



Introduction

I thank you for reading the first volume of Change your T.

Change your T is a website owned and published by Joshua Arimi. Therefore, all the articles published in this e-book were published in Change Your T website on different dates in the month of October.

I started Change your T after a realising that I had several weaknesses which required to be tackled urgently. All the weaknesses were as a result of my thinking patterns.

I believe that all our real or imagined problems are rooted in the way we think. Hence, I called the website Change Your Thoughts, Change Your Life.

I don't have answers to all problems in life. But together, am convinced we will solve a lot of issues we encounter in everyday life. I am in a journey of self-improvement. So two are better than one, join me and will grow together.

Academically, I have a PhD degree in Food Science.

Subscription to [Change Your T](http://www.changeyourt.com/) website is free and open to everybody. Make sure you subscribe to receive all articles that I post.

I hope these articles will have a positive impact on your life.

Joshua Arimi

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Table of Contents

1. Change your Thoughts, Change your Life	4
2. My 3 Types of Smiles	8
3. Easy way to build a Website	10
4. Easy Way to Build a Website- Part 2	12
5. 3 Things that you will do this Friday which will definitely determine your future	15
6. Why a Baby Boom in a Recession.....	17
7. 10 Ways to Spend Less without Looking Miserable.....	18
8. True Love.....	21
9. A Gadget that transformed my life	23
10. Ten Tips to Guarantee You a Peace of Mind.....	27
11. What am I eating that is making me sick	32

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Change your Thoughts, Change your Life



Most likely you have seen incredibly nice and amazing photos or videos of Indians or tourists in Asia riding on elephants. An elephant is normally a very big and strong animal.

I have always been wondering how they tame elephants until it is possible to ride on them.

Most of the elephants are tamed while they are young.

Taming is done by tying one leg of a calf of an elephant with a very strong rope to an immensely strong post. This makes the calf immobile. Whenever the calf tries to move it becomes impossible. The calf keeps trying and trying to release itself and eventually it becomes apparent that it can not untie itself.

It resigns to fate-*it gives up*.

This inability to untie itself or cut the rope makes it succumb to the idea that it can never move whenever it is tied with a rope. This idea repeats itself in its mind whenever it tries to get itself off the rope.

This idea repeats itself many times until it becomes a belief.

This makes the calf believe that it is impossible to cut the rope.

After the young elephant develops this belief, the owner is happy because he can train it.

The trainer starts the training regime. As the calf grows, it becomes big and puts on a lot of weight, the trainer keeps on tying it with rope. By this time the mind of the grown up elephant is already conditioned that it is impossible to break itself lose.

The owner starts to use weaker ropes which an elephant can cut, but the elephant is conditioned to believe that it cannot cut the rope.

Similarly, that is the same way we think of ourselves.

We have different 'trainers' who have used different techniques and ways (ropes) to instil different negative ideas into our minds. The recurrent of these ideas has led us to develop what I call *limiting beliefs*.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

With time we have developed several *limiting beliefs*. Like an elephant, these *limiting beliefs* or negative thinking patterns have put us at bay from achieving what is actually very easy and possible.

Some of the 'trainers' that have led us to have these limiting beliefs could be our parents/guardians/teachers, society, media, friends or even ourselves. Let us look how each of these 'trainers' influence us to think negatively and develop limiting beliefs

Parents/guardians/teachers

To start with let me make it clear that this category of people does not wish us to have limiting beliefs.

However, due to their ignorance or circumstances they have spread some viruses to us in form of limiting beliefs. For example imagine a case of a mother who is a medical doctor by profession. She has always wished her daughter follows her footsteps and becomes a doctor.

However, her daughter wishes to become a musician and she has a Passion for it.

One day the daughter comes home very happy after scoring good grades at school, she starts singing at her highest pitch celebrating her achievement. Her mother wishes she can keep quiet. At some point the mother becomes impatient and shouts at the daughter. Shut up! you have such a ugly voice, I don't think such a voice is good for singing.

Your guess is as good as mine. The daughter gets disappointed and discouraged and shuts up. Every time she tries to sing at home the mother repeats statements with similar connotation that she is a poor singer. The daughter believes she is very bad in singing. This could eat her aspiration to become a singer.

In this case, it was not the intention of the mother to curtail the dreams of her daughter.

However, her wish that her daughter becomes a medical doctor led her daughter to believe that she is not good as a singer.

You might think this is an over exaggerated example. We have all heard statements like, 'you are too short to play basketball', 'you are not as clever as so and so'. etc.

One of such a real-life case is [of Ricardo Izecon dos Santos Leite alias Kaka](#) the Brazilian footballer who is currently playing for Real Madrid football club of Spain (earning £200, 000 per week) , previously-up to this summer- he has been playing for AC Milan of Italy. By the way Kaka is one of the finest

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

footballers in the world. Kaka was very skinny while in school to the extent that one teacher insinuated that he can never make it in football.

Kaka never bought to such a limiting idea. He aligned his thinking with his goal to become a footballer. He excelled beyond imagination.

Society

We are all born in a society.

The society has its own lifestyles called culture. The society always and will always want us to live according to pre-set cultural behaviours and practices even if we think they are not good for us. These pre-set cultural practices have led us to think in a certain way.

The thoughts we have developed due to social cultural practices sometimes are very limiting while others are very progressive.

Out of experience most of the demands by the society are limiting to our wishes.

Media

One of the key culprits of spreading the virus of limiting ideas in the 20th and 21st century is the media.

The media can be in the form of TV, newspapers, magazines, movies, internet etc. Let's take for example the TV personalities. Normally the TV companies employ only the so called people with 'perfect bodies'. This has led us to have notions that if you don't have the either 'best body figure' or 'looks' you are not good enough or you are a lesser human being.

This has led most people to have low self esteem and confidence due to the way they look.

Ourselves

Let's not have holier-than-thou attitude.

We are also to blame for most of our limiting beliefs.

There are some ideas that we have harboured in our minds over time which limit us. Over time, these ideas have been embedded in our subconscious mind and it's difficult to realise them unless if they are pointed out by someone else. Below are some of such ideas:

1. **They are all wrong.** You always think that your way is the one and only way of doing things, others can never do anything good. e.g. If you

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

are a supervisor and your manager needs a report, you write it yourself because you think your juniors can never do it right. This puts strain on your valuable time and adversely affects your productivity.

2. **Should, would, could thinking.** You know what you are capable of doing and what to do to change your life but....e.g. I know that I should stop smoking but I might loose friends.... This type of thinking has left you stuck on your negative habits for ages.
3. **Negative notion.** You presume you know what other people are thinking about you and it is all negative. e.g. She thinks I hate her, I will not talk to her. Imagine refusing to talk to your supervisor because you think she hates you! It is at your own peril.
4. **Unsubstantiated conclusions.** Most people make conclusions without concrete evidence. This limits you from seeing the reality. E.g. He smiled at me, he has crush on me or my boss looked at me like this or that this morning, he must be very mad with me.
5. **Nobody is trustworthy except me.** There is this category of people who think everybody is out to cheat them, lie to them, steal from them etc. e.g. all men are cheats. The people who have a belief like this live in constant fear and mistrust.

Change these thinking patterns and change your life.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

My 3 Types of Smiles



I entered the lift, inside was only one middle-aged, divorced, a single mother of two, who we worked with, she looked at me straight in the eye and asked "Why do I always see you smiling?"

Her question came as a surprise.

Thoughts started darting in my small head.

What is she up to? Is it really my smile that is bothering her or it is something else more than that?, does she know I am married?, does she wish that I put long face? Is she fancying me?

I calmed myself and gained my composure, I responded with a calm friendly voice, I don't know. But deep inside me I knew I lied.

The true answer is that, nowadays, I put on my third smile. In my life-time, I have had only three smiles.

The first smile was that genuine, natural, innocent, lovely one that lighted up the room.

This smile could light up even the darkest room. It made even the dullest person reciprocate with a similar smile.

It was original, not some fake smile you get on the streets. I smiled with a wide gap in the front upper jaw after losing the milk teeth-without being conscious of it. It looked fine for me-even fashionable. This smile was not fabricated, I was never conscious of who is watching. It was such a pure joy to smile,-it made everybody in the vicinity happy. That was my smile as a kid.

As the time went by and I grew older, I developed what I will call second smile.

This was smile attached to things. It is a smile that I would put on after buying a new designer cloth. It is the smile that I put on when I bought the most recent gadget. It is the smile I put on when I was told I am the best, I look gorgeous.

This smile was not natural. It was fake, fabricated and sometimes even forced. It never made me have a pure joy. This smile never lit a room. It was dull. Nobody ever joined me in smiling, instead they laughed with me.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

This smile had to be watered by things that can be bought by money.

It had to be massaged by good comments. It was dampened when nobody recognised me after spending a lot to buy new Hilfiger jeans. It disappeared when my friends never noticed my new hair style. It evaporated when nobody acknowledged my witty jokes.

If you never looked good, rich, smooth faced, I never smiled back. If your body figure was not good looking I frowned instead of smiling. This smile made me like a machine-phony. To keep this smile coming, I had to go to the extremes. Disappointingly, it never lasted. So I had to look for a lasting smile.

This is my third smile, which I am putting on when I am writing this. The one that melted the woman in the lift.

This third smile came after a serious soul searching. This was prompted by a long spell of depression. This smile is natural. It is pure, it is magical. It appreciates everybody. It is never watered by earthly possessions.

It is watered by daily meditation, daily gratitude and daily appreciation of life, daily approval of my efforts, successes and failures. It gives me pure joy to have this smile.

This smile does not look at your outward look.

It appreciates you the way you are.

Which of the three smiles do you put on?

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Easy way to build a Website

Normally people think that building a decent website requires very high technology in web design and a lot of capital. I demystify this thinking by outlining three steps to owning a decent website.



1. Anybody can own a website

Owning a website is now easy and dirty cheap.

Anybody can own a website.

First decide the domain name. Search if the domain name is free (not yet taken). You can search for domain names [here](#). If the domain name is free, register it with a webhosting company. It costs only \$ 10 to own a domain name for a year. There are cheap web hosting providers that charge \$ 80 (Kshs 8,000) per year. This includes unlimited space and hosting of unlimited domains. I use [Bluehost](#) and I have been happy with them for the last two years.

2. Designing the website

Designing the website can be as simple as you want or as complicated as you wish.

I would go for a simpler option. There are many free softwares that allow any publisher to set up a decent website without any technical knowhow. I prefer [Wordpress](#) for this.

[Wordpress](#) is a free publishing platform that allows publishers to set up a blog with all capabilities of a sophisticated website. My website, www.changeyourT.com is designed using wordpress 2.8.4

To design a website using [wordpress](#), you need just to download worpress to your web hosting provider. Using Bluehost is a walk in the park. They have what they call simple scripts, which allows a very easy way of downloading and setting up the website.

3. Uploading material

With wordpress posting articles like this one is very easy and straight forward. You only need to have material to write.

Now we are in the era of what I call 'freelance broadcasters'. What I mean, is that, I don't have to sit to watch a TV to catch up the news. Instead, I post anything new to my website and my friends do exactly the same. This creates

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to <http://www.changeyourt.com>. This material should not be reproduced in any form without prior permission from the author.

a stream of news. Therefore I can get news before they are broadcasted by the mainstream media who have to censor whatever is fed to the public.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Easy Way to Build a Website- Part 2

In my first article above, I outlined three steps in owning a decent website.

I hope by now you have decided the Domain name, Hosting provider and you have downloaded the [Wordpress](#) to the site of the hosting provider.

One of the first things that people see when they visit your website is the appearance. Appearance involves the: Theme, fonts, colours and the overall design.

Themes

Wordpress comes with default theme called Default Wordpress theme. The first time you complete setting up Wordpress it will look like the image below.



If you are like me, you may want a different appearance/theme. Wordpress is very good at offering variety. You will not be disappointed for using wordpress.

Wordpress offers over [1000 free themes](#) to choose from. This is a pool of all designs you can imagine of. This pool offers already designed themes so you don't have to start from scratch. You can find all wordpress themes by clicking [here](#)

This site is designed with [Atahualpa Theme](#) which I have modified myself to suit my taste. Atahualpa theme has been downloaded over 7000 times. This makes it one of the most popular theme. If you follow [Kenyan Pundit](#) her blog is designed by Wordpress using Atahualpa theme.

Themes are actually dependent on what you like. They are democratic, not controlled and no restriction.

Another brownie point of Wordpress themes is that you can change the theme associated with your website at any time.

Below are some of the website/blogs that are designed with wordpress. From these website it shows that there is a wide variety to choose from.

1. [Kenyan pundit](#)

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

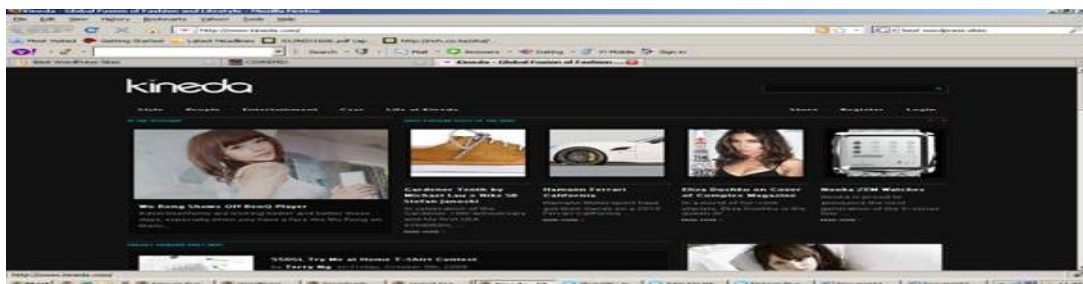
© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.



2. [Apricot tea](#)



3. [Kineda](#)



Steps of installing a new Wordpress theme. These steps are valid only when using Bluehost as the hosting provider.

1. Search for your favourite theme on Wordpress website by clicking [here](#).
2. Download and save the theme in your hard-disk
3. Log in to your hosting provider.
4. Scroll down and open file manager.
5. Click and open wp-content
6. Click and open themes
7. Click upload on the bar menu and select where you saved the theme file and download it.
8. Right click the uploaded theme file and extract it by unzipping it.
9. You are now done. Log in to your website, click on appearance, select the new Theme and activate.
10. Viola, your site has a new look. Clap for yourself

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Question:

.....Joshua, yeah the web host you were talking about (Bluehost) in your blog (www.changeyouT.com). Is it yours? If not, how long have been dealing with them. Their pricing is pretty fair. K

Answer

.....No, Bluehost is not mine. I have used them for 2 years now and I am happy with their service. There are several web hosting services out there. Wordpress organisation recommends the web hosts in this [link](#)

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

3 Things that you will do this Friday which will definitely determine your future



1. Friends

Every Friday evening is considered a time to relax and reflect on the past week. This time is shared with friends.

The friends that you spend your Friday with are normally not the Tom and Harry from the street. They know your closet and your place of work. You share memorable moments. You communicate in a common language. You understand each other well. No arguments, just a difference in opinions. They are you and you are them. If you get lost, these friends are the ones whom police can approach first for questioning.

There is something really worthy of considering. Did you know that?

- If I want to know how much you earn, I just need to average earnings of your 5 close friends
- If I want to know the money in your bank account, I just need to get the average of the money in the accounts of your 5 close friends.
- If I want to know the car you drive, I need to look at the cars that 5 of your friends drive.
- If I need to know your level of education, I only need to look at highest level of education of your 5 friends.
- More seriously, If I want to know how far you will go in Life, I need to listen to goals/ambitions and aspirations of your 5 friends.

As you prepare to enjoy this Friday, Choose your friends wisely. They will determine your future.

2. The venues you visit

The venue that you will visit this Friday is justified. It is neither good nor bad. However, it will mould you into a pot of some kind.

Having read the above, you can guess where I am heading with this section.

On Friday evening some of us will go to an overnight prayer session, others will head to a pub, others will head straight home to their spouses and others will head to business club meeting.

You know your destination pretty well.

All these venues will manufacture you into a product. Decide wisely the kind of product you want to become.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

3. Things you think, talk about and do

Normally I watch my thoughts.

Sometimes I laugh at my thoughts, other times I am mesmerised.

Thoughts can be as wild as you can imagine or can be very friendly and inspiring. This article is as a result of a thought. This shows you a product of a thought.

Thoughts are inspired by something. The 'something' can be a person, a thing, an experience, a feeling or even another thought.

The thoughts can either be held in mind or verbalised. For sure this Friday you will verbalise some thoughts to your friends.

Thoughts can lead straight to an action. Thoughts can also lead to a talk then to an action.

Your thoughts this Friday will most likely be influenced by your *friends*, maybe their dressing or what they say. Maybe they will give you a business idea that will transform your life.

Your thoughts this Friday will be influenced by what you see at your *venue*. Maybe you will see a beautiful girl who will be your future wife. Maybe you will see Mr right. Maybe you will see God, who knows!

Eventually your thoughts will lead to an action. Action is the most important in the whole process. The action that you take will either propel you to greatness, or it might lead you to oblivion.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Why a Baby Boom in a Recession

Look right, left and you might spot an expectant mother, a small baby, a pram or you will hear people talking of making babies.



In my place of work, this year alone, we expect over 5 babies.

Mark you it is in recession. Instead of making money, people are busy making babies than ever before.

All along I thought people make babies when they are sure of the source of support in terms of finances. This was my previous thinking; it has wilted under the unexpected baby boom of 2008/2009.

Australia woke up to a shock in March 2008 to have a record of 30,000 more births compared to 2007

Ireland last year saw an average of 205 babies born every day leading to 75,000 births in one year.

In Iceland, the birth rate has increased by 3.5 per cent this year.

The number of people in the UK has passed 61 million for the first time. The number of births increased by 33,000 last year compared to 2007.

In Kenyan women are giving birth to an average of five children, creating a population boom that has distorted growth projections. Kenya's population growth rate went from 1.53 per cent in 2000 to an estimated 2.758 per cent in 2008.

Reasons for baby boom during a recession are unclear. However according to [USA today](#) and [Daily mail](#), UK, the [Sunday Business post](#), Ireland there are suggestions that:

1. Due to lack of money people are cutting on all other 'entertainments' except making babies.
2. People are becoming more family-focused since there are no jobs and other distractions.

It is completely ironical to have ballooning families when resources are dwindling.

What do you think is fuelling baby boom at such a time?

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

10 Ways to Spend Less without Looking Miserable

Everybody is talking of **Recession**.

We all now know that money in our pockets can dwindle gradually until we find ourselves broke. If you don't believe this visit Iceland or UK.

They are arguing it is global recession. I don't think so. It is their greed that is making them broke.

Below are the 10 ways on how to spend less without looking miserable



1. Don't buy things you don't use

Why buy three 5-sitter sofa sets, when you only have one kid.

Buying a fridge by hire purchase for storing milk only is not a good idea. It is increasing your electricity bill as well as CO₂ emissions.

What is the difference between your old cathode TV and the LCD flat screen that you bought through the nose? I know, LCD TV is dear.

2. Don't pay for unnecessary services

Do you really need all those extra features of your mobile phone?

The other day you bought a HD-ready TV; do you really know what that means? Or was it just for showing off. Even if you know, are you using it?

That wireless internet card and phone network card in your computer are an extra expense if you only use LAN network card

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

You bragged that you bought that phone with Bluetooth, how often do you use it?

My neighbour once installed landline telephone which was used twice a year and he had to pay standing charges.

3. Avoid unhealthy habits

Smoking will deal you double blows: mess your health and pocket.

A trip to a pub will increase a risk of cancer as well as draining your hard earned cash.

Eating an orange/apple/pineapple is cheaper and healthier than buying that Highland's/Quencher squash

4. Carry your own lunch

At dinner time, cook enough food for the following day's lunch. We always pack lunch for our kids. We need to do the same for ourselves. This way we save some bucks and eat healthy and clean food. I say clean, because you are never sure of the cleanliness of that restaurant.

5. Change your shopping location

If you are living or working in Nairobi, avoid upper-Nairobi streets (west of Tom Mboya street). The furthest you should go towards Uhuru high way is Odeon Cinema.

With all due respect avoid Nakumatt by all means. You can get the same product at Tusker supermarkets at lower and friendly price. I know you would like to be seen with those Nakumatt blue plastic bags, but you will pay dearly for the prestige.

For groceries, don't dare enter a supermarket, shop from Wakulima market.

6. Rent or swap a movie

Instead of a trip to the movie theatre, rent or swap movies with friends.

Instead of buying that DVD, rent it, borrow from a friend or wait and watch the video on the TV.

7. Wait/Delay purchases

Instead of buying that trouser which is on fashion expensively, wait and buy it when the price comes down.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

8. Grow your own

Instead of buying vegetable and groceries grow your own. If you are living in urban centres use flower pots.

9. Weekly/monthly bus card

If you travel regularly with bus, it's cheaper to buy weekly or monthly bus card.

10. Avoid unnecessary electricity bills

Rent in Kenya is pegged on whether there is power supply. Nowadays, you double spend on electricity and other lighting systems (hurricane lamps and tin lamps) because of blackouts.

Simply rent in cheaper areas where there is no supply of electricity.

Use energy saver bulbs. I once switched to them and saved my bills by 40%.

Unplug or switch off your TV. Never leave it on standby.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

True Love

When love is mentioned it triggers different reactions, emotions and memories.

Some of the reactions are very good, strong and personal while others are extremely toxic.



Regardless of the emotions that the word LOVE evokes, we are all looking for love. We are looking for love every day from different sources.

Some of us are looking for love from the right sources while others in completely wrong places.

The most important question: which is the right place to find love?

Let me start by giving you a funny story.

When I was in lower primary school we were taught three subjects. These were English, Mathematics and Mother tongue-

Kimeru.

The wonderful Text book that we used for English was titled HELLO CHILDREN.

I know that title stirs up different memories in most of us.

To me, it reminds of one character in the book called Tom. Tom was a son of Mr. and Mrs Kamau. Tom had a sister called Mary. They also had a pet, which was a cat.

Tom was a very adventurous and curious boy who liked school seriously.

Tom was also a normal boy, so he acted and behaved like all boys. He was also a last minute boy. He used to pack his school bag in the morning, normally in a rush.

One morning, a strange thing happened to Tom. Tom was preparing to go to school. He stuck his pencil in his hair.

This funny sunny morning, as Tom was packing his school bag, he started looking for his pencil. Tom could not find it. He could not remember that he had his pencil in his head.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

He started looking for his pencil. Tom called on his sister, Mary, Mary where is my pencil? His sister had no clue.

Tom went to an extent of asking their cat and chair for the pencil.

Tom also asked his father and mother. If my memory serves me well her mother Mrs Kamau showed him his pencil.

By now, you are wondering where I am going with this stupid story.

Think of it. Let say LOVE is like Tom's pencil. Tom had stuck his pencil in his head but he was feverishly looking for it.

We have all the LOVE we need. But we have hid it somewhere within us and are busy looking for it. We are busy asking for it. We are busy searching what we already have.

We are looking for what God has provided for free.

Like Tom you might have gone to look for love from the wrong places.

Tom was asking a cat for his pencil. A cat is an animal and will neither talk nor use a pencil.

Maybe you are looking for love from animals. Animals in this case might represent things like drugs, wrong company or wrong people.

You will not find love from those places, awaken the love within. Love yourself and others will love you.

You are a girl, you hate your body figure, but you are demanding to be loved the way you are. Nobody will love you if you hate yourself. Love yourself first, then we will all love you.

You are a short guy and wish you are taller to be loved. Love yourself first.

You are looking for certain academic qualifications in order to be loved by that rich guy. Forget it. Awaken the LOVE in you and love yourself first. He will definitely follow suit.

The bible says Love your neighbour as you love yourself. Love yourself first.

The source of **TRUE LOVE** is within. Look within.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

A Gadget that transformed my life

Boys are known to be obsessed with gadgets.

As boys grow up they change but the mentality is still boyish. Men are just big boys. They are big boys who are still obsessed with gadgets.



Big boys talk of the latest car, the latest phone, the latest TV, the latest features of a computer etc.

Funny enough, all of the most talked about gadgets of today were invented by men. Henry Ford came with the four wheeled animal called a car. The Wright brothers had their share of contribution to the flying experience and lately Steve Jobs added an iPod to the gadget-crowded life.

iPod mutated to a variant of mp3 players.

At first I thought mp3 players are reserved for the teenagers.

I never thought I could buy an mp3 player. This thinking has since evaporated.

By now you are wondering why I changed my mind and bought an mp3 player. I will try to explain.

Last year, was one of the darkest years in my life. I experienced one of the worst depressing moments. These moments were as a result of the way I thought.

Normally I aim very high in life. I aspire greatness, excellence and high achievements. I never settle for mediocrity.

That time of the year I was pursuing perfection. My perfection was driven by fear of failure. I have always dreaded failing in life.

All along, I have been thinking that failing in academics leads to failing in life.

However, my fears were unmerited. I was actually completing my PhD. So in reality, I was not a failure by any standard and there was no warrant for worry.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

However, the opposite was true.

My thinking was very negative and compulsive. My negative thoughts were extremely toxic and overwhelming. Sometimes they drove me to tears. I thought that everybody hated me. Everybody was out to catch me. I thought I was not going to amount to anything. I thought I am doomed.

The moment of epiphany came when I found myself crying in a meeting. You may not believe it. But it happened and those who were there were utterly shocked.

I realised everything was not well with my life. I had to change and change quickly. I needed a radical change. I needed 180° turn in my life.

So where do I start from.

The starting point was to seek help. I searched the internet. It directed me to some very good books. Some of the books that I found useful were The Bible, The Power of Now, a New Earth, Road less travelled, Feel the fear and do it any way, Feeling Good – The new mood therapy, You can Heal your life The list is big.

Finding the necessary books did not end my dilemma, I needed change desperately.

Reading a book cover to cover has never been easy. I needed a quick way to read those books and absorb the material.

I found out that most books are available in audio format. One problem was solved. The second issue was how to listen to them. The easiest way was to use an mp3 player. Viola, I had a solution at hand. So I bought Creative ZEN-X-Fi. 8 Gb.

I easily got all the books that I needed from <http://www.audible.com> or <http://www.learnoutloud.com>. These sites also offer free podcasts to download.

Equipped with several audio books, I embarked on the journey of self-development. Actually this blog is a result of this transformation.

My library is now composed of over 200 audio books, over 150 e-books and over 25 books.

My mp3 player revolutionarised the way I view life. I can now listen to books easily and quickly. I can find mental and emotional solutions instantly.

You may wonder how these books help. Listening to a book is like attending a counselling session. You hear all the advice you need in one go. This offers a

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to <http://www.changeyourt.com>. This material should not be reproduced in any form without prior permission from the author.

quick fix. In addition, you can listen to a book several times which is a bit difficult in actual reading.

When I feel my moods are down, instead of running to the fridge, I grab my mp3 player and listen to an mp3 by Zig Zigler or any other author and my mood soars instantly.

In May, I was preparing for a very important presentation. The presentation was for best Food Engineering PhD students in Europe. Before the presentation, I listened to audiotape, Stand up and Deliver by Dale Carnegie. It offered me very wonderful tips. I was brilliant on the podium.

When I was preparing for the defence of my PhD thesis, I listened to Communication by Bob Proctor. I whizzed through the defence until my supervisor said 'I was exceptionally good and she was proud of me'.

The other day I was attending an interview. As I was walking to the interview venue, I listened to Success series by Bob Proctor.

The confidence soared. Even though I did not get the job, I delivered to my best.

I have been struggling with setting goals. I listened to the Goal setting ideas by Jim Rohn and improved tremendously.

My other weakness was in organisation and effectiveness. Listening to 7 Habits of Highly effective people by Stephen Covey, I am now very effective and organised.

Imagine listening to Joel Osteen before you sleep.

Imagine listening to courtship after marriage by Zig Zigler with your spouse/partner.



I would highly recommend an mp3 player.

It is a good gadget to have. Not for showing off, but use it to improve your life by listening to wonderful audio material that

will transform your lifestyle.

Most of mp3 players nowadays come with docking speakers like the one shown above. So you can listen to your favourite files similar to the way you listen to a radio. This is very good especially in the kitchen (for the busy mums) or when in the house.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

You can even use some of mp3 players to record those wonderful sermons/talks in church or in a conference. This will save you from buying the tape or CD later.

Most of the personal-development speakers offer free podcasts that you can download and listen to. The ones that I know and I have listened to are Robin Sharma, Joel Osteen, Zig Zigler and Steve Pavlina. This list is not conclusive.

Check the like-minded page in my site <http://www.changeyourt.com/like-minded>

By the way some phones can be used effectively as mp3 players. So if you have such a phone you may take its advantage. However, there are issues with battery life and memory.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Ten Tips to Guarantee You a Peace of Mind



1. Accept what is

In life accept situations and experiences the way they are without asking questions, complaining, blaming, pointing fingers or arguing.

Let say you are going to work very early in the morning and you are caught in a traffic jam. The clock is ticking. You are sure you will be late. What do you do?

Do not panic, do not worry, do not imagine what will the boss say, do not hate yourself for being late, do not accuse the bus/matatu driver, do not hate the government for the bad roads, do not blame the condition of the vehicle – simply accept that you are late. Take the responsibility fully. Relax and ride peacefully to work.

You will handle what transpires once you get to work.

I have applied this principle several times and it works wonders.

Before learning this trick I could fret when caught up in traffic or late for work. My worrying and panicking never solved my lateness. It only increased my heart beat and irritability-which are all vices.

One day I was panicking that I was late for a meeting. Only to get to the venue and find a note saying the meeting was cancelled. Once again I fumed for cancellation of the meeting without notice.

Now I wonder, why was I panicking, why was I worrying, why was I fretting.

Relax and have peace of mind. Simply accept the situation the way it is if you can not change it.

This can apply to different aspects of life. Accept your husband/wife, accept your kid, and accept your mother-in-law.

Never try to change them, accept them the way they are and you will have the peaceful mind ever.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

2. Do not make assumptions

One sure way to have peace of mind especially in relationship is NEVER MAKE ASSUMPTIONS.

Imagine these scenarios:

-A wife sees her husband laughing with a colleague and imagines he is having an affair.

-A boyfriend sees his girlfriend having lunch with Mr X and thinks they are lovers.

-You see workmates laughing and you imagine they are laughing at you.

-You come home and find your husband reading a newspaper, and he fails to acknowledge your presence you conclude that he does not love you.

-Your wife/partner is late and you assume she is out with Mr. Y.

These and other assumptions will hurt you to the core. Most of the time they are unfounded, unwarranted, untrue and just what they are – evil assumptions.

If you want peace of mind never make assumptions especially in relationships. If you doubt something, ask or discuss it, and believe the answer. Make sure you don't assume the answer is also a lie. If you assume further that the answer is untrue, this will create additional turmoil in your mind

3. Avoids watching TV news

I know many will not agree with me. But out of experience most of the TV news is negative.

Most of the news has to be bad to be called news. Sometimes TV news are lies, propaganda and basically untrue.

After watching news you are left feeling emotionally unsettled. You feel you have to blame that politician for what he said. You feel government is treating you unfairly etc.

By the way, if you did not watch that news, those feelings would not come up, you could be at peace. Probably you could have used that time productively playing with your kid or doing something else.

Where I live, most of the time, Africans are portrayed in TV as criminals, stupidest species on the face of earth, war ravaged society, disease infested etc. I am an African and I know pretty well these are completely untrue.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Most people can remember the images of Africans that were flashed on TVs during the Katrina.

This used to drive me crazy. So I opted to limit what I watch on TV. By doing so, I gained great peace mind.

A more pragmatic way of having peace of mind is to watch the news and do your own research. When you do your own research you know the truth. This allows you to have rational view of the news.

But NEVER TAKE TV NEWS AS THE GOSPEL TRUTH.

4. Avoid asking or monitoring what others are doing

You already know what I am talking about. You have those colleagues who have to ask what so and so is doing. They have to look at your computer screen to make sure they know what you are doing. They have to ask you what you will do over the weekend. They have to ask you how Tom/Dick treats you.

If you want peace of mind, mind your own business. Stop looking over your shoulders to see what others are doing.

Do not think others will defeat you in life if you don't know what they are doing. Life is not a Safari rally.

To have the tranquillity that bible talks about, stop comparing your self with others. Stop scrutinising to know their bank-account balance. You will die of heart attack.

5. Never listen to phone conversations

Unless you work for crime prevention unit do not tap or listen to phone conversations.

You have seen them, when you are talking on phone they stand closely to listen to the conversation. This shows they are very insecure.

Avoid listening to other people's phone conversations, whether landline or mobile phones.

6. Avoid monitoring what your partner does on computer

If you have a partner, don't be nosy. Avoid prying what he/she is doing on the internet. If he/she is your spouse trust each other. If you feel insecure discuss the issue but don't lose sleep monitoring their activities on internet.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Build trust instead of insecurity. I am not advocating for messing around on the internet. Building confidence in each other avoids your partner from dying of ulcers over the time you spend on the internet.

Face book is one the social networking site that most people are using these days. Avoid close supervision of your partner.

7. Never bother what your partner does with mobile phone

Again this is a bad habit of scrolling your partner's phones every night after they fall asleep.

Trust them and you will have peaceful love-life.

If you feel unsatisfied with how they use their phones discuss the issue. Again do not imagine things or make up claims.

8. Avoid certain TV programmes

There is nothing wrong or right in watching TV. If you are strong enough, fine, watch anything but for most of us we need restrain.

Watching certain TV programmes will deal a great blow to your self-esteem.

Watching models on TV leaves you feeling ugly, unattractive, fat, shapeless etc.

To avoid feeling like this, why not stop watching these programmes. I know it is not easy but with practice you can.

9. Avoid reading certain magazines

Tabloids magazines are always flashy with super looking women.

Gutter press is filled with sensational material.

Some internet sites are filled with vile writings.

Reading some or all these material will drive your feelings and emotions red hot. Sometimes these feelings and emotions are negative, sense of inadequacy, sense of unworthiness, sense of inferiority and to the extreme tribal or race tensions..

The easiest way to avoid these feelings is to shun them and shun them completely. Do not avoid them in public only to read them in your closet. Avoid them like plague.

10. Appreciate what you have

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Finally, to be at peace with yourself, appreciate what you have. Appreciate your shape. Appreciate your looks. Appreciate your age. Appreciate your level of education, appreciate your colour of skin, appreciate your hair etc.

Appreciate the way you look in that photo. I know many people will always find some fault in any of their photo. Avoid this!

Appreciate the way you are and believe in yourself.

By the way I am not advocating for mediocrity here. Improve where necessary but don't be over critical.

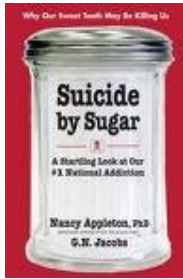
I know people who have never accepted themselves. They always say, my hands are like this or that. My nose is like this.

Please, please, avoid this way of thinking and appreciate yourself. Thank God for whom you are and you will have a peaceful mind.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

What am I eating that is making me sick?



Today I am writing about health.

This follows my new resolution of 'No sugar in my tea or coffee again'. Personal development involves all three aspects of well being, physical, mental and spiritual. To be physically and mentally healthy, it is important to consider seriously what we eat and its effects.

One of the main constituent of foods that is loved by young and old is sugar.

Many people are inseparable with sugary foods.

The other day a friend of mine joined us from Tanzania to undertake his PhD. As a normal orientation routine, he was invited by an Irish friend for a cup of tea. The tea was served without sugar. When we met with him he complained bitterly of how he was served tea without sugar. As a Food Scientist I understood the benefits of sugarless tea but he didn't.

That episode reminded me of those old days, when I was growing up. My parents were peasants, so they could not afford sugar.

Only teachers could afford sugar. Sugar was viewed as a status symbol. When we had 'special visitors' my mum went to great length of borrowing sugar from neighbours. Sometimes she was lucky, other times not. If she was lucky, she was very happy. Wildly as it may sound, only the visitors were served tea with sugar. We were guaranteed tea with sugar only on Christmas.

Since then, circumstances have entirely changed. Sugar is one of the worst enemies of human health.

As expected of me, my views and thoughts about sugar have followed suit. They have changed and changed wholly. On 01-11-09, I resolved never to take sugar again.

Although sugar has its benefits, its evils outweigh the benefits. Dr Nancy Appleton has written four books about the evils of sugar. She has narrowed down to 146 evils of sugar. If you need to read all of them please click the following link <http://www.healingcancernaturally.com/sugar-health-effects-risks.html>

Below I have listed 20 evils associated with sugar

1. Sugar can cause hypoglycaemia.
2. Sugar can cause premature aging.
3. Sugar can lead to alcoholism.
4. Sugar can cause tooth decay.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

5. Sugar contributes to obesity..
6. Sugar can cause heart disease.
7. Sugar can cause a decrease in insulin sensitivity.
8. Sugar can increase the systolic blood pressure.
9. Sugar can contribute to diabetes.
10. Sugar can cause cardiovascular disease.
11. Sugar can damage the pancreas.
12. Sugar can lead to the formation of kidney stones.
13. Diets high in sugar can cause free radicals and oxidative stress.
14. The rapid absorption of sugar promotes excessive food intake in obese subjects.
15. Sugar causes high blood pressure in obese people.
16. Sugar can cause liver tumours.
17. Sugar can increase the risk of stomach cancer.
18. Sweet food items increase the risk of breast cancer.
19. Sugar is a risk factor in cancer of the small intestine.
20. Sugar may cause laryngeal cancer.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.

Thank you

Thank you for reading my first volume of change your T.

I would also like to hear your opinions. Please contact me at Joshua.Arimi (at) changeyourt (dot) com.

Every month I will be publishing all the articles that I post on [Change you T](#) website and email the e-book to the subscribers. So feel free to subscribe at [Change your T](#). Subscription is free.

If you like these articles subscribe at <http://www.changeyourt.com/> to receive similar articles in your email.

© All rights of articles published here belong to http://www.changeyourt.com. This material should not be reproduced in any form without prior permission from the author.