

# Simple Steps to a Happier You

TOOLS



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# A PERSONAL INVITATION!

And a special 14 day \$1 trial to the best business training resource library available



# 1

## Magnetize

Every business person must have the ability to persist until they prosper by training the right mindset...

# 2

## Monetize

Making money is urgent and important for ALL businesses. It's the key to financing your growth...

# 3

## Methodize

After mastering sales and marketing, creating your own products correctly adds zeroes to your business...

Click here to start today!

# NAMS.ws/14trial



## WHAT DO INSIDERS GET?

Weekly MASTERMIND Call - What's working

30-Day Challenges - 12 months essential topics

Insiders Facebook Group - active peer community

PLR Articles - articles, report and ecourse each month

Audio & Graphics Gallery

Micro Workshops - nearly 2 dozen training sessions

Tutorial Library - Tech tool & process tutorials

Custom Tutorials - 18 essential tools tutorials

Custom Marketing Suite Software including site builder, video management, tracking, quiz engine

And much more...



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# RESOURCE DIRECTORY

Creating clarity and increasing gratitude require not just self-awareness, but action on our parts. Fortunately, there are many tools available to help us in our quest to explore and expand our consciousness, reaching into the deep wells of self-knowledge.

Here are twenty-one resources to consider.

## 1. Start Where You Are: A Journal for Self-Exploration



**Start Where You Are: A Journal for Self-Exploration** Journal – August 11, 2015  
by Meera Lee Patel (Author)  
★★★★★ 606 customer reviews  
#1 Best Seller in Journal Writing Self-Help

See all 6 formats and editions

Paperback from \$12.95	Spiral-bound from \$30.95	Journal \$9.60
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13 Used from \$12.95 1 Used from \$30.95 20 Used from \$5.13  
12 New from \$14.88 1 New from \$31.95 26 New from \$8.45

**Arrives before Christmas.** Choose delivery option in checkout.

*Start Where You Are* is an interactive journal designed to help readers nurture their creativity, mindfulness, and self-motivation. It helps readers navigate the confusion and chaos of daily life with a simple reminder: that by taking the time to know ourselves and what those dreams are, we can appreciate the world around us and achieve our dreams.

Featuring vibrant hand-lettering and images that have attracted a large following for her stationery and textile line in boutiques across the country, Meera Lee Patel's uplifting book presents supportive prompts and exercises along with inspirational quotes to encourage reflection through writing, drawing, chart-making, and more.

Don't let the simplicity of this colorful, fun journaling workbook fool you. It is beautifully set up to help you uncover and record your goals and motivations, while keeping you mindfully on track.

**PRICE:** \$12.05 USD (Paperback); \$30.95 USD (Spiral-bound)

## 2. Gratitude Journal

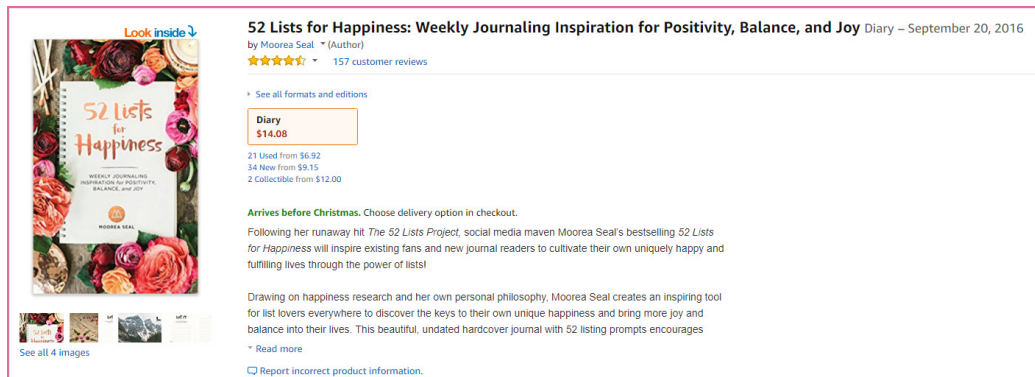




This simple little paperback journal allows you to record five things you are grateful for every day. You can date your entries (dating is flexible, so you can start recording at any date you please).

**PRICE:** \$6.49 USD (Paperback)

### 3. 52 Lists for Happiness

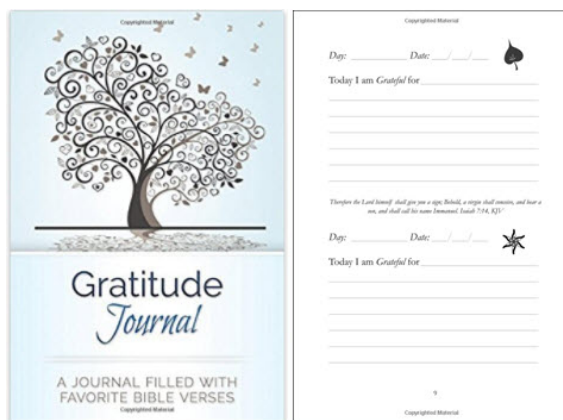


If you are a died-in-the-wool list-maker, then this beautifully-thought-out-and-designed workbook is for you. It helps you formulate a thorough selection of lists, one per day; then provides action tips for you to transform these lists into steps toward your goal.

Containing many extras in the form of illustrations, beautiful photography, copper foil and even a red velvet ribbon, "52 Lists for Happiness" also makes the perfect gift. Not only is it a useful workbook, but a visual feast for the eyes.

**PRICE:** \$14.08 USD (Hardcover)

#### 4. Gratitude Journal



This 5-star, simple journal allows you to quickly write down and record 3-5 things per day that you feel grateful for. Included bible verses enrich this best-selling journal further, for those of the Christian faith or who simply like to receive inspiration while recording.

**PRICE:** \$4.09 USD (format unspecified)

#### 5. The Artist's Way: A Spiritual Path to Higher Creativity

**The Artist's Way: 25th Anniversary Edition** Kindle Edition  
by Julia Cameron (Author)

★★★★★ 1,240 customer reviews

See all 31 formats and editions

<b>Kindle (Read Now)</b> <b>\$14.53</b> Read with Our <b>Free App</b>	<b>Hardcover</b> <b>\$32.00</b> 48 Used from \$10.00 38 New from \$27.33	<b>Paperback</b> <b>\$13.29</b> 32 Used from \$4.78 43 New from \$11.76 1 Collectible from \$577.50	<b>Audible</b> from <b>\$14.95</b> 9 New from \$14.95	<b>Audio, Cassette</b> from <b>\$64.99</b> 1 Used from \$81.24 1 New from \$64.99
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**"Without *The Artist's Way*, there would have been no *Eat, Pray, Love*."** —Elizabeth Gilbert

**The Artist's Way** is the seminal book on the subject of creativity. An international bestseller, millions of readers have found it to be an invaluable guide to living the artist's life. Still as vital today—or perhaps even more so—than it was when it was first published twenty five years ago, it is a powerfully provocative and inspiring work. Julia Cameron reflects upon the impact of **The Artist's Way** and shares additional insights into the creative process that she has gained. Updated and expanded, this anniversary edition reframes **The Artist's Way** for today's creatives.

[Read less](#)

Length: 267 pages  
Page Flip: Enabled

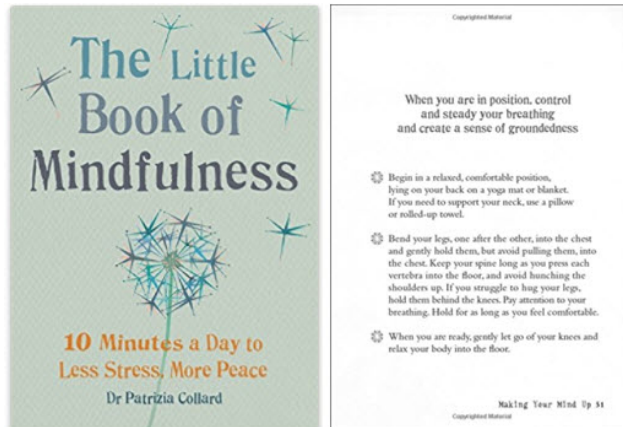
Word Wise: Enabled

This one is not a journal: It is a deeply-thought-ought book about re-igniting your creativity, considered by many to be a classic and the ultimate guide to living authentically and re-filling your well of inspiration.

It is the book that inspired author Elizabeth Gilbert to write "Eat, Pray, Love".

**PRICE:** \$14.35 USD

## 6. Little Book of Mindfulness



This inspirational workbook includes rich tips on the practical application of mindfulness and meditation techniques; tips on breathing, posture, health—as well as daily doses of inspiration. All of which can be put into practice within 5 or 10 minutes per day.

**PRICE:** \$4.02 USD (Kindle); \$7.07 USD (Flexibound)

## 7. Conquering Writers Block and Summoning Inspiration: Learn to Nurture a Lifestyle of Creativity



Although this book is primarily meant for those who write, it is far more than that. It is a joyous book that reflects author K. M. Weiland's deep Christian faith, re-igniting wonder in the reader even as it helps you dispel your own personal blocks to creativity.

**PRICE:** \$2.96 USD (Kindle); FREE Audio version available with



## 8. [Audible](#)

Listen to your favorite inspirational books for free by installing Amazon-compatible Audible.

**PRICE:** Plans start at \$14.95 USD per month: Free trial

## 9. [Stop Breathe Think](#)

This customized, guided meditation app has been cited by countless people as the only app that works on chronic insomnia. Stop Breathe Think prompts you to answer questions on your emotional state, so it can “diagnose” and present a customized meditation for you, as well as yoga or acupressure points to apply. Winner of the 2017 Webby “People’s Voice Award for Best Health App”.

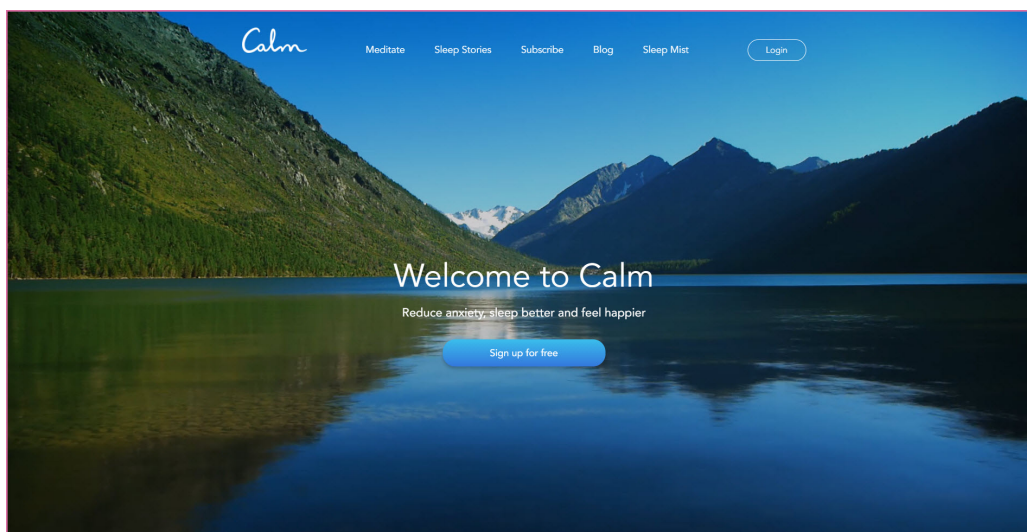
**PRICE:** Available for both iPhone and Android

## 10. [Sleep Cycle](#)

This intelligent app allows your mobile to analyze your sleep patterns and wake you during your lightest sleep phase for maximum refreshment. A godsend, if you habitually wake up groggy and out of sorts (a common problem when you awake during your deepest sleep phase instead).

**PRICE:** Free; Available for both iPhone and Android

## 11. [Calm](#)



This popular mindfulness and meditation app contains a unique feature—Sleep Stories. If you always fall asleep when listening to stories, this feature can help you tame chronic insomnia.

Provides nature scenes, meditations and breathing exercises too.

**PRICE:** Plans start at \$4.99 USD per month, billed annually

### 12. [Gratitude 365](#)

This five-star iPhone app makes journaling easy. Choose a photo for the day, view them as a calendar, list what you are grateful for, total up your daily gratitude's, password-protect your journal—and more. If manually writing in a hard copy is not your thing and you live digitally, this may be the gratitude journal for you.

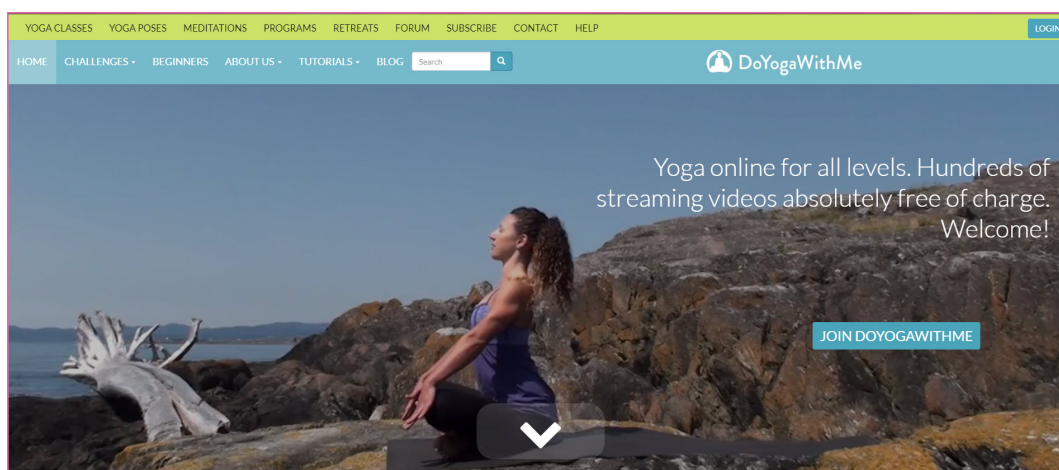
**PRICE:** Free from the App Store

### 13. [Gratitude Reminders for Optimism and Happiness](#)

Rather than just allowing you to journal, this app serves up random gratitude reminders during the day, along with a beautiful photographic background. You can make your own specific gratitude reminders, choose a mantra, upload your own photos if you prefer and set how many times per day you receive a reminder.

**PRICE:** Free from the App Store

### 14. [DoYogaWithMe.com](#)



If you are a visual learner, try the hundreds of free, streaming videos from this positive online community.

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[MyNAMS Insiders Club](#)

**PRICE:** Free, but you can also donate or subscribe for \$10.00 USD per month.

**15. [Pranayama Breathing Videos](#)**

A good place to start, when you are considering learning yoga or exploring DoYogaWithMe.com, is with this selection of Pranayama breathing videos. ('Pranayama' is your basic yoga breathing techniques, the foundation of yoga.)

**PRICE:** Free.

**16. [Yoga for Chronic Stress, Anxiety and Depression](#)**

Three-part video course that helps you take an honest look at the causes of your own unique stressor and dissipate much of that stress through yoga, while elevating your mood at the same time, presented in written and video form—with access to a forum, so you can ask questions.

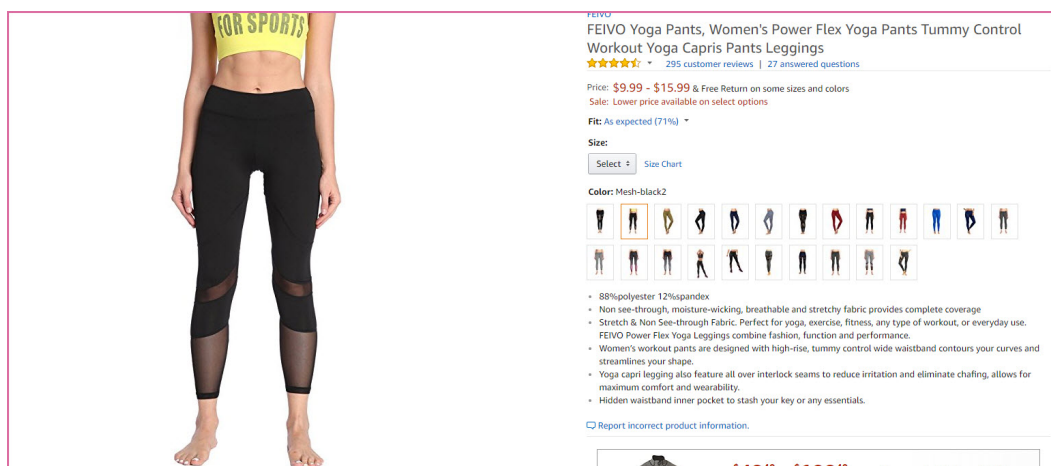
**PRICE:** Free.

**17. [The Real Meaning of Meditation](#)**

Excellent, no-nonsense article from Yoga International explaining all the basics of meditation—including how to do it, how to cultivate stillness, signs of progress, what you can expect and the principles behind it.

Well worth reading, if you're new to meditation.

## 18. FEIVO Women's' Control Workout Leggings



You can wear any type of loose-fitting pant for yoga, but if you need a little more control and like your exercise clothes to feel as if they are not even there, Feivo exercise pants are well worth checking out. These ultra-comfortable yet flattering exercise pants also work well for yoga. Hidden waistband pocket for keys or cash. Moisture-wicking polyester/spandex; interlocking chafe-free seams.

Select from a wide variety of styles and colors.

**PRICE:** \$9.99-\$15.99 USD

## 19. Racerback Tank Tops

The perfect complement to your Feivo leggings. 95% Rayon, open back that can be left open or tied.

Select from a wide variety of styles and colors.

**PRICE:** \$6.99-\$21.99 USD

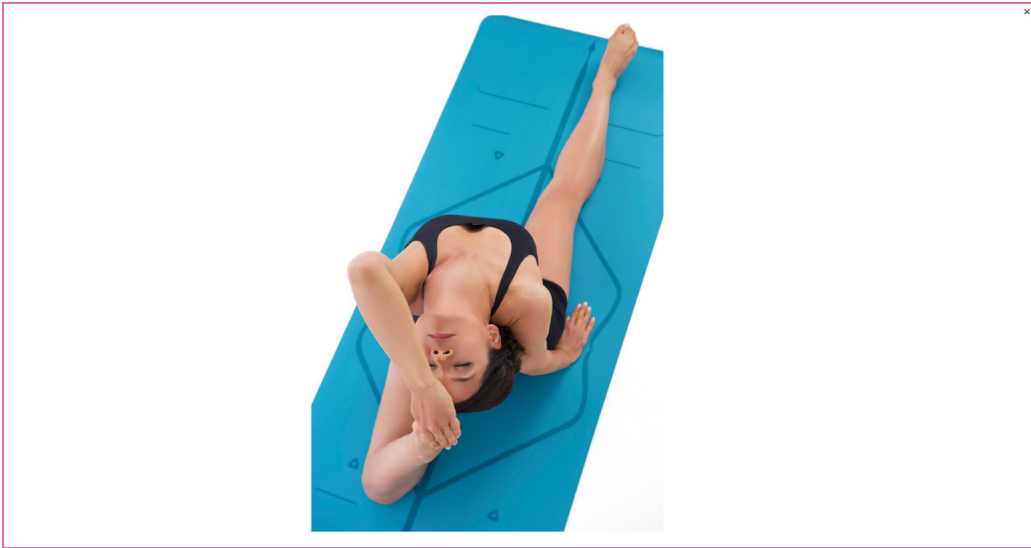
## 20. Marswall Extra-Thick Yoga Mat

This is a great, basic, non-slip yoga mat in non-toxic, Phalate-free, PVC-free and LATEX-FREE mat—perfect for those with Latex allergies. And perfect if you're just trying out yoga and are not yet sure you want to invest in pricier products. (Also, great for gym stretches, too.)

Select from five colors (blue, green, black, pink and purple).

**PRICE:** \$15.98 USD

## 21. Liforme Yoga Mat



This is the crème-de-la-crème of yoga mats, with guide marks on its eco-friendly, comfortable surface. It is also thicker and more pleasant to come in contact with than most mats and comes with its own Yoga Mat bag.

Select from four colors (blue, green, black, pink).

**PRICE:** \$149.95 USD.

Part of experiencing gratitude that is often neglected: Being grateful for yourself, just the way you are; for all the things you are trying in order to contribute more to the world and to those around you; for your willingness to grow and embrace honestly. Choose aids and accessories that add to your feeling of nurture and support vital self-care.

Select the products and resources that make you feel relaxed, stress-free and beautiful, so you can also be grateful for the miracle that is you.



## Top 10 Tools We Love!

**Everyday people ask me about recommendations for tools and programs. These aren't the only ones, but they are the tools I can't live without!**

### Tools Insiders Get Automatically from Us

First, if you don't know about the [MyNAMS Insiders Club](#) members, check it out here. You'll be amazed at the savings in tools you get.

Check out what a new Insider said after only 24 hours in our membership:



## 1 - TEAM | TOOLS | TRAINING

If you want to be a part of a like-minded community full of people who get things done the [MyNAMS Insiders Club](#) is the place for you. This group focuses on 12 essential topics every business owner must master to be successful.

### 2 – Camp Clarity

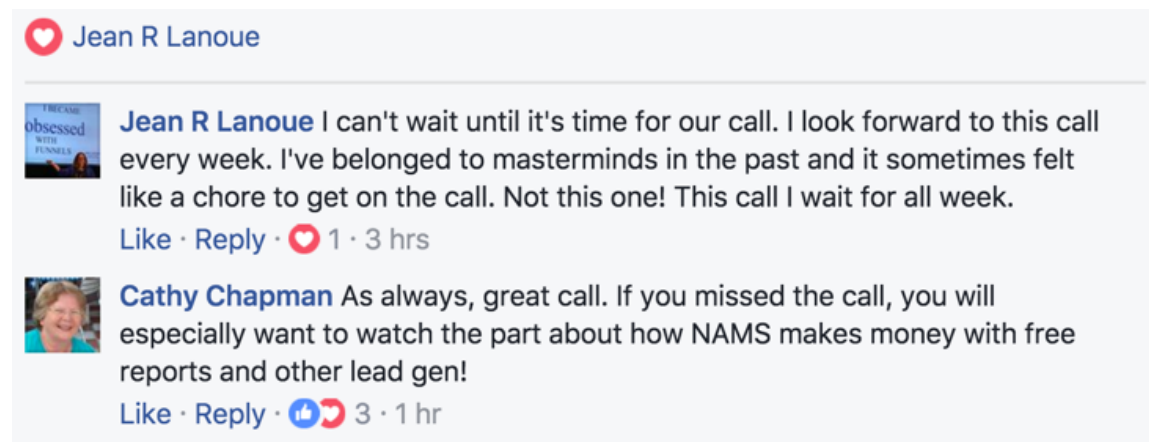
If you don't have a Vision, you don't have a destination. Without a destination, you're as far as you're going to get. Make the decision to

design a vision for your business and your life, and then commit to follow through with focus and organization.

### 3 – 12 Steps to Building a Better Business

We have sold this course for \$999 but decided to include it in the Insiders Club because it naturally followed Camp Clarity. This course walks you through the process of building or improving a business by focusing on the right messaging and getting that message to the right market.

### 4 – Weekly Mastermind Call



Our members LOVE this. And the Gurus in the world charging \$25k for coaching and mastermind calls hate it because we offer so much value during this call. (And they don't like to work as hard as we do...)

We have people from all over the world tuning in each week to ask questions, participate in our training, and hang together in a like-minded community for an hour. (Thursdays at Noon ET.)

### 5 – 30-Day Challenges Monthly

There are so many things that an online entrepreneur must learn to be successful. It can be incredibly overwhelming, but in our singleness of purpose approach, we focus on one essential topic each month and dig deep into that. It includes List Building, Traffic Generation, Content Creations, Business Operations, Publishing, Social Media Marketing, Outsourcing and others.

## 6 – Beaver Builder

We love WordPress but really struggled with finding the right page builder to design beautiful pages. Some were too simple. Some were too complex. Some created pages that created memory issues.

But when we found Beaver Builder, we fell in love.

It's simple, well-designed, low-memory impact and easy to use. And it is extendable with pre-made templates (See below).

So, we grabbed this and secured rights to give this to all our members who used WordPress. Yep, unlimited Beaver Builder – a \$300 value – comes with the Insiders Club.

But if you want to get your own Beaver Builder and no club, ok. I don't understand, but okay. [Here's the link to that.](#)

**And since we got Beaver Builder for everyone,** we decided to get a bunch of excellent premade templates and modules for our members too.

With more than 100 templates and 60 plus modules, you have a fantastic page up fast.

This is a \$250 annual value too.

## 7 – Tutorials

We provide video tutorials on everything from setting up an Internet Marketing Funnel to working with cPanel or WHM on your server. With more than 1000 hours of tutorials, you select what you need when you need it.

## 8 – Content

Creating good content is often a place where members get stuck, so each month we provide 30-40 high-quality private label rights articles with a report and ebook on different niche topics.

Great way to start multiple streams of income.

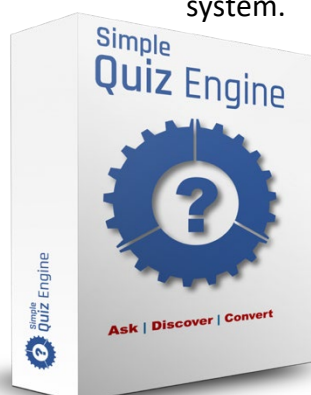
## 9 – Audio and Graphics Galleries

With more than 100 royalty free audio files and dozens of button and marketing graphics members can spice up any piece of documentation for fast sales without having to buy more content.

## 10 – Custom Software

We're WordPress users. And we love tools that automate our processes. So, now we're WordPress tool builders too. And we've got half a dozen great tools that we give our members as well including:

- **Simple Video Management System (SVMS)** – Player and video management tool.
- **Simple Auto Webinar System (SAS)** – Auto webinar management system.



- **Simple Click Tracker (SCT)** – link tracking and redirection tool.
- **Simple Countdown Creator (SCC)** – timers and redirects to add scarcity to your pages.
- **Simple Quiz Engine (SQE)** – a quiz tool for integrating and segmenting your lists by asking people questions

And more coming soon.

## Tools We Recommend, But Don't Provide

### 1 - Purchasing Your Domain - [Simple Niche Domains](#)



A huge mistake most newbies make is buying your domain from the same company you host through. It sets you up for security and accessibility issues. If your host goes down for an extended time, there's nothing you can do if you have the domain registered at the same location. By having hosting and domain registration (and with an off-site backup), you can get up and running on a new host in minutes.

Simple Niche Domains is our reseller for GoDaddy domain registration. It's super easy and well-respected.

## 2 - Website Hosting - [Liquid Web](#) and [A2](#)

We recommend two hosts. And we use both.

Liquid Web: I love them. Their support is accessible any time and they work with you to resolve any issues. Unfortunately, they are for the big guys who have large websites since they sold off their shared hosting business. Service is OUTSTANDING. [Check them out here](#).

A2: Simple, easy and inexpensive. This is really good for the person who just needs a small account or reseller account to host multiple domains on. If you're new to online business or have a low-traffic site with less than 100 pages, I suggest these guys. Think you'll love them. [Check them out here](#).

## 3 - Email Hosting - [Aweber](#) or [GetResponse](#)

GetResponse or Aweber

These Autoresponder services haven't been trending as much as other newer ones lately, and that's a shame, since [GetResponse](#) has been around since 1999. It costs less than the industry standard Autoresponder, [Aweber.com](#) (\$15.00 per month compared to Aweber's \$19.00 per month). Here's a quick comparison:

GetResponse	Aweber
\$15.00 per month up to 1,000 subscribers	\$19.00 per month up to 500 subscribers



## SIMPLE STEPS TO A HAPPIER YOU: TOOLS

\$145 for 10,001-25,000 subscribers	\$149 for 10,001-25,000 subscribers
500 templates	600 templates
"Smart scheduling"	Schedule emails
A/B split testing	A/B split testing
1 G. image hosting	100 MB. image hosting
List segmentation for broadcasts and follow-up email series	List segmentation for broadcasts only
Import email list if permission has been granted	Import email list but requires opt-in from subscribers
Mobile app	No mobile app
Survey creation	No survey creation
Allows emoticons in title	No emoticons

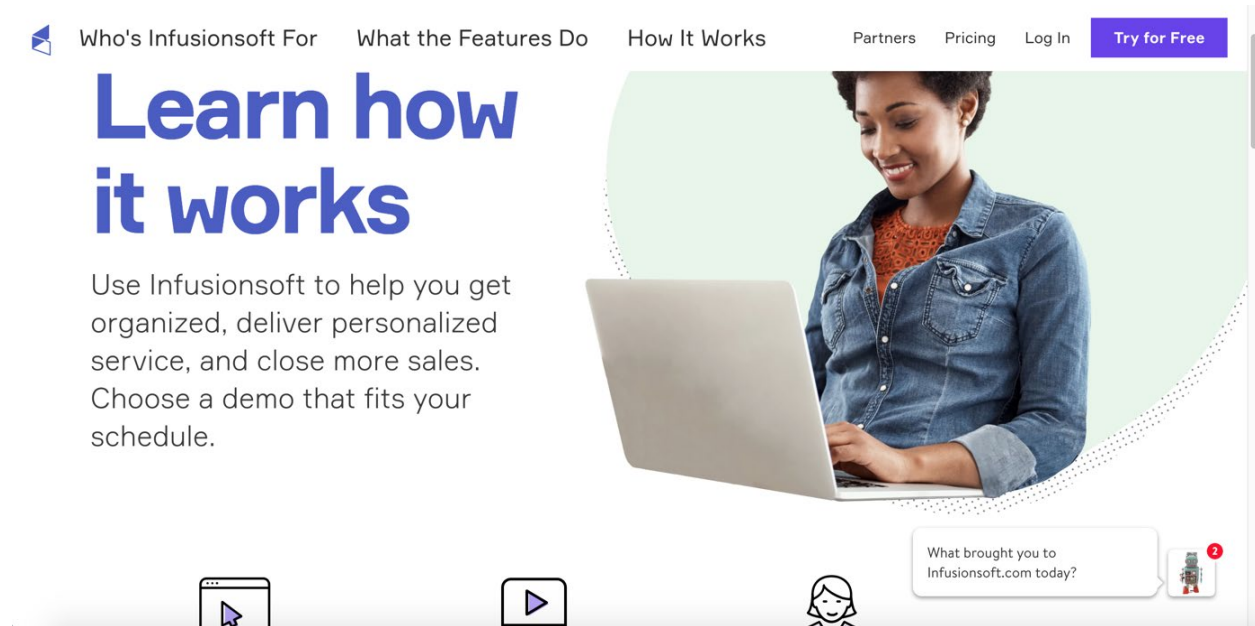
Both offer Google Analytics integration and tracking, and single or double opt-in.

PRICING: GetResponse = \$19 / Aweber = \$19

Check it out here: [GetResponse](#) and [Aweber](#)

## 4 - CRM/Shopping Cart Solution – Infusionsoft

If you're looking at for an all in one solution, Infusionsoft is great. The more I use it the more I love it. Infusionsoft is the #1 reason my revenue continues to grow and grow. If you're interested in learning more about it, [check out this training Darin Adams from Infusionsoft did for us.](#)



Because we're a trusted advisor with Infusionsoft, we get special deals and a direct line to Infusionsoft training for our customers. Can't beat that.

## 5 - Done for You Content - [CoachGlue](#)

I hate re-inventing the wheel. But I love creating checklists, templates, worksheets and content to give away to our members.

CoachGlue offers great content for Coaches and Online Business people to use with their clients. I love having a place to start. Staring at blank page is no fun and CoachGlue solves that.



## 6 - Content Creation Tool - [Content Creation Wizard](#)

I can't rave about this tool enough! Not only does it help you build your content, but it absolutely forces you to ask the questions your customers are asking. By answering a series of questions, you can create blog posts, sales pages, reports, emails, tips and tools series and tons of other content.

I actually create more than 30-days of tweets and blog posts from one document!

## 7 - Graphics Solution - [eCover Authority](#)



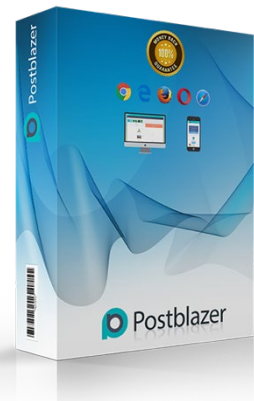
I'm a Photoshop guy, but eCover Authority is an awesome tool for creating professional graphics FAST! I love to design graphics, but I'm no graphic designer. And really, it doesn't matter. Even my simple little designs are made beautiful with eCover Authority. When I need to create quick simple graphics like book covers, report covers, video and iPad images and 3D graphics.

Even when I create a cover flat in Photoshop, I take it to eCover Authority to complete the easy covers. This tool has paid for itself over and over.

I use this tool every day.

### **8 – Social Media Manager – PostBlazer**

Scheduling software like Hootsuite or Buffer with monthly fees can get expensive fast. That's why we recommend our current favorite scheduler. It's a one-time fee. And does nearly everything you want it to do.



### **9 – StockPhotos – Deposit Photos**

Photographs, graphics and videos are an absolute necessity to getting your content read and shared on Facebook as well as on your own blog and in your reports. We ALWAYS go to Depositphotos first.

Listen, I was a photographer for 30 years. I have 20-30,000 images of my own on my hard drive. It's easier for me to go to Depositphotos first for very little money and grab what I need.

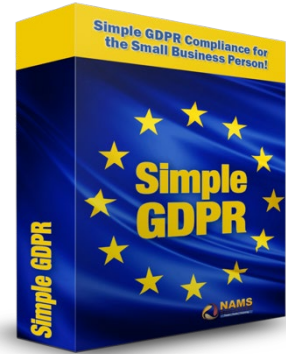
### **10 – Legal Compliance – FTC Guardian**



One of the worst things that can happen to any business – online or offline – is to get attacked by the FTC for non-compliance. And it's completely unnecessary. With Attorney Chip Cooper's FTCGuardian software product you can create legal compliance documents quickly. And much more. And the best part is that you can start with a free basic software package that does most of what you need. Check it out.

## 11 – GDPR Compliance – Simple GDPR

In 2018, privacy got real in the European Union and everyone who does business in the EU came under their privacy laws. Simple GDPR helps you get compliant in minutes and control who will be required to agree to the privacy requirements and save yourself thousands in fines. This is a must-have plugin for WordPress sites.



## 12 - VideoMakerFX



Fantastically versatile and easy-to-use video creation software. Allows you to create almost any type of video. Allows you to add effects and choose video styles so you can make promo videos, review videos, video sales letters, book trailers, animated videos and more. 20 royalty-free music tracks, “huge” graphics and backgrounds library, 240+ animated slide scenes, and more.

You can literally make videos in minutes, without having to draw resources from all over the place and using a system like this can improve subscriber and visitor engagement.

Best of all? You pay a one-time-only price, and it’s yours. No subscriptions.

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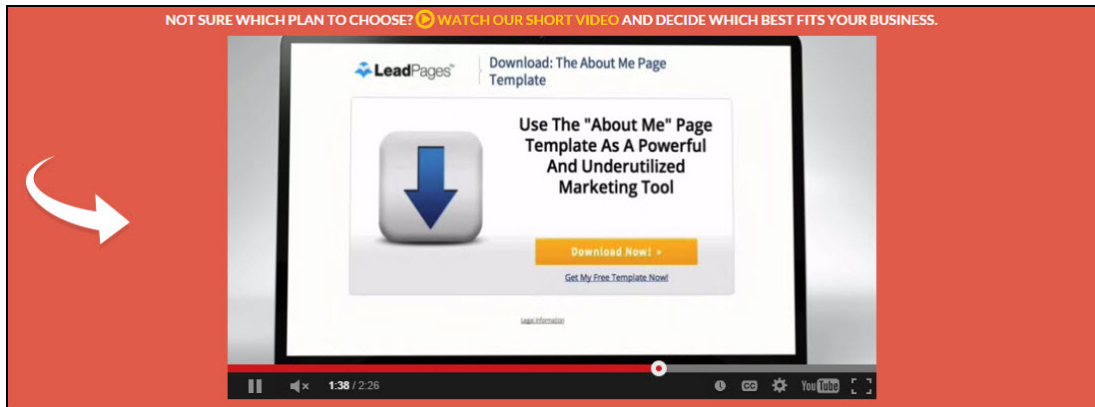
[MyNAMS Insiders Club](#)



PRICING: \$47.00 one-time fee.

[Check it out here.](#)

### 13- LeadPages™



Set up flawless, branded landing pages—and host them at LeadPages™—for your free sessions, webinars and products painlessly with this easy click-and-create system with all sorts of templates—including video templates.

In fact, to say “landing pages” doesn’t convey the range of options they offer:

- Opt-in Pages
- Sales and Upsell Pages
- Webinar Pages
- Launch Pages
- Bonus Pages
- Thank You Pages
- 404 pages

A subscription to all this time-and-frustration-saving goodness starts at \$25.00 per month. (Add options such as **easy split testing** by choosing the \$40.00 per month option.)

## 14 - aMember Membership Software

A membership and subscription script that lets you set up and run efficient membership sites with a minimum of tech knowledge. You can accept payments, run an affiliate program, sell products, provide resources, and much, much more. Integrates well with WordPress sites via the add-on plugin.

AMemberPro costs \$179.95 for a lifetime license with six months free updates. (Before you invest, make sure your web host server will not conflict by querying your host's support team.)

## 15 – Socrates Wordpress Theme

**Socrates 5** – Our Fastest Theme Ever – Trusted by Over 20,000 Users

Build beautiful crazy fast loading sites & landing pages using our huge collection of tools & templates without any bloat.

And get the exclusive stupidly simple membership plugin worth \$97 – 100% free!

Price = \$27 with discount code.

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## FREE REPORT

# MAKE BIG MONEY CREATING SIMPLE ONLINE COURSE WITHOUT ANY EXPERIENCE!

Download Our FREE Report  
Now And Discover:

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- 1 Secrets to making big money creating your own simple online courses!
- 2 How to make killer online courses, even if you aren't an expert in anything!
- 3 How to create video courses without a lot of technical knowledge!
- 4 How to choose the right topic and price your course for the most possible profit!

And much more - all within this special  
FREE report!



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