

A close-up photograph of a hand giving a thumbs up gesture. The hand is in sharp focus, with the thumb pointing upwards. The background is a blurred image of a person wearing a white shirt and a dark jacket, suggesting a professional or business setting.

Dave Thompson

**Like Life!**

Easiest way to live  
effectively

**Dave Thompson**  
**Like Life! Easiest**  
**way to live effectively**

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**Аннотация**

That way niga Dave Thompson – a real godsend for you if you wish to get the most out of his life: to have fun, pleasure and maximum benefits – and become a true Creator of your destiny. You can do anything you want in your life – this is a real book!

# Содержание

Congratulations	6
The same as you. I may be your identical twin	7
100%	10
It's a waste of time and blur strength	13
Be happy word	15
Well	16
And shit like that	18
Success. Be successful	19
where you	20
A lot	21
At all	22
Money	23
Responsibility	25
In the same direction	26
A sick – puke	28
And all zaebis	30
Prioritization	31
Want to cross stitch	33
Seriously	34
I have	35
Now	37
Or worms	39
Husk	40

Nobody cares	42
At all	44
And no one else	46
To sacrifice	48
Do it all the time	49
Read – read	52
Or comes other	55
Hurt himself and love	59
Every day	64
Конец ознакомительного фрагмента.	75

**Like Life!**

**Easiest way to live effectively**

**Dave Thompson**

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# Congratulations

YOU ARE ON THE RIGHT TRACK

Congratulations.

You hold in your hands a book that is written EXCLUSIVELY FOR you. In fact it is not a book – and a conversation with you.

On the topic of efficiency.

Live expert conversation.

Written normal hands, but with errors.

# **The same as you. I may be your identical twin**

JOKE!

You're on the right track.

You've probably already noticed that most of the smart psychologists write some obvious shit with a straight face and clever tongue?

Say, modality... P

responsible.. Programming mentality.

Time management.

It's all from evil.

I am sure that you already figured that out.

Well. The book released in VERY limited quantities TO a few people.

Those who understand that where conventional psychology tries to fuck us.

In this book you will find the recipe:  
**HAPPY, PRODUCTIVE AND EFFECTIVE** life.

I'll give this recipe right now You to Hit.  
Constantly and relentlessly.

But not just to hit and in the same direction. Discarding all  
superfluous.

Forgetting all that circles about success and failure.

Without time management.

Without the discipline. Without psychology.

Without hemorrhoids.

With a smile. – so vkayf was! To pleasure you received. And  
as you read – see this.

**GRATITUDE**

I thank all students of the project “Efficiency of 1.0” for the  
feedback.

Girlfriend Oksana for the rest.



## Personal effectiveness

# 100%

Most authors of books on psychology says that you need something to plan.

The need to “prioritize”, “visualize success”, “to strengthen your vision” and to do God knows what.

Psychologists claim that only rounded individuals can achieve happiness and harmony.

And in confirmation of draw some sort of circle where family, career, business and relationships with sex equal roles, and You're such a harmonious, well it's fucking simple.

And under all that sauce sold by type – if you're not harmonious and you have a bias in favor of career – you need to rectify all other aspects of life.

They say to achieve harmony and success.

The prioma about the harmony and success of the writing absolutely do not understand the authors.

Assholes in the seventh knee.

Bought or have passed various trainings NLP master and so on.

Shit on the harmony of the whole. Fuck this is a wheel where everything is harmonious in your life.

There are no two fingerprints on this planet as no two Odínokova people.

And because the relationship for me is not the same as the relationship for you and that's something else for three times the patient psychologist.

(This is how much you need to be bruised head to volunteer to study at the faculty of psychology for 5 years!)

Remember, psychologists are sick, hurt people. More patients than their customers.

Psychologist? Any psychologist is the patient of a Psychiatrist.

That's where the power! Unbalanced? A few magic pills and the man turns into fully materialized vegetable.

Life is beautiful.

What am I? And besides, what the fuck do you not have to be fully developed.

# **It's a waste of time and blur strength**

Pick that one thing: you can be a successful money – so you can buy yourself and friends and whores and samorealizatsii with all the regalia.

And for a modest fee you any psychologist will tell you that you are self-realized person.

Wanna – be successful in a relationship is through them you will gain money and friends and everything you want.

Want a commitment to health. Do something. And hit anyone who does not agree with you.

Can become anyone, in a word.

And through THIS, what you proaress to everything else EASILY.

Not so and the Reaper, and the reader, and the dude igrets – khuyatina propagana. Only with lists and graphics would be confused.

And even some sort of droch happen...

Don't listen to nobody. Talk itself. Psychologists and

psychopaths – are one. All the cure the psychiatrist.

Think with your head. And read the book on. So you can save yourself 10 years of not having filled the extra cones and not paying not a bit of nerves.

# Be happy word

Just fucked up.

I want to live? Read on!

The worst case inefficiency

MY CASE

# Well

I'm the same as you.

You don't see that the book type.

Vigorous – baton.

Now to publish a book can be almost any monkey – at least I had not gone far.

I – the most egregious case of personal ineffectiveness.

Because in the period from 14 to 20 years were taken for any reason.

Nichrome and generally in no way succeeded.

But scurried around a lot exactly the same as I do, young men with burning eyes...

...and many did:

who is 20 years old and already had the money. Someone – Tits. And not his own.

And someone both.

And I (that's me) was not.



And a question:

And as if all this Tits+ money+ social status to get?

Most of the training sessions offered such as “draw” – show how good you are, nasty in the ears.

Dressed in Zara (Top, blah).

Then buy Nokia Sirocco is noneshnim the iPhone 7 was...

And click it – Sirocco.

And show-off throw.

# And shit like that

THE HARDEST

So it's not the worst.

The worst sorts of psychologists.

Which type – be fully successful.

wheel and draw some shit on a white sheet.

the white sheet that attached to the wall somehow whether  
gum or plasticine

Or Koszul. Who the fuck knows.

And here STSAT in your ears.

# Success. Be successful

In General, try PI \* \* ing in the ears and clicking Nokia Sirocco wherever you went.

At least someone “gives” and who conducted it. And not only in terms of sex. And not only women. In the sense that and Dating tie can be.

Only here such here fuck Dating?  
Fuck didn't give up.

And regarding to develop comprehensively.

It's kind of not a prostitute and not a virgin. And not a fanatic (a believer) and not an atheist.

What is the mean of something with something.

Fully razvivatsa is no good word.

You really please decide:

# where you

HELL

or

Paradise.

You money or save. Because you can't have it both ways.

It is impossible for two chairs.

Impossible. You have to decide.

AND AROUND

And around that time there were many people who have had enough.

For his age.

Or just had.

# A lot

And they were fundamentally different from those that have tried and for some pussy to Bang and to build a career and family to the country...

and grandmother to apartment wills.

And that the teacher is not overwhelmed.

And that Dorm room.

And type in instagram in the club and all around...

on nigrescence anything.

# At all

So those who really what that was.

Something imagined.

They were definitely a recipe for success.

They chose that one for himself.

What that one fucking thing.

What one Mulk and all the rest would have ceased to exist.  
Quite a successful punk made a bet on landing of the liver.

and was very successful in this.

At least, unattractive individuals, they also gave.

From their midst.

What the fuck?

OTHER

# Money

Others have relied on the money.

The only bet I must say.

And won.

In 3—4 years they have become something a little bit out.

And why not turned on when people lump the stuffing?  
Skill on its own earns.

It's not like that.

And those who tried to “find yourself” “self-actualization” –  
this is so khuyatina just fucked up.

It's like this here book is about self-realization.

Type sold themselves like the author.

Holy balls...

Fuck they got together with his fulfillment.

No career, no money, not even a wench – a little bit adequate.

Yes. There.. It's worse.

But listen – those giving advice.. That fucking simple.



# Responsibility

WHO IS TO BLAME

And all the blame.

In addition to them.

Blame the government. Sometimes America. Sometimes Georgia.

Often the fault of the Jews.

But never blame the man – which a finger does not hit to do something.

# **In the same direction**

It just spreads the shit oil..

The main thing – to take responsibility.

But it is difficult to take responsibility when you have a lot of projects.

And each neuromyelitis what is important.

All dumped in piles.

Watered time management. And cooked on a slow fire.

This is all very shitty, man.

The shit smell is not smell?

And here I am I feel.

When there are a lot of shit – pick one pile and deal with it.  
Build a flower bed. This place.

There's no need to get into all sorts of shit.

And our people – most do.

Work on priorities – just moved I have all off the ground.  
Now the rule. I'm doing that one thing.

And until you finish – fuck I go somewhere.

To the end. And you – do to the end.

Until you throw up.

# A sick – puke

But do it. Stand your ground.

And do. Completed – okay – now you can take the next thing.

And how we like to work stick out in the social. parallel networks watching videos on YouTube

and player in the ears. Charging.

Not fucking done.

In the air hung the question – how to fuck off home early?

And not to be fucked with boss?

And in the end? Ass! Who is to blame? Pindossy!

That they szukany children, we spoil the life and soul crap.

We must start with ourselves. And responsibility for everything rests with us.

You threw your hand to neuromyelitis what scope of work?

Receive a fascist, a grenade!

For nekhuy! It is necessary for one to kontsentrirovaniya.

Diamond cutting bleat.

A powerful stream of the jet at one point.

# And all zaebis

## LISTS

Fuck the lists.

All sorts of time management.

It's from don't give to do.

If you know what you need to do that one thing – you did not fucking need a time management.

# Prioritization

Stop! Right now, I want to shit!

Shit – write on. Priority!

The primary objectives.

You're not going to get a notebook with time management, to masturbate their brains that you want to take a shit?

I want to shit, shit.

Shit is shit.

Finished wearing his pants and went further.

And time management! Trainings on time management!

Say, non-urgent important, urgent unimportant, unimportant non-urgent?

This floss. It is a rare dirty trick that should be hung by the balls.

Time management: I want to shit and shit.

Vysralsya – wearing pants.

Next?

What's so complicated?

Non-urgent unimportant.

Woe ...who the fuck knows what.

MAKE LISTS

And so they make lists.

Well, do you really think you need those lists and you don't know when you need to take a shit?

Yes, you all-American golymi hands ploughed when shit wants to truly!

Look how our then Secretary General of the UN has secured that, he began to drag his Shoe on the podium already.

I would, too, so shooting if I wanted to shit...

So no lists – God forbid.

Determine what you need. And do. That one thing.

Want to earn money.



# Want to cross stitch

WHAT'S IMPORTANT TO YOU

For myself, I decided that I pin to shove.

In any situation, to create some kind of shit.

I must fuck.

In the relationship.

In business.

In about everything.

In the contracts.

I just permanently fucked.

And every morning I Wake up and ask:

Lord! Whatever that shit soak today, just to fucking everything (to me) cool?

And every day I dedicate to some new shit.

# Seriously

Sometimes “stick” on some shit for a year or two.

It happens sometimes.

This is normal.

# I have

I have dedicated myself to a lot of shit.

You can poawatomi yourself something else.

Something wonderful.

## THE RIGHT QUESTION

Initiation involves the right question.

How would you say that would be so great to stir up?

Think in terms of achieving the goal – fun.

And when you think in terms of fun – you are immersed in the quagmire of what kalimati.

That is, worried how you look – how you look.

It's such a gas when you do it.

You have a life and I it is still there.

And we have a choice – to achieve goals.

Entertain yourself from birth to serti.

Or do what galimatia worrying about something.

RIGHT NOW

# Now

Most people zhivut in the past.

Frustrert. Survive their failures.

And as it could be.

Many live in the future and worried for their well-being.

Nervous. And stress is uevo. Pretty fucked up.

I suggest you live now. Live now – one goal. With a single action.

In the moment and in the flow.

And don't care about anything.

I constantly do shit.

Hellish shit.

What will you do?

What will you dedicate your life, as to death to entertain yourself?

## THE ANGEL OF DEATH

You mortal.

And you will die.

And will devour you or the flame.

# Or worms

It's not bad not good just.

But most people don't want to think about death.

They drive away the very thought of it.

REMIND yourself about death.

Every day.

This is the only way to make a bright life.

STUFF

# Husk

Is life. And there is death.

Are the shit. Husk.

The fact that it doesn't matter in the face of death.

So Chua you're always doing what doesn't matter in the face of death?

Do what's important.

Remind yourself that sooner or later will die.

Most live as Macleod.

Kind of Macleod.

BESSMERTNYE. When approaching the mirror, they try to ignore the wrinkles.

And wrinkles there.

Because we age and our bodies-on-Shi-VA-yut-Xia

EFFICIENCY



What you will not regret the face of death.

For me, it's bullshit.

For me it's getting high every second. The production of the element of idiocy.

Mental.

Which is impossible to touch. To feel.

The real idiocy.

But it is something you do.

Something really cool.

What you won't regret it. Before the death.

All the rest is nonsense.

Ask esba – if tonight I will die – how to spend the last minutes hours?

# Nobody cares

NOBODY DON'T CARE

All the shit.

You are not the center of the universe.

All really give a shit about you and me.

I'm stupid. Bastard. Stupid in the extreme.

Approximately the same order you do.

The sooner you realize the better.

Maybe you're just smarter than me because I'm so stupid as to be impossible.

Nonetheless, I am very stupid And it does you honor.

but what's beautiful? You know, the sense of exclusivity it gives a lot of freedom.

Nobody gives a shit about your feelings.

Most people do not know that there is you and me.

Yes, we are with you.

All in all shit.

And if you think that someone is against you when it did not fair...

You assume TOO MUCH.

You assume TOO MUCH.

You him FUCK.

That is. It is who you offend when it is not all about you thought.

For it was only to himself.

You're like a blank place. Just like me.

But write it personally silly.

Just because you and.

# At all

And when you step on the foot in the subway. They do not you do it.

And when you make a Blowjob don't you do...

Do not you. You were just at the right time...

Be free from having to take it all in.

And you can go mad.

The truth is, all IN ALL SHIT.

AND IT IS VERY GOOD

And that's fine. Because the majority thinks...

They are very important people.

That something is sure in this world..

if they will change something will change...

But no. The truth is that we mostly live for other people

unnoticed.

Would be quite. All only interested in themselves.

# And no one else

We fuck them?

It is not necessary. Do not think that you are important.

You're not important.

And I'm not important.

And a piece of shit more fun to live.

Really fun.

Assessed fine. Adequately. Not to erect themselves into an absolute. It's not normal.

Failure

GIVE UP ANOTHER

Give up on the possibilities.

All or almost.

All the books and trainings shout say use all the features.

And you really need to give them up.

Because their fucking

The truth is, you in this life can be absolutely anyone who wants!

Yes, you can't be white if he was born black (single)

You can't be a woman if a man (though there are)

In short you can do anything.

If... give up what you fuck don't.

The more a person focuses on what that one thing the more he has.

# To sacrifice

To sacrifice some other shit.

For example, the nun renounces the opportunity to live in the world...

The harlot... do zmoznosti to become a nun...

Although anything is possible until we have the TIME.

The truth is that more than we refuse in the name of achieving something, the easier and Betsie we achieve something...

CUT THE EXTRA SHOTS



# Do it all the time

Just as a gardener trims the bushes.

Forms the crown.

Trim off the excess shoots from tomatoes and cucumbers.

If green thumb.

In short – the extra – cuts.

It takes the juice.

As.

Your movement forward...

You'll be too huge...

Excess connections.

The extra friends.

Extra cases.

Cuts. All that does not concern your personal Affairs – cuts.

Concentrate on just what concerns you. Only what you're interested in.

Nothing else.

All the rest e – and ruthlessly under the knife.

Someone – trimmed everything that doesn't involve money.

Have someone everything that doesn't concern fashion.

Someone crosses out everything that wasn't about sex.

FOR someone important career.

For me the important idiocy. And all that isn't enough crazy,  
I was not amused. Me ignites. I'm not interested in.

To each his own.

Cut anything that is not related to what matters to you.

ONE THING

Eat – Esch.

Listen to music – listen to the music.

Go – go.

# Read – read

Work – work.

Don't do 2 things simultaneously:

Don't listen to music and eat at the same time.

Do not read and do not eat at the same time.

Don't say don't eat at the same time.

Don't talk on the phone and do not work at the same time.

Don't work on the computer and not sit in contact at the same time.

This creates a shift of focus.

Stress. When you switch from one task to another.

Hate it. It's terribly annoying.

And for those assholes that sit at work and at the same time chatyatsya in viber, view the page in contact and trying to do something...

prepared special warm place in HELL.

Because I can't be such stupid bastards.

work – work.

Are idiotic – do.

But don't be distracted by everything.

It consumes you.

Spends you.

Take care of yourself. Nuhui you?

WHOLE-ASS ONE THING

Protect their business.

Their occupation.

Buzzed the phone – break it on his head – because to disable a phone should not buzzed.

The same applies to computers and Internet and other shit.

Do not create extra channels of distraction.

# YOUR PLANET

## Exercise “Your planet”

Will tell you about the exercise, “your planet” you can call it your space or even like that...

The gist of it is that when you do something fucked up to neuromyelitis important – nothing should distract.

That is all. No way.

Absolutely. Fuck. Mail and even browse no nao.

You're busy the one. But there comes a text.

# Or comes other

Or call the wife.

You're distracted and it's so frustrating.

It will take more than one hour before you will come back..  
in the rhythm – but you otvlekaut much earlier..

Create your planet.

N a 3 hours.

Where nobody will bother you.

Where no one will disturb you.

Exactly. From the word no one does.

Shut up.

In the office – the toilet.

Get a hotel room.

Saki coffee in a cafe. Make sure to avoid znakomyh or so  
nobody was distracted.

And do what you gotta do.

What have you got planned?

ONE THING

Correspondence by e-mail means correspondence.

Work with social networks – so work with social networks.

The calling customers – calling customers.

Etc.

that is a narrow focus. Specialization on task.

Do only it.

www.legefe.ru on my website you will find the tools, how to allocate your life something truly exciting just for you.

Did.

Well. Zaebis. Guess what else?

If you need to. What's next?



But we must not combine calls, e-mails, and correspondence in the paint and plaster works... and dislike in contact.

Fuck you inappropriately...

DO IMMEDIATELY

Don't put off important nopotom.

Important – immediately. The very important thing that you should do, you should do immediately.

In the first three hours of working time if possible.

All doing great most important.

Sellers – sell.

Football players played football.

Jumpers jumped and the swimmers swam.

As soon as the players do advertising and PR they are not the players.

Give the most important time the most priority. Otsalnoe

later.

Where and daily give the most important time. At least 3 hours.

## WHAT YOU NEED

Do what you need.

Many sellers don't like meeting with clients.

But it was meeting with customers give the money to the seller.

You love what you should or not – do what you gotta do in your profession.

# Hurt himself and love

But do what brings results.

For example, creatiff – almost never brings results.

Brings results almost everywhere.

The same monotonous action.

Constant.

Unchanged.

Sales -work with customers.

Work with objections.

In the retail sector – work with buyers.

.

With showcases. With the computation.

With the planogram.

It is dreary halimeter – modating...

Every day – but it is the backbone of the work and it needs to be done.

It should be reserved dostatochnoe amount of time.

WE LOVE

And this shit you're going to love.

Or not to love – but then suffer!

Because this is the will of fate you'll have to do first if you want the result in this area means you're busy.

Don't want to? Why still here?

Highlight the most important time the most important.

The rest later. All tolerate all the waiting. Not be the most important. the most important thing.

LIMIT YOURSELF IN COMMUNICATION

To limit yourself should be in communication.

This is not advice. This is a task.

Practical.

If you are what that one character and the environment you have another plan

change the environment.

The purpose of a business environment – drunks.

Fuck the drunks.

Build their own bunker.

Move. Do what you want. But get out.

Don't know what to do?

[www.legefe.ru](http://www.legefe.ru) on my website you will find ways to break up with a toxic environment and change it to a new, otherwise – ass.

IT IS NOT NECESSARY

For nekhuy.

And not have anyone trying to fix – does not work.

See man – asshole – don't be a dick rule him.

Not correct. I can't even try.  
will not work.

Because the asshole.

And I can't. To RUB shoulders with such.

[www.legefe.ru](http://www.legefe.ru) on my website you will find ways to break up with a toxic environment and change it to a new, otherwise – ass.

IN THE SAME VEIN

Crap goals.

One purpose is shit. But it's normal if his aim is shit.

The other thing is when you give yourself goals that contradict each other.

That is the goal for this year is contrary to your goal of 5 years and a goal of five years is contrary to the purpose for the rest of your life.

Mastertow effective life is to set goals so to get a RUSSIAN nesting DOLL

little is invested in the big – one more and one more and so Dale...

To the largest which coincides with the full fucking...

And many are for such purposes and for tomorrow – other and among themselves, they are not connected and not only because they are still so fucking conflict.

So fucking need this?

Need DOLL.

How to make a DOLL come on **www.legefe.ru** I'll gladly tell you.

# Every day

Ask yourself: What today would be the most effective in my life?

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# Конец ознакомительного фрагмента.

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