

050: Alternative Therapies for a Healthy and Calm Life

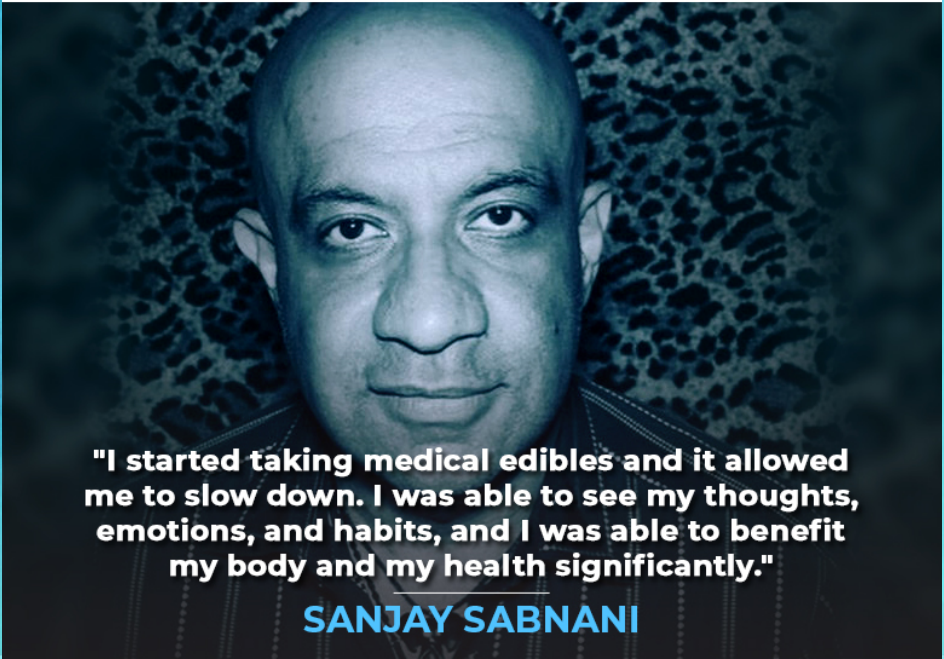
10 Point Checklist

Sanjay Sabnani

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



"I started taking medical edibles and it allowed me to slow down. I was able to see my thoughts, emotions, and habits, and I was able to benefit my body and my health significantly."

SANJAY SABNANI

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Having a morning ritual will set your tone for the day. Take time each morning to calm your mind and start your day off positively and less rushed.
- Try out [23andMe](#). Learning your full genetic analysis can help you to better your health by understanding your specific needs.
- Check out [Sanjay on Quora](#), which is a question-and-answer site. You can ask questions, and he will answer them!
- Read the book [What to Say When You Speak to Yourself](#). Your inner self-talk can drive negative outcomes, and it can help you to overcome those issues.
- If you are having troubles with sleep, begin focusing on your breath to quiet your thoughts.
- Try Cognitive behavioral therapy. It's a step-by-step process of talking to yourself and working through problems, that can also help you learn how to change them.
- Start meditating! Meditation has a long list of benefits, and helped to change Sanjay's life. Set up a quiet space and spend a few minutes each day quieting your mind.
- Read [Autobiography of a Yogi](#). The stories of an exploration into the world of saints and yogis, science and miracles, and death and resurrection can be life-changing.
- Check out Sanjay's pheromone fragrance, which is available on [Erox.com](#). The compounds can increase confidence and well-being, as well as increasing arousal and social-warmth.
- Understand that there can be a positive outcome in every situation. Sanjay and Stephan both went through similar family challenges, but came out of them better than ever- and you can too.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/alternative-therapies-healthy-calm-life-sanjay-sabnani/>