Twitter Thread by **Book Mind**





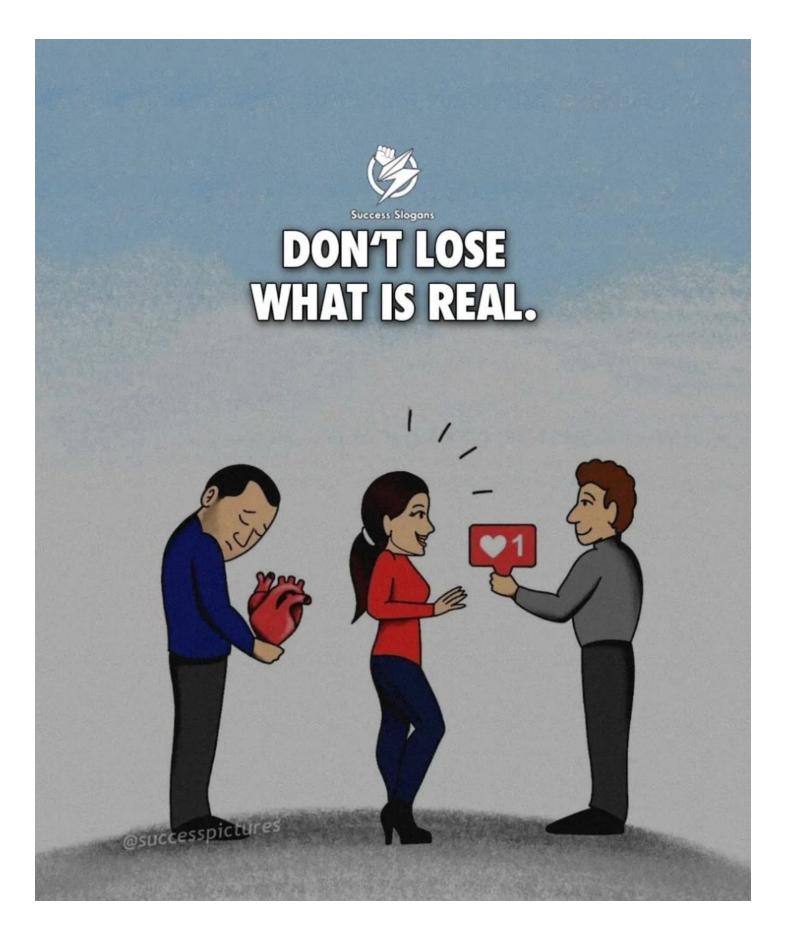
10 Harsh Truths of Psychology & Life:

1.

TRUST



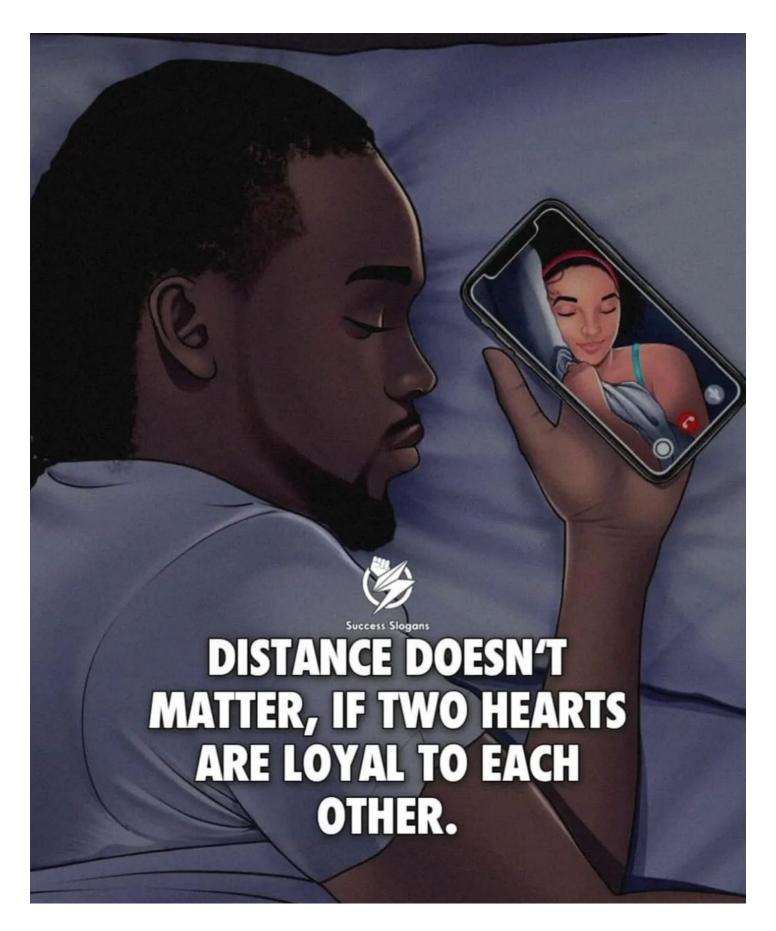
JUST LIKE THIS GLASS,
ONCE IT'S BEEN
DESTROYED, IT WILL NEVER
BE THE SAME.

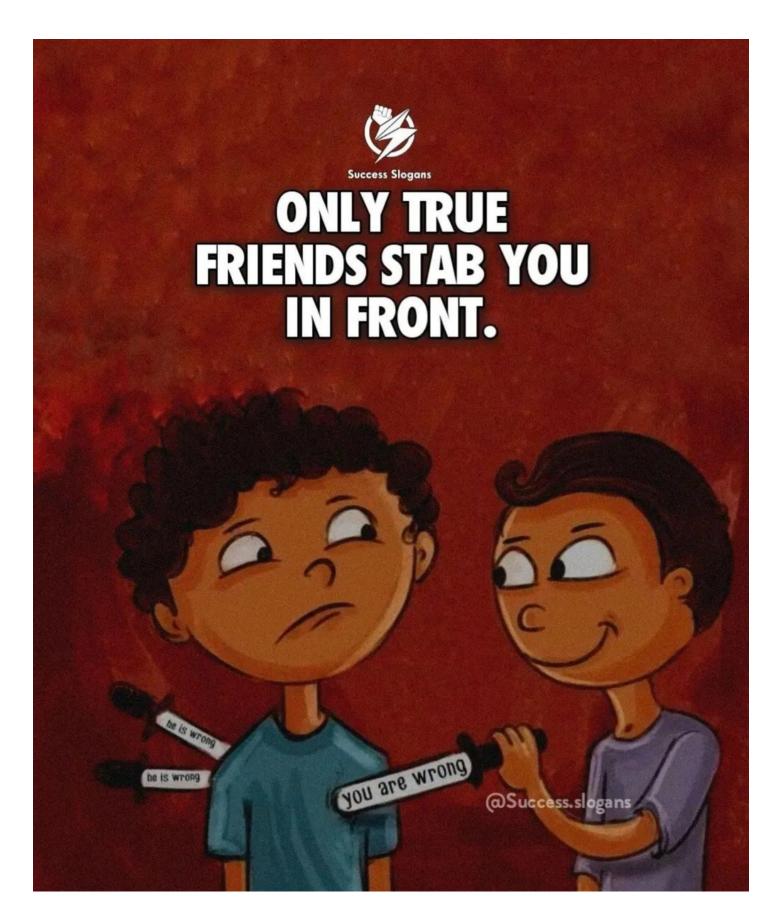


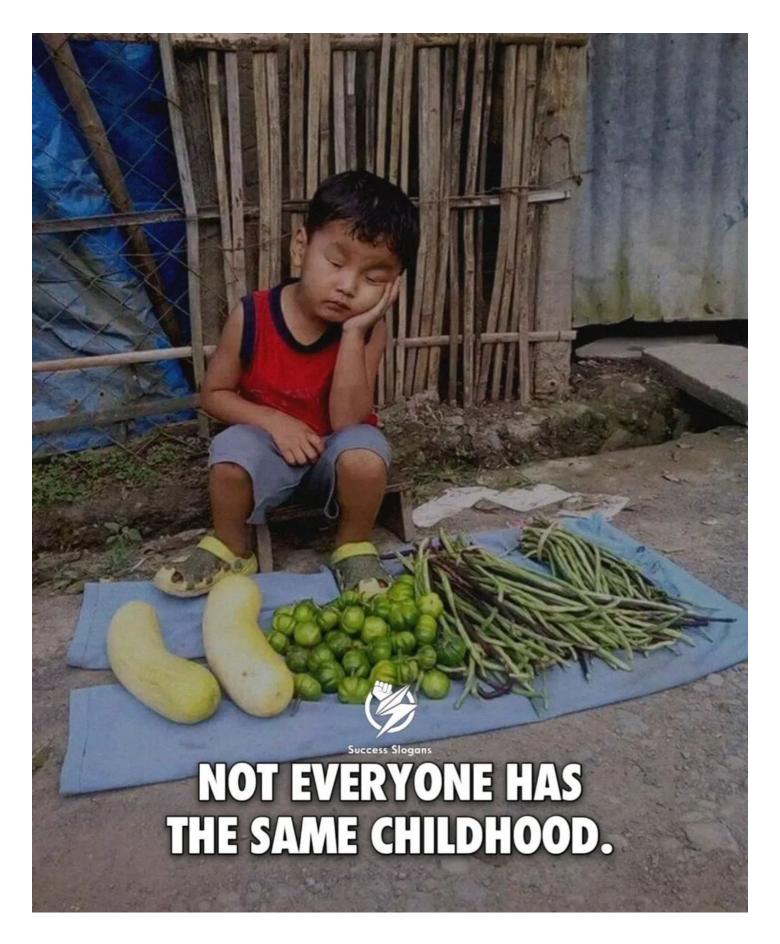


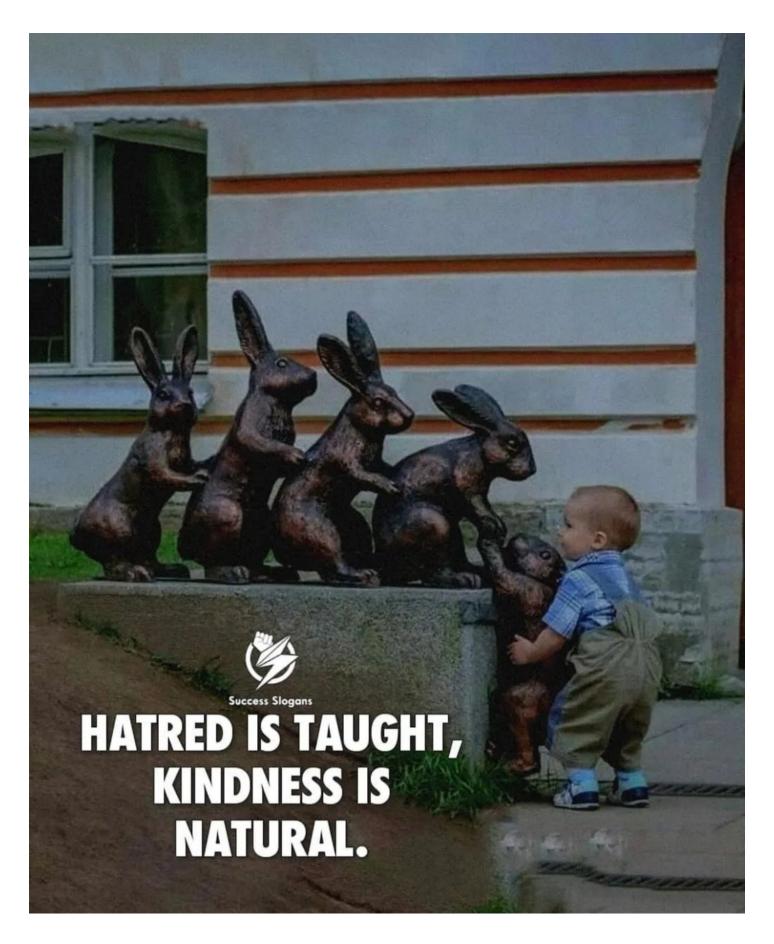














If you have control of your mind, your life will transform.

If not, you will;

- Have anxiety
- Overthink everything

- Not achieve your goals
- Have low self-confidence

Transform your life + mindset with the "Live Intentionally" book.

Click here: https://t.co/BqHkFtKEzv

Thanks for reading this thread!

If you enjoyed it, please follow me <a>@BookMind and retweet the first tweet

This account exists to help you:

- Improve your mind
- Become your best self
- Overcome anxiety + overthinking

Have an amazing day:)