to love is, I'd have a very clear answer.

When you are in the middle of grieving.

Most of us cannot start anything new at that moment because our own bodies reject any kind of romantic or sexual approach.

It is as if we were being held hostage by that ex who is occupying all of our thoughts.

Silvia Llop (The Psychologist of Love): *https://silviallop.com*

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#026

That modern man allows his mind to continue in this blind confusion of hopes, fears, memories, and fantasies is perhaps the greatest of surprises in an era considered 'scientific.'

Bhikkhu Mangalo

#027

To fall asleep faster, follow the 4–7–8 rule: Inhale for 4 seconds, hold for 8 seconds, and exhale for 8 seconds. Repeat—zzzzzzzzzzzzzz.

You will win anyone over if you praise them while they are in a group; it’s a magic trick.

Whatever your profession, learn how to use Microsoft Excel as soon as possible.

Paint your keys with different colored nail polish to identify which key opens each lock.

Do your important tasks in the morning, as that is when our productivity peaks.

To eliminate bad breath, brush your tongue; it is where the highest number of germs concentrate.

Quora: *Life-changing hacks*

#028

When you approach a successful person or company to offer your services, there is one thing almost everyone fails at—and if you don't, it is very likely you will achieve your goals.

What is it? Begging them? Reciting your resume? Telling them you are a great professional and an even better person?

No. You simply have to look like a successful person yourself. A sought-after professional. It’s that simple. Only that. All of that.

Approach them without showing the slightest hint of neediness, while emphasizing the value of what you do.

That way, the person on the other side will perceive you as someone interesting, rather than a nuisance who will waste their time.

Isra Bravo (Spain's #1 copywriter): *https://www.motivante.com*

#029

So perhaps our task in this unstable, puzzling, and ever-changing world we live in is to play music [make the most of life]—at first with everything we have and, then, when that is no longer possible, to play music with what we have left.

Jack Reimer, journalist, music critic

#030

This is what neuroscience tells us: a direct gaze held for more than 2 seconds tends to activate brain receptors linked to dopamine and oxytocin, creating a sense of intimate connection or even the feeling of falling in love.

David Gracia Belmonte (Bravetys, Seduction coach**):** *https://bravetys.com*

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#031

Concentration is the focusing of the mind on a single point to the absolute exclusion of everything else.

Mental attention can be directed toward a point, an object, or any focal point.

Great vigilance is required; as often as the individual notices [as soon as possible] that their mind has wandered, they must catch it and bring it back to the focal point.

Little by little, one succeeds in subduing the mind, which is initially rebellious and in constant motion.

Ramiro Calle: *El yoga mental*

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#032

The secret of love is not being together every day, because that is how the relationship stays fresh and stable.

Vanessa Paradis, *French singer and model*

#033

One of the reasons why wives often demand unconditional love from their husbands, as well as constant emotional support, is that they themselves provide it incessantly to their children.

Just as a battery's energy is recharged periodically, a woman's capacity for unconditional love needs to be renewed with some frequency.

It is not enough for a man to provide for the family and protect the woman who gives birth to his children, no matter how well he does it.

While this is necessary—and although husbands often think that providing and protecting is enough to prove they love them—it is not sufficient from the woman's point of view.

Many women will not value the husband’s protection and maintenance (something that irritates men), but few women will fail to value his declarations of love.

In fact, most women would prefer to have fewer material benefits and more love.

Without the man's unconditional love, it is very difficult for a woman to love her children unconditionally.

Hence, both parents are necessary.

Lou Marinoff: *Plato, not Prozac!*

#034

No psychological bias, no sales trick, is as powerful as honesty.

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

#035

Prince gave us a great lesson: the secret to improving is knowing what you need to improve [in his case: charisma, a trait that seems so untrainable], drawing up an improvement plan, and having the determination to carry it out through practice, dedicating hours and hours of training and repetition.

Óscar Fernández Orellana (Interacción Humana)

#036

Had [Eddie] known his death was imminent, he probably would have gone somewhere else.

But he did what we all do. He went about his dull routine as if all the days in the world were still to come.

Mitch Albom: *The five people you meet in Heaven*

#037

As human beings, we have the faculty to evolve, to develop our capacities, provided that our brain receives repeated and personalized beneficial orders.

It has the power to incessantly create new networks of consciousness and efficiency through neurons that, in the millions,

had remained unused until that moment—since man, at the current stage of his evolution, has barely learned to use a tenth of his brain, whose potential for expansion is practically infinite.

Monique de Verdilhac: *Breathe to live better*

#038

We do not move forward when we impose; we only move forward when we convince.

María Jesús Álava Reyes, psychologist, psychotherapy expert

#039

Channeling your thoughts, exercising control over them, is not as difficult as it seems.

It is a matter of discipline. It is a matter of intention.

The first step consists of learning to control your thoughts; to think about what you are thinking.

When you catch yourself having negative thoughts—thoughts that deny your highest idea of yourself—**think again**.

I want you to do this literally.

If you think you are downcast, crushed, and that nothing good can come from it, **think again**.

If you think the world is a bad place, full of negative events, **think again**.

If you think your life is falling to pieces, and it seems you will never be able to put it back together, **think again**.

You can train yourself to do this (just look at how well-trained you are in not doing it!)."

Neale Donald Walsch: *Conversations with God, Book 1*

#040

Question: Your methods work well with strangers you've never seen before, but how could you start having contact with a girl you see often but have never spoken to?

Answer: It's the same thing. It's like a game of probability where having certain things increases your win rate, and not having them lowers it.

Hygiene, good appearance, height, smelling good, tone of voice, projecting confidence, being a funny guy (not a clown or stupid), etc., increase your probability of winning with her.

Simply make sure you have everything you can possibly have and approach her with confidence to talk, to flirt.

Touch her (physical contact is very important) progressively so that your intention is implicitly established from the beginning.

You can see it as if you were offering a product that you will show to girls.

You shouldn't care if some don't want it, because many others will.

Build a good 'product' and go offer it with flirting, always with humor and confidence, and that’s it.

There’s nothing more to it; that’s what this whole mess can be reduced to.

Álvaro Reyes (YouTube): How to pick up strangers while wearing a tracksuit and messy hair

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#041

(That) won't make you happy (Derek Sivers). I struggle to learn this, but that (that car, that promotion, that money, that body, that partner, that goal, or that change) won't make you happy.

Carlos Galán: *Píldoras* (https://carlosgalan.net)

#042

Be as firm as a rock when it comes to what is right and wrong, but always yield to others in things of little importance.

For you must always be kind and loving, reasonable and condescending, and grant to others the same freedom that you need for yourself.

J. Krishnamurti: *At the feet of the Master*

#043

It is natural for people to forget to be grateful.

Jesus healed ten lepers in one afternoon, but only one of them thanked him.

Let us not expect gratitude. Then, if we should happen to receive it, it will be a delightful surprise. If we do not receive it, we will not feel upset.

Dale Carnegie: *How to stop worrying and start living*

#044

In three weeks, even if you spend countless hours talking to someone, you are not going to know them well enough for an 'I love you' to be well-founded. It is impossible.

However, the chemical binge dissipated over the weeks, and there came a moment when the 'I love you' that left our lips was no longer a product of that binge,

but something much more conscious and deliberate.

The problem with chemical binges is very simple: since there is a ton of chemistry in our brain making us believe we feel so much for that person,

we run the risk of swallowing red flags size XXL precisely because the chemistry clouds our judgment.

Silvia Llop (The Psychologist of Love):
https://silviallop.com

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#045

The mysterious inner force that Eastern adepts call 'ki' or 'prana' dwells latent within the human being and is seemingly intimately linked to breathing.

Masters propose a countless number of breathing techniques, combined with basic forms ('katas'), which occasionally allow for the release of an extraordinary vital potential ❤

#046

A few days ago, I received a message from a former student. I want to highlight the following paragraph:

“I thank you for the complimentary words you spoke about me in front of my children. They are our jewels—my wife’s and mine.

They are intelligent and hardworking, though I shouldn't be the one to say it.

Besides doing well in their studies, they exercise their sensitivity and their creative and athletic faculties through reading, music, sports...

We have been doing an exercise for some time that works very well for us: at night, we turn off the TV and talk about ‘everything human and divine.’

We converse about the day, we laugh a lot,

we feel like accomplices, and in that way, they are learning to think, to speak, and to exchange their opinions with order, respect, and sincerity.”

José Luis Rozalén: *AVIVIR magazine, no. 228, March-April 2009, p. 21*

#047

Two friends meet after a long time.

One of them had done very well in life, and the other asks him: 'Hey, how did you achieve all this?' 'Hard work,' he replies. And the other concludes: 'Well, anyone could do it that way.'

Daniel Rubio:
http://negociacionpersuasiva.com

#048

The most outstanding violin students at Berlin's top music academy—all of them just over 20 years old—will have invested some 10,000 hours of practice in their lifetime, while those in second or third place will have averaged only a total of about 7,500 hours.

What seems to distinguish those at the top of their career from others who, despite having similar abilities,

do not reach that peak, lies in arduous and routine practice followed over years and years.

And this perseverance depends fundamentally on emotional factors, such as enthusiasm and tenacity in the face of all kinds of setbacks.

Daniel Goleman: *Emotional Intelligence*

#049

[Simeon] never reacted defensively when he was questioned, and I was convinced that he was the most self-confident human being I had ever met in my entire life.

James C. Hunter: *The servant*

#050

I read it all. I studied it all. And unlike the vast majority, **I also practiced it all**.

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

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#051

It requires great concentration, for as Eastern wisdom affirms, energy follows thought, and it demands an unshakeable will.

#052

It didn't occur to Ayla to get angry because the mare had reared up, bolted, and scattered the things she was carrying.

She didn't think the animal belonged to her, nor that it was at her command.

Whinney was a friend, a companion. If the mare had been spooked, she must have had her reasons. She had asked too much of her.

Ayla judged that she should learn what the mare's limitations were, not teach her better behavior.

To Ayla, Whinney helped because she wanted to, and she cared for the mare out of love.

Jean M. Auel: *The valley of horses*

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#053

There is a truth as certain as the law of gravity: he who persists, reaches the goal.

Reader's Digest: Selections

#054

Mr. Linh hears the two men playing cards at the other end of the bedroom, telling stories of fabulous treasures.

The old man thinks about what they are saying. He thinks about what a treasure really is. He hugs his granddaughter, only a few months old. He falls asleep.

Philippe Claudel: *Monsieur Linh and His Child*

#055

Happiness is not an endless succession of pleasant experiences, but a way of being that comes from the gathering of fundamental human qualities, such as altruism, compassion, kindness, inner freedom, and inner peace.

Each of them can be trained as a skill.

Pleasure is a fleeting experience that depends on circumstances.

Unlike pleasure, happiness can be influenced by circumstances, but it does not depend on them.

It does not mutate into its opposite; instead, it endures and grows with experience. Over time, it becomes second nature.

Authentic happiness is a state of mind that provides the resources to face the ups and downs of life.

This does not suggest that we should not seek pleasant sensations, but that there is no direct relationship between pleasure and happiness.

If pleasure leads to greed and dependence, it is an obstacle to happiness.

On the other hand, if experienced in the present moment, in a state of inner peace and freedom, pleasure adorns happiness without eclipsing it.

There is no secret and easy way to achieve happiness.

It takes practice, practice, and more practice, as we must bring our best human qualities to their optimal level.

In particular, altruistic love is the best way to achieve the happiness of others and one's own: the double achievement of the good of oneself and others.

Matthieu Ricard, Buddhist monk, writer, and French translator for the Dalai Lama; holder of a PhD in Cell Genetics from the Pasteur Institute in Paris.

#056

Settling for anyone just to avoid being alone… If I had to explain unhappiness in words, that is how I would do it.

Charles Bukowski

#057

Many people tell me I'm lucky to be doing this.

But honestly, I don't believe much in luck. You make your own luck.

To achieve my goals, I've left thousands of things behind.

Special dates, friendships, romantic relationships, important days with loved ones, and so much more of my personal life.

Of course you can become a professional DJ! Of course you can achieve any of the goals you've set for yourself in this life.

The question is: Are you truly willing to go for it? Only those who are capable of giving a little more will receive a little more.

Dany BPM (Spanish DJ and Producer): *El sueño de ser DJ*

#058

I'm not going to feel bad if something doesn't go well for me... for life slips away from us, like the smoke from that train...

Fito y Fitipaldis: *Antes de que cuente diez*

#059

At night, I would sit naked in my armchair and begin to relax my muscles to concentrate and meditate.

Unfortunately, several times during the night, locomotives would stop right under my window, letting out a deafening whistle.

This blast reached like a bloody gash into the very center of my spirit.

I struggled for several weeks not to defend myself, letting it pass through my consciousness without holding onto it, not paying it any attention, and continuing the exercise.

When I succeeded, I was able to immerse myself in my meditations without any apprehension.

I also conquered the flies, which were more annoying than the trains.

They never stopped buzzing and fluttering, irritating my skin with their movements.

All these difficulties favored my ability to concentrate.

Alejandro Jodorowsky: *The dance of reality*

#060

When you are in a relaxed conversation, in a casual way, ask her if she is very daring.

As soon as she answers, change the subject.

Seed planted. Better to overdo it than to fall short.

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

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#061

When I was a philosophy student at the University of Virginia, I met a psychiatry professor from the medical school.

From the very first moment, I was struck by his kindness and cordiality.

But the surprise was even greater when I later learned that he had been 'dead'—on two occasions,

ten minutes apart—and that he gave a fantastic account of what happened to him.

Raymond A. Moody, Jr: *Life After Life*

#062

I have learned to pick my battles. When I have a problem, I ask myself: 'How much will this matter in a year, a month, a week, a day?'

Valorie Jackson: *Reader's Digest Selections, January 2001*

#063

At last we returned to Stauros. People were strolling after a long day's work, and the parks were full of jugglers.

They liked nothing more than throwing things into the air and catching them.

Juggling helped them become ambidextrous, and being ambidextrous made them fantastic jugglers.

I don't know if they knew it or had sensed it, but using both hands indiscriminately for all types of activities enhanced the simultaneous development of both cerebral hemispheres, thereby increasing their artistic and intellectual capacities.

Matilde Asensi: *The last cato*

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#064

Why are some women sexually attracted to criminals?

'They are attracted to the idea that they can save them, that they can pull them out of the world they are in and turn them into good men,' Blanca Torres Cazallas—psychologist, sexologist, and anthropologist—told BBC Mundo.

'They combine the attraction of seeing them with such brutality and strength with the desire to make the man change. '

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#065

An ancient Oriental sage observed that the weight of snow was capable of breaking even the toughest branches of trees, though not the most flexible ones.

These would bend until all the snow slipped off, only to immediately return to their normal position.

Roberto Shinyashiki: *Undraid to win*

#066

Having a quality love life is a hard, long, and frustrating process: hundreds of rejections, blocks, and obstacles to overcome.

If it were easy and fast, everyone would do it.

We live in a society where being mediocre is the default state,

and the norm is to settle for a woman who is 'not bad' in a relationship where you don't feel respected or valued.

Javier «MentorMen»

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#067

[Earthling to Eykis] I explained to him that Earthlings tend to live either in the past or in the future.

That they take medication to cure their depression, and that most are dissatisfied with themselves.

That many people endlessly chased success and were almost never satisfied, always striving to acquire more.

That many people suffered from groundless fears called phobias, that few individuals truly loved themselves, and that very few were capable of giving love to others unconditionally.

Wayne W. Dyer: *Gifts from Eykis*

#068

As in all things in this life, the secret to making our desires a reality is to take action immediately, and the results are not long in coming.

At any moment in our lives, we can remedy our failures and inconveniences, provided that the desire is truly sincere.

Bernabé Tierno

#069

Sexual communication.

Whispering to a girl what I feel like doing to her in the middle of a nightclub, while I slide my hand down there and feel her shudder.

And feeling the excitement, feeling that I love her in that moment.

David Gracia Belmonte (Bravetys, Seduction coach**):** *https://bravetys.com*

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#070

[Tiglath Assur speaking] In their early youth, men expect everything from the gods: wealth, immortality, glory, pleasure, love... as if they were entitled to everything.

Aging is a process by which we learn that the gods do not lend an ear to such requests.

The voice that answers in the wind speaks of other things, of wisdom and patience,

which come progressively with time.

Wealth, glory, pleasure, and immortality are empty things: only love is real.

To be blissful is to know all this, and it is the only gift the gods bestow. When they wish to blind or condemn a man, they grant him the others.

And if they show mercy, they sometimes take them away.

May they allow me to remain in the shadow of my vineyard, teaching the alphabet to my great-granddaughter, and I will be filled with gratitude.

Nicholas Guild: *The Assyrian (*Ending*)*

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#071

Do not seek to have events happen as you want them to, but instead want them to happen as they do.

Epictetus

#072

[Paloma speaking to Víctor] I see it every day when I teach at the nuns' school: the children who need love the most always seek it in the least affectionate ways.

Joaquín Camps: *The writer's last confession*

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#073

Hughie, the 3-year-old son of British man Richard Pringle, died suddenly of a brain hemorrhage in 2016.

His father offers these life lessons:

'You will always have time. Stop what you are doing and go play with your child, even if only for a minute. Nothing is so important that it cannot wait.'

'Take as many photos as you can and record as many videos as possible. One day, they may be the only things you have to remember the ones you love.'

'Always kiss your loved ones goodbye; and if you forget, go back and give them one. You never know if it will be your last chance.'

'If you have your children with you to say goodnight, to have breakfast with them, to take them to school, to university, to see them get married, then you are blessed. Never forget it.'

Yahoo! Lifestyle: Value the simple moments

#074

Eat [real] food. Not too much. Mostly plants.

Michael Pollan: *In defense of food*

#075

Instagram doesn't stop showing me videos of people cooking pizzas and sandwiches with lots of cheese, and I don't follow any of those accounts.

Why does Instagram show me 'junk' food instead of helping me cook broccoli?

For the same reason that when a girl says, 'I like sensitive, sweet, and kind guys,' you should behave like

a bold, rogue, and strong guy until she wants to sleep with you.

I say I don't want to see junk food, but as soon as melted cheese or cookies-and-cream ice cream appears, my attention focuses on that more than usual.

If you apply this correctly, you will get 100 times more dates than your competition.

Women don't hook up with their sensitive and caring friends.

They don't sleep with guys who beg for attention.

They don't pair up with the first attractive man who talks to them.

They do hook up with those who... they do sleep with guys who... they do pair up with those who...

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

#076

Generations ago, it was much harder to make a lot of money.

We have never had as many opportunities as we do now.

But something hasn't changed, and it's fabulous that it's so.

The prize goes to perseverance.

Isra Bravo (Spain's #1 copywriter):
https://www.motivante.com

#077

Whether you think you can, or you think you can't, you're right.

(Henry Ford)

#078

Our brains become magnetized with the dominant thoughts we hold in our minds.

By mechanisms that no one knows well, these 'magnets' attract to us the forces, the people, the circumstances of life that harmonize with the nature of our dominant thoughts.

Napoleon Hill: *Think and grow rich*

#079

Our time is limited, so doing anything requires a sacrifice: the sacrifice of all the other things you could be doing with that time.

Instead of trying to do everything, an alternative strategy is to focus instead on doing what is truly important, while enduring the discomfort of knowing that, as you do so,

your to-do list will grow longer, and many tasks you may never get around to doing at all.

Carlos Galán: *Píldoras* (https://carlosgalan.net)

#080

As we learn to relax, the turbulent world of thoughts and emotions of the self begins to become transparent, and our intelligence—deep, brilliant, and kind—begins to shine through.

Monique de Verdilhac: *Breathe to live better*

#081

Tips for maintaining eternal love:

If your partner is having a bad day, don't take it personally; we all have bad days.

Give affection and caresses for the sake of love, not sex; the more, the better.

In arguments, never deal a low blow by bringing up a topic you know will hurt your partner.

Don't vent work-related stress on your partner.

Don't let routine take over; any place at any time is good to break away from it.

Give your partner privacy: hobbies, free time, and friends.

Even if there is trust or you are living together, don't neglect your physical appearance.

Communication is the key. It is extremely hard for us to face our own problems.

Stop making mistakes. Discover the reality of seduction at www.rosatintado.com

#082

Most folks are as happy as they make up their minds to be.

Abraham Lincoln

#083

When we are in a public place, we look at people and think:

'That one is too fat; she walks in a funny way; that other one has an unpleasant expression; she seems unfriendly.'

Certainly, we don't feel very close to others if we allow our negative thoughts to pick out their faults.

The moment we realize we are thinking this way, we should pause and look at those same people with a different perspective:

'Each of these people has their own internal experience. Each of them just wants to be happy. I know what that’s like because I am in the same situation.

All of them want support, kindness, or even a smile from others. No one enjoys criticism or a lack of respect. They are exactly like me.'

If we think this way, love arises, and instead of feeling distant from others, we feel united with them.

Thubten Chödron: *Open heart, clear mind*

#084

The 'bad boy' doesn't succeed because he is bad, but because he is confident and bold.

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

Master your game. Join the Rosa Tintado community: www.rosatintado.com

#085

Dating tips to attract a woman (remember: flirting is a method you must practice until you perfect it):

Initiate physical contact with light touches. When passing through a door, place your hand on her lower back and guide her ahead of you. Touching her arm between the shoulder and the elbow is always a safe bet. You can combine it with something

reasonable, like a compliment.

Push her lightly if she teases you.

Don't brag about your conquests or your possessions; it generally turns women off.

Get out of your comfort zone. Try to flirt with all types of women until you find a type that you like and that accepts you.

Part of being lucky consists of never giving up.

Learn how to pick up girls with Rosa Tintado: www.rosatintado.com

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#086

Public speaking is much more about technique than about wit or natural grace; and, as I usually tell you, technique can be learned, and excellence is reached through practice.

Óscar Fernández Orellana (Interacción Humana)

#087

Physiologists discovered that if an individual relaxes muscular tension, they can better remember what they have studied.

If we could train the heart to beat slower while we think, mental work would be much easier.

Dr. Barbara Brown says in 'New Mind, New Body':

'With a slower heart rate, mental capacity increases significantly.'

Sheila Ostrander: *Superlearning*

#088

Educational psychologist Benjamin Bloom studied the lives of some of the most outstanding American artists, athletes, and scientists, and discovered that drive and determination, and not natural talent, were what allowed them to succeed.

Howard C. Cutler: *The art of happiness*

#089

I am convinced that happiness can be achieved through the training of the mind.

By imposing inner discipline, we can experience a transformation of our attitude, our entire outlook, and our approach to life.

Generally speaking, one begins by identifying those factors which lead to happiness and those

which lead to suffering.

Once that is done, it is necessary to gradually eliminate the factors that lead to suffering by cultivating those that lead to happiness.

That is the way.

Tenzin Gyatso (14th Dalai Lama): *The art of happiness*

#090

A guy from my gym who is a shoemaker never stops sleeping with women, simply because he is fun and sexual.

Myself and many of my students, without crazy lives and without Ferraris in the garage, have been with top-tier girls.

With ease, and with frequency.

More often than the time we actually have to be with them.

David Gracia Belmonte (Bravetys, Seduction coach**):** *https://bravetys.com*

From theory to practice. My real dating experiences at www.rosatintado.com

#091

Question: Monsieur Jarre, did you think that the electronic music style was going to become so popular?

Answer: I didn't think it would have so much success because 'Oxygene' was rejected by many record labels.

El Mundo, interview with J. M. Jarre (Nov 27, 2007) : Entrevista Jean-Michel Jarre

#092

Now, it is one thing to be love, and quite another to perform an act of love.

This impulse to act is what is called *passion*. Passion is God wanting to manifest.

But once God (or God-in-you) performs that act of love, God has already realized Himself and needs nothing more.

Man, for his part, often feels he needs a return on his investment.

If we love someone, fine; but better if we are also loved... and things of that sort.

That is not passion. Those are expectations.

This is the primary source of human unhappiness. This is what separates man from God.

Neale Donald Walsch: *Conversations with God, Book 1*

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#093

The 'yes' is overrated.

We have a terrible fear of hearing a 'no' when, in reality, it is the proper start for any negotiation.

If people are pressured to give a 'yes,' they become defensive.

Daniel Rubio:
http://negociacionpersuasiva.com

#094

I am certain that an intelligent man would never get irritated if he always had a mirror in front of him and could see himself while arguing.

An argument may arise from a grain of truth or reason. But it always ends up getting lost on the path of controversy.

Generally, we become irritated when we realize we don't have sufficient reasons to present them calmly.

But in every fit of rage, there is the aggravating factor that we say those things we all carry inside—things that might even do our opponent good if said in peace and within a dialogue—but which turn into pure poison when spoken aggressively.

How many souls live wounded by a stupid word that escaped someone through the cracks of anger!

José Luis Martín Descalzo: *Razones para vivir*

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#095

I believe that today, wealth is no longer measured by the euros in your account (the kind Forbes measures), but by freedom.

Financial freedom.

Carlos Galán: *Píldoras* (https://carlosgalan.net)

#096

A relationship isn't about just doing your own thing and not caring whether the other person likes it or not.

It’s about communicating and modifying certain things to build a healthy and solid relationship.

I’m not talking about changing your personality or your essence, okay? That’s not something we should change.

I’m referring to adjustments like finding a middle ground in arguments, if one person needs space and the other needs closeness.

Trying not to throw your coat on the dining chair when you get home because you know messiness bothers your partner.

Knowing that if they tell you about something painful that happened, sometimes they just want you to hug them,

not for you to find solutions or tell them how you would handle it.

Proposing plans outside the house every now and then just because you know your partner enjoys them a lot.

Doing an activity you would never choose or going to a concert that interests you zero percent just to see your partner in their element.

These are the kinds of changes that make two people have a happy relationship.

Silvia Llop (The Psychologist of Love):
https://silviallop.com

Master the system step-by-step at
www.rosatintado.com

#097

If you fall 5 times, stand up 6. And if you fall 20 times, stand up 21.

Chinese proverb. **Daniel Stix** [Spanish Paralympic athlete]: *Con ruedas y a lo loco*

#098

Every day, 40,000 children die of hunger.

Before every meal, let us join our palms in meditation and think of the children who have nothing to eat.

This will help us be aware of our good fortune.

The mere awareness of this fact can help us overcome much of our psychological suffering.

Thich Nhat Hanh: *Being peace*

#099

Doing nothing => virginity.

Settling => marital sex.

Daring => rejection, fear, wild and varied sex.

Héctor Latorre (Seduction coach):
https://carismayconfianza.com

Learn the art of seduction with Rosa Tintado at www.rosatintado.com

#100

If today were the last day of my life, would I want to do what I am about to do today?

And whenever the answer has been 'No' for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life.

Because almost everything—all external expectations, all pride, all fear of embarrassment or failure—these things just fall away in the face of death, leaving only what is truly important.

Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose.

Steve Jobs: *Stanford Commencement Address (2005)*

EPILOGUE

By the time you read this, the next collection of doses will already be in preparation to continue accompanying you every day.

Until then, remember that growth never stops. See you on the website with new recommendations and tools that are proven and 100% useful for your daily life.

Take good care of yourself.

See you soon.

Elite Essentials
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