

## **FURTHER READING?...**

### **Introduction**

- i. More about The 3 Principles understanding  
- <https://www.smnash.com/three-principles-understanding/>
- ii. *You Live in Your Own Separate Reality*  
- <https://canibeme.org/own-separate-reality/>

*"All we are is peace, love, and wisdom, and the power to create the illusion that we are not." – Jack Pransky*

### **Thinking Less**

- i. Why you are not what you think about  
- <https://www.smnash.com/i-think-therefore-i-am/>
- ii. About people pleasing and approval seeking  
- <https://www.smnash.com/people-pleasing/>

*"Thoughts are just what is. They appear. They're innocent. They're not personal. They're like the breeze or the leaves on the trees or the raindrops falling. Thoughts arise like that, and we can make friends with them. Would you argue with a raindrop?" – Byron Katie*

### **Gentleness**

- i. The art of gentleness  
- <https://www.smnash.com/the-art-of-gentleness/>
- ii. Why you are your own worst enemy  
- <https://www.smnash.com/own-worst-enemy/>

*"Nothing is so strong as gentleness, nothing so gentle as real strength." – Saint Francis de Sales*

## **Listen!**

- i. How to 'do' relationships  
- <https://www.smnash.com/how-to-do-relationships/>
- ii. About feeling overwhelmed  
- <https://www.smnash.com/about-feeling-overwhelmed/>

*"The sickness of the mind are feelings that we create and put onto objects.  
But if you see the objects without the feelings, then you are healthy."* – Sydney Banks

## **Let Go, Let Be**

- i. Forgiveness - the ultimate act of 'letting go'  
- <https://www.smnash.com/forgiveness/>
- ii. Welcome Your Suffering - The Ultimate Act of 'Letting Be'  
- <https://www.smnash.com/welcome-your-suffering/>

*"The creative process is a process of surrender, not control...  
Mystery is at the heart of creativity. That, and surprise."* – Julia Cameron

## **Ebb and Flow**

- i. About feeling in flow  
- <https://www.smnash.com/about-feeling-in-flow/>
- ii. How to BE yourself  
- <https://www.smnash.com/how-to-be-yourself-2/>

*"I've learned that you shouldn't go through life with a catcher's mitt on both hands;  
you need to be able to throw something back."* – Maya Angelou

## Seeing 'Thru' Problems

- i. How to problem solve  
- <http://www.smnash.com/how-to-problem-solve/>
- ii. A success-guide you can use  
- <http://www.smnash.com/success/>

*"We don't see things as they are, we see them as we are."* – Anaïs Nin

## Trusting Life More

- i. Do you trust yourself enough?  
- <https://www.smnash.com/do-you-trust-yourself/>
- ii. Why YOU are all you need  
- <https://www.smnash.com/you-are-all-you-need/>

*"Life is what happens while you are busy making other plans."* – John Lennon

## RECOMMENDED BOOKS

My favourite books on this topic include the following:

- I. *The Inside-Out Revolution* by Michael Neill
- II. *Invisible Power: Insight Principles at Work* by Manning, Charbit & Krot
- III. *The Relationship Handbook* by Dr George Pransky

And I explain why on this page <https://www.smnash.com/3-principles-books/>

*(Find a 1-Page Guide to Best 3 Principles Resources there, too!)*

## MORE FROM ME?

- [Join The Daily Reset](#) – FREE daily email reminders of this Inside-Out Understanding
- [One Minute Wonder](#) – FREE opportunity to reflect daily on a specific inspirational quote
- [Work With Me](#) – 1-to-1 transformative coaching with me available here (and more!)