

How you keep yourself poor and miserable
and what to do about it

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Hello

thank you for considering to buy and read one of my books

I have read quite a few reviews of books on amazon

Even bestsellers get 1 star reviews

A complaint from readers is fluff : actions and strategies that don't get you results

Another is when the author has no experience in what he is teaching and is just regurgitating theory...

Another is that concepts and ideas are shared, but there are no actionable steps...

This book is different

I talk from experience,
the things I mention , I do
and get results from them...

It also has plenty of actionable and doable and realistic steps
for healthier living,
saving and investing
and getting results from selfhelp

But it is up to you to take action...on what you learn
to implement...

If you already know that you aren't gonna take action
don't bother reading it....

It is written in how I tell it, so it will be an easy read...

Starting your day healthy, morning routine..

uh hello good morning
how are you doing
my name is Jasmin Hajro
I'm here in the little village of Zelhem
in the Netherlands

so I I wanted to share something with
you
which I think can benefit you for the
rest of your life

so I am just curious
how do you start your day in the morning ?

so you get up and
what's the next thing to do
what do you do ?

so I
I get up and then
most of the times I have to go to the
toilet to pee
that's the first thing
and
after that I would like always uh
uh make some coffee and drink my coffee
and smoke tobacco

so which is uh
like not the most healthy way to start
your days right ?

so I came up with uh with another uh
uh routine and I would like to share
that with you

uh it will only take you a few minutes
but uh to show you I have to get some
supplies and I will have to talk you
through it
so uh give me a moment uh I'll be right
back

you get a bowl like this right
and then you get a kiwi
you get a banana
and you get a carton of yogurt
and here is a garbage bin a small one
uh
so

you you peel uh you peel the banana
and you slice it in little pieces
and put the pieces into the bowl
right

so

all right

let me show you

how can I oh

wait a second

here is the uh pieces of banana

and then you get the Kiwi and you peel

the kiwi

you know

like this you cut it in half

then you slice it in in small pieces

uh into the bowl

like that

right

okay

the the Kiwi is a little bit uh watery

and sticky so I will wash my hands very

quick I'll be right back

all right

okay

so here we have this

the sliced banana and the sliced kiwi in

the bowl

and then we shake the yogurt a little

bit right

we open the yogurt and we pour some yogurt

on the fruit like that

okay