

Inflammable Mindset
The Art of Critical Thinking

GILDA GIVEN

Introduction

It just took me 11 months to bring my book into existence after writing it for 3 months... and this comes right away after discovering my purpose, in 2018, December.

I am not trying to crap or bring things up but try showing you how powerful we really are when we are capable of using our minds.

Sometimes, I felt like maybe I am dreaming... isn't really... but my real consciousness assures me. Then I wake up and tell myself "wake up Gilda Given, its true"

And I was thinking, am I the first one having this kind of dream or what? Surely isn't—probably not.

Noticing that I thought it might be really good to quickly highlighting the best lessons, and they all come from my book on WHY many of us fail to attain that which we always wish to be, do or have.

First, In My Book, I Talked About What Holds Many of Us Back and Not Attain That Which We Always Desire to Attain

Attaining that which we desire equals to the life that you wish to live. Being joyous, happy, free from stress, depressions, and anxiety.

It is to be free with yourself and be free with others too—saying No when you want to or saying yes the time you feel like.

I highlighted the most three paradigms that hold many of us back but we are unaware of them.

The time we start being aware of them our mind comes into the real sense (consciousness) hence we start making better decisions from our real consciousness.

So it's for you to bring your mind into consciousness and let things unfold from it.

I Wrote About How It's So Important to Live Within Your Purpose

This is the worldly disease.

Many people really don't know what they really, really, really want in life.

I was among those who were so frustrated, unhappy, unfocused and depressed before. I didn't know what I wanted in life.

I didn't know what I was standing for or even fighting for. I couldn't have a real core purpose of doing something and be inspired from within.

Even if it happens by that time you asked me, where you see yourself 5 to 10 years to come, I wouldn't be able to answer that kind of question — I didn't know who I was.

Is it really a motivation is garbage? You will never understand until it works or maybe when you figure it out.

But this is what I found, it's only when you are inspired from within you can do something,(and inspiration comes from your own purpose) as you will be in spirit and not even a thing can stop you from your own commitments.

I have shared different ways of finding your purpose and what kind of the right questions to start with to bring your subconscious mind into work and cooperate with you.

I Also Shared How It Is So Important to Be a Creator in This World Rather Than a Competitor

I have seen a lot in this world of competition — and many of us love competition.

But in the end, we never do anything crucial but we end up with the wish, hoping, should and want without doing anything important.

Believe me, there is just one part of us that loves competition with others, and we can all learn to remove that part to have a better version of who we are — and become original.

So why struggling in the competition state while you can create your own self?

Inflammable Mindset book will answer all of your unanswered questions on that.

I Shared Why It's So Important to Start with WHY When Envisioning for Anything

The time we want to do something, we thought we are dealing with our conscious mind. But in reality, the conscious mind has nothing to do with us and it's only good on reasoning and arguing then took all of those OKAY things to the superb mind — your subconscious mind.

But how can we bring our subconscious mind into work?

By starting with the right questions — where those questions will disrupt your past self and give you new values to your subconscious mind to act.

Have you ever thought what kind of questions can disrupt your subconscious mind and bring a superb mind into work?

Inflammable Mindset book got all of the questions :)

How to Get Started to Live That Which Is Within You

We accept the life we live, do the things we do, not because we have to or we wish to do just like the way it is — but because we don't have the courage enough to live that which is within us.

There is where many of us live in OPTIONS rather than CHOICES.

But wait,

We have a lot in life. Sometimes we dream a lot too.

But do we really get started? Nope! Maybe only 30% out of 100%.

And do you know WHY? Why we aren't doing what we say we will do?

Why we aren't living what we say we will live? Or why we aren't having what we say we will have?

Is it because of time, money, people or life situations — or what we call difficulties?

Your mind is such a big liar but Inflammable Mindset book can figure it out for you.

I Would Love to Close This by Saying That...

Every human being has unlimited potential in this world.

It just needs some time to recognize that. But it should not be something either to stress you or mistreat you. If you did not figure out until now as — all is perfect.

Another way, no one to either blame or to cream. It is only you who can turn the situation, from where you are right now to where you want to be and with your only powerful tool that you have — the mind.

But before doing that, you have to change your mindset perceptions, accept responsibility and see the world in a different way. And *Inflammable Mindset: The Art of Critical Thinking* will be your perfect guide for whatever goal or dreams you may wish or want to achieve — for whatever thing you may wish to be, do or have.

When you change your mindset — the way you think and do things, you change your life too. It is a guarantee *Inflammable Mindset* book will transform your life.

What Others Say About The Book?

(Readers Acclaim for *Inflammable Mindset* Book)

“My first time to read an inspiring book written by a Tanzanian, it’s full of profound stories and through Gilda’s book, my mind is open to read more books from my home country.”

— ***Richard Mwankejela, Tanzania***

“I read Gilda’s book, inside its deep and I see two big things; Strategy and Consistency. I found them helpful.”

— ***Steven Masanja, Tanzania***

“Gilda's book is very inspiring it has given me a lot of insight and mostly on how to look at things in the most proper way. Am glad I took the initiative of reading the book thank you very much for all the wisdom and insight that you have shared in your book. I am looking forward to your next book. Keep the good work.”

— ***Suzan Léon, Tanzania***

“*Inflammable Mindset* is a perfect read for those who want to get a better understanding of how to utilize their mind to the fullest.”

— ***Shedrack Kikoti, Tanzania***

“Reading powerful extracts from the “*Inflammable Mindset*” book has really helped me sharpen my destiny. I would encourage more youths to get inspirational nuggets from Gilda's writings.”

— ***Jessen Jay Siamutwa, Zambia***

“I have read *Inflammable Mindset* book and it is an amazing read. Well done.”

— ***Fredrick Semainda, Tanzania***

"In general, the Inflammable Mindset book is a nice book nice. It has a lot of answers to the most people's unanswered questions."

— ***Maggie Membe, Tanzania***

"To write a book you must first become a book. Inflammable Mindset book is a Book I could relate with authentically. My best take away, leadership is a new smart, thank you Gilda for your grit, your courage, and your inflammable mind. You are a treasure to this Nation."

— ***Joyceline Msigwa, Tanzania***

"I just read Gilda's book, is really amazing and life-changing. I love the way how she expressed herself and educate at the time."

— ***Gloria Komba, Tanzania***

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"Inflammable mindset is a wonderful book. I wish I had the ability to offer a copy of this inspirational book to every university student in this country!"

— ***Peter Sosy, Tanzania***

"This is an awesome book from Gilda; the book changed my attitude toward myself. I usually prefer it as a gift she decided to give me. I recommend this book to anyone."

— ***Baraka Mafole, Tanzania***

"I rate this book 5 Star as it has changed my mind perceptions and the way I look at life in generally. I highly recommend this book."

— ***Ibrahim Sungi, Tanzania***