



The Stupid Book about Thoughts

I dedicate this book to all
who are a role model for others through their positive attitude
and those around you who make life so sweet.

Lilly Fröhlich

Gedankendoof® -

The Stupid Book about Thoughts

Fit for your Mindset

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Preliminary remark

›Gedankendoof® - The Stupid Book about Thoughts‹ with the subtitle ›Fit for your Mindset‹ is the 4th volume of the series of Stupid Books.

Although the title is very provocative, it is by no means a provocation of your intelligence. Rather, this book is about the fact that we are not prepared at all for what takes place in our heads.

So that you can really get started, you will be given this guide. It is for everyone who wants to walk through the world in a more enlightened manner.

You can find many more examples and tips in my German

Lebensdoof® Podcast.

I started the series of Stupid Books with the guide ›Lebensdoof®‹ to help school leavers find their way outside of school and Hotel Mom, because young people often don't know how contracts are made, that you have to terminate them, how to find an apartment and how to have your own finances under control. A book followed about the care of those in need of care, then a book for families about educating

Because I don't like prefixes - after all, I can't be just a little bit pregnant either, so why should there be a word before the word? -, I would like to point out something very important here: In order to achieve better readability in this guide, the female and male designations are not mentioned. The male or female designation used in this book applies to all persons of all genders.

And now it starts.

Dear Mindset - I am coming!

Our soul is a **magician** who sits between our ears in his **magician's workshop** called ›brain‹ and there, he creates miracles - or failure, illness and bad moods.

Some people recognized this more than 100 years ago and treated the entire team of the **magician**, the conscious and the subconscious, which has settled in the head to the gut, with appreciation and lived a happy life.

Others, unfamiliar with this magic - or those who don't ›believe in such nonsense‹ - treat their **magician** and team worse than their car.

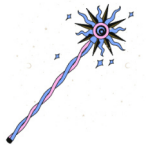
They put garbage in the top and expect gold to come out the bottom. They would never think of pouring bad engine oil in their car or coffee in their water glass when they want to drink water.

But with the brain, they do.

They fill it with (negative, incriminating) news programs, daily soaps, bad food, alcohol and maybe even (illegal) drugs.

The **magician** in our heads keeps waving his wand and no matter what we think, it will come true.

Like a genius who winks and says: »Your wish is my command!«



If you think you can't do something, your **magician** grants that wish. If you think you can do anything, your **magician** will grant that wish, too.

Unbelievable?

But if we dig a little deeper, you'll find that your ›magician‹ has also hired a ›Librarian‹, a sort of guardian who oversees your ›inner library‹ - your subconscious - and outperforms the lame staff your consciousness.

»Watch your thoughts for they become words,
watch your words for they become actions,
watch your actions for they become habits,
watch your habits for they become your
character,
watch your character for it becomes your
destiny.«

(Charles Reade, 1814 - 1884)

Some people struggle to get out of bed in the morning, unable to smile. They're already sneaking into the bathroom with a killer load of negativity because, for example, they're on an early shift, have a long day at the office ahead of them, or have trouble with some customer waiting for them.

They complain all day that they have ›fucking early shifts‹, ›a stupid boss‹ or ›stupid customers‹ and can't get going.

Maybe there are some other little lice that ›got all over your liver‹ or ›got in your kidneys‹?

Some look at themselves in the mirror and inwardly groan at ›what they look like again‹.

There's a wrinkle here, a gray hair there, and a few fat cells too many there, maybe the nose isn't perfect or the left eye hangs lower.

Dear Mindset - I am coming

We have about 60,000 to 80,000 thoughts a day, and about 80 percent of them are negative!

80 percent!

Damn it, the Englishman would say.

And as I said, for many, the swearing starts in the morning.

The alarm clock rings, the person concerned is perhaps still tired and thinks: »Oh nooo, does that bastard have to ring now?

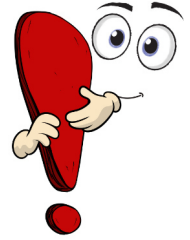
Another working day? No weekend?«

Then he struggles up, turns on the radio and hears over the ether: »Good morning! Five days until the weekend. Hold on!«

Ääääääääh, really now?

»Keep going?«

Is life really a ›hanging out‹ from weekend to weekend, vacation to vacation?



Here's some bad news for you: you're doing the wrong job.

I have to stop myself from working too much.

For me it's Sunday evenings: »Great, tomorrow I can really hit the keys again!«

I also know people who say: »Leave me alone in the morning! I am unresponsive. I'm a morning grouch.«

From Monday to Friday, every week, month after month and year after year, are you supposed to ›hang in there‹?

Waiting for days off - and thus, for death?

Or that happiness tumbles down the sidewalk?

Or in the lottery pot?

Nope!

What a waste of time!

Humans live an average of 27,375 days - if they're lucky.

That's 75 birthdays, 75 Christmases and 75 (magnificent) summers.

But how many days can we really remember?



Most days pass us by, unobtrusively.

Some we wish we had never experienced.

We just forgot others.

In our busy work routine and daily duties, we often overlook that our lives are made up of a series of forgotten days.

And then again there are the days that we want to capture because they are so beautiful that they fill us with the greatest joy and happiness.

For some, for example, the holiday is a concentrated heap of outstanding days and they look forward to it all year long.

Year for year.

Many have a not so rare gift: they postpone everything until later.

They postpone plans until later.

Travel - later.

Find love - later.

Pursue hobbies - later.

Enjoy the pension - later.

Really let your soul dangle - later.

And some people only realize at the end of their lives that they have been constantly putting off their lives until later and that it is now too late for later.

Others - very few, but increasingly more people - realize in time that they should live their lives as if there were no tomorrow.

But that's only a fraction so far.

Dear Mindset - I am coming

»Life should not be a journey to the grave, embarked on with the intention of arriving in a beautiful and well-preserved body. On the contrary, you should skid to the finish line with locked wheels in a puff of smoke, completely exhausted, totally exhausted and exclaiming loudly: 'Wow! What a trip!«

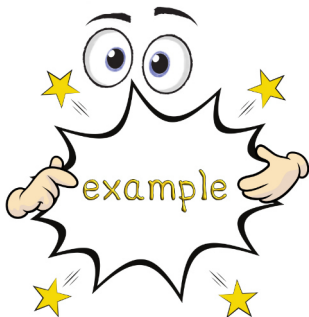


(Hunter S. Thompson)

There are people who count the days until they retire for 40 years.

Because... »Then they want to enjoy their lives, look at the world and let their souls dangle«.

And when they finally reach retirement age, they suddenly have a niggle here and a niggle there, some don't even live to retire - in Germany about one in seven - and others become so ill that they neither get their pension nor can they enjoy retirement age.



My beloved grandmother, who died at the age of only 66, gave me the first food for thought.

She was counting the days until she could finally retire. Because her husband had forbidden her to go to work when she was young, she had not been able to get an education. Up until the 1970s, women in West Germany were only allowed to work if their husbands gave their consent.

So later she had worked in a psychiatric

ward and tortured herself there every day. As soon as she retired, she got cancer and wasted away for the last few years. The second food for thought I got from a customer who died at the age of 62 and had to abandon his **huge backpack full of dreams and visions**, all of which he had put off until ›later‹.

Because he didn't have any more time, he wanted me to at least fulfill a dream with him and write a book with him.

As I sat by his deathbed, he said, »Lilly, I wish I had lived my life differently. I wish I had fulfilled my dreams and not put them off until later. Look at me! I lie in bed and wait for death. And I grieve because I can't even get out of bed to fulfill one more dream.«

If you ask some people whether they don't want to change their mindset so that everything is easier to do, they just shake their heads and grumble: »No, no, let's do it! It must go! It's no use. It's all humbug anyway. Sorcery!«

Oh yes, it's magic!

Because your soul is a **magician** and your brain is his **magic workshop**. And what is concocted in it is amazing!

Some people also say: »Uh, no, I'm not restricting myself! Why should I do without?«

»Oh, that's too tiring for me. I want to eat and drink what I want. I'll die anyway.«

There are also a lot of people who don't see the need to give up their habits and vices in order to live healthier and happier lives, but at the same time grumble that fate is treating them so badly.

Really now?



Dear Mindset - I am coming

They are wondering?

Aren't they themselves the ones who have programmed their subconscious in this way, or do others still play a role?

I'll get into that later in the book.

If you also think like this, I ask you: »Are you sure that you can change ›nothing‹ in the mindset to counteract exactly this feeling, this thought and thus, also this action?«

»Nothing changes unless you change.«

(Juergen Hoeller)

For years, brain researchers have been investigating what geniuses like the Roman Emperor Marc Aurel knew about 2,000 years ago and Johann Wolfgang von Goethe as early as the 18th century:

»In the long run, the soul takes
the color of thoughts.«

(Marc Aurelius)

»Any improvement in your life
begins with improved thoughts.«

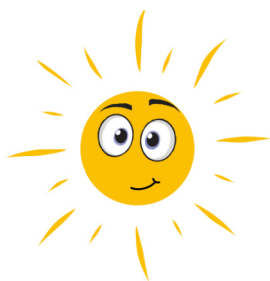
(Goethe)

Did you know that a person can **imagine** himself in a different state?

This applies both in the positive direction and in the negative. It has happened that a person who suffered from schizophrenia, which is a split personality in which one personality had blue eyes and diabetes, but the other personality had brown eyes and was perfectly healthy.

How is that possible?

How can it be that a person is ill in one ›world of thoughts‹ and is demonstrably healthy in the other ›world of thoughts‹, even though, purely from a logical point of view, the blood should show clear signs of diabetes? And how can a person change the color of their eyes just by the power of their thoughts?



What does this mean for our **magician's power**?

Hallelujah, that's a powerful spirit that lives in us, isn't it?!

But what are our **thoughts** made of?

Where do **thoughts** come from?

Are we really in control of our thoughts?

These are all questions that brain researchers have grappled with for many, many years, and yet, the topic is unknown to so many.

And that's what this book is all about:

What is behind the mysterious ›**magician**‹ and the thoughts and emotions that determine our entire destiny?

Which of us human beings does brain research?

Who is busy with his ›thoughts‹?

Who deals with the solutions how we can make our lives happier and more successful?

Exactly: The people who say to themselves: »I want to change my life. I want more in life than just languishing in sadness or frustration. I want to lead a happy life.«