

# 11 HIDDEN GEMS on SMNash.com (a 1-Page Guide)

v2021.03.15F by Steve M Nash

“What makes you vulnerable, makes you beautiful.” – Brené Brown

This Inside-Out Understanding changes everything. Seeing how we create our lives, moment by moment, via [the 3 Principles Understanding](#) IS transformative... Hello, *my name is Steve M Nash* and I'm the editor of SMNash.com – **welcome to 11 hidden gems on SMNash.com:**



<p><b>GEM 1: About Self Esteem</b></p> <p>Why “self-help” has it all wrong!</p> <p><a href="https://smnash.com/self-esteem/">smnash.com/self-esteem/</a></p>	<p><b>GEM 2: About Curiosity</b></p> <p>And why it did not kill the cat!</p> <p><a href="https://smnash.com/curiosity/">smnash.com/curiosity/</a></p>
<p><b>GEM 3: About Gratitude</b></p> <p>Why gratitude is ALWAYS available!</p> <p><a href="https://smnash.com/gratitude/">smnash.com/gratitude/</a></p>	<p><b>GEM 4: About Forgiveness</b></p> <p>What true forgiveness looks like [Radical]</p> <p><a href="https://smnash.com/forgiveness/">smnash.com/forgiveness/</a></p>
<p><b>GEM 5: About Relationships</b></p> <p>How to have “better relationships”, actually.</p> <p><a href="https://smnash.com/relationships/">smnash.com/relationships/</a></p>	<p><b>GEM 6: About Happiness</b></p> <p>How to be happy: Self-help vs Understanding</p> <p><a href="https://smnash.com/how-to-be-happy/">smnash.com/how-to-be-happy/</a></p>
<p><b>GEM 7: About Strength</b></p> <p>There’s no need to stay strong!</p> <p><a href="https://smnash.com/no-need-to-stay-strong/">smnash.com/no-need-to-stay-strong/</a></p>	<p><b>GEM 8: Videos – One Minute Wonder</b></p> <p>One minute. One video. One you.</p> <p><a href="https://smnash.com/wonder/">smnash.com/wonder/</a></p>
<p><b>GEM 9: Videos – 3-Minute Heroes</b></p> <p>31 videos about being human</p> <p><a href="https://smnash.com/3-minute-heroes/">smnash.com/3-minute-heroes/</a></p>	<p><b>GEM 10: About Me</b></p> <p>About my “message” to a younger me, actually.</p> <p><a href="https://smnash.com/message-to-a-younger-me/">smnash.com/message-to-a-younger-me/</a></p>
<p><b>GEM 11: Transformative Coaching</b></p> <p>What is a “Transformative Coach”?</p> <p><a href="https://smnash.com/transformative-coach/">smnash.com/transformative-coach/</a></p>	<p><b>Work With Me?</b></p> <p><i>Let’s talk!</i> First conversation is FREE ...</p> <p><a href="https://SMNash.com/beginnings/">SMNash.com/beginnings/</a></p>

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