



How to Get Troubles and Upsets off Your Mind!



Paul Wilkins*

A Member of NHS Research, UK

Submission: September 26, 2017; **Published:** October 02, 2017

***Corresponding author:** Paul Wilkins, A Member of NHS Research and have had lots of my different types of creative writing published in 'United Press Ltd', 'Xlibris Publishers' and quite regularly, an average 2 poems a month, in 'The Blackpool Gazette' local Newspaper, UK, Email: creativewriter@virginmedia.com

Opinion

If you're having difficulty/feeling down, via any particular word or name, here for you is a minor psychological technique of getting it Off Your Mind, making you a lot more at ease.

Exercise: With a felt pen (Not biro) write down on a piece of paper the word or name you'd most like to get Off Your Mind. Put this piece of paper in a bowl you've filled with water By leaving this for up to an hour or two (looking at it every so often) the water will dissolve via the piece of paper gradually removing what you've wrote with a felt pen on it; and therefore, from the moment the word or name is totally removed, get it fully off your mind. I wish you best of luck in getting problems off your mind. To get lots of different health problems Off Your Mind I'd recommend you getting the unnatural/unexplicit word 'Doctor' Off Your Mind, using this technique too. Because as I've put in another article on this website this word staying stuck on people's minds makes all 'Health Problems', mentioned to one of these, uncomfortably thought of a lot more often.

Paul Wilkins

02/03/2013

(C)



This work is licensed under Creative Commons Attribution 4.0 Licens

Your next submission with Juniper Publishers will reach you the below assets

- Quality Editorial service
- Swift Peer Review
- Reprints availability
- E-prints Service
- Manuscript Podcast for convenient understanding
- Global attainment for your research
- Manuscript accessibility in different formats
(Pdf, E-pub, Full Text, Audio)
- Unceasing customer service

Track the below URL for one-step submission

<https://juniperpublishers.com/online-submission.php>