

# YELLOW

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## ENOUGH IS ENOUGH

Claire Berry

The 2023 money mindset guide

## THE FOUR STAGES of commitment

The 4 Day Work Week

## FROM HOMELESS TO HARMONY

Chris Berry

PG 21

## VARIETY IS THE SPICE OF LIFE

The simple guide to beating the to-do list



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# EDITOR'S NOTE



*Dear Reader,*

It's not quite the festive season, and Halloween is a distant memory; what does November have to offer? I'd argue that the month is a lesson for stillness. Every month has some grand event for the masses, but November is one with little. Guy Fawkes is the main focus at the beginning of the month, leaving you plenty of self-reflection time. While in this mode, I encourage you to read this month's magazine and use this year's life lessons as a reflection period towards growth.

Have you struggled with commitment? No problem - we've got you covered. A regular writer of Yellow magazine treats us with an action plan for responsibility and dedication to our goals. Choose to make the changes today to advance your tomorrow. Have you lacked the energy to tackle the to-do list? Head straight to the self-help section, where we delight you with a ground-breaking tool to defeat your to-do list with energy and ease. Maybe you've struggled to say no enough? Our guest writer, Barb Nangle, has a message for you - one where you can claim back your power for self-improvement.

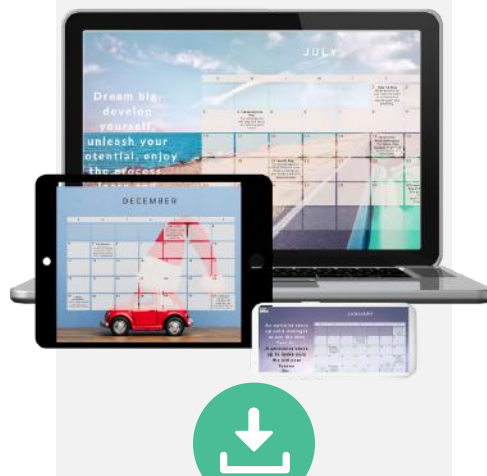
Enjoy this month's stories.  
To your Yellow life,

TAMMY WHALEN BLAKE  
**Editor-in-Chief**

## HEALTH AND WELLBEING 2022 CALENDAR

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We can all do with that, even once in a while.

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# WHAT HOMELESSNESS CAN TEACH YOU ABOUT A 4 DAY WORK WEEK

by Chris Berry

The 4-day working week is something I have laughed at and heavily criticised over the last few years as the idea became increasingly popular, with hundreds of posts all over social media.

As I march towards my 50th birthday, I see huge benefits. I have started to look back and appreciate the privilege I have afforded myself, my beautiful Colombian wife, two grown-up children, a successful business and, of course, Rosie. She's my adorable 9-

month-old daughter, a gift to a forever optimist who has convinced me to move my business to a 4-day week. Why? So I can spend more quality father/daughter time, something I couldn't always do. I have never been so fortunate or stable in my work or home life.

In 1995, an apprentice printer, I was a married man with a one-year-old son, Daniel, mortgaged and living in an ex-council house with plastic garden

**"Every event in life is a great teaching moment"**

# "In 2014, I found myself homeless, living in a car"

furniture in the dining room and hand-me-down clothes on the child's back. I was 22; I thought I had it all. I fought to stay married, pay bills and raise a child when I was still one. Being the mature father of three today, I remember the struggles always to remain optimistic. Was I doing the right things, even if I had to work 12 hours, seven days a week, to meet the ever-demanding outgoings?

I focused on being a role model as we went through a house fire, a broken back, and redundancy, always looking to see the good in any situation, keeping Daniel from seeing how hard I was finding things.

When Ella was born in 2004, I was a much wiser 31-year-old, still hanging on to a marriage and trying to keep a new design business alive. I had always wanted to work for myself, but a lack of support and constant fighting made this challenging. I didn't want Ella or Dan to see the dysfunction in their parent's relationship. During the day, I was hands-on, entirely in dad mode, committed to making them live an ordinary happy life. By night I worked till 4 am to make my business a success. It was hell, and eventually, in 2009, I moved out.

Running a business, being a father at weekends and ensuring I met all my financial obligations to support them was tough. I had to stay the man they knew, be strong, happy, supportive of their feelings and their fears and make sure I put on a positive "things will be alright" voice. Being a patient dad has always been my greatest strength. I am loving, honest, a driver for optimism, motivating Dan and Ella in everything they do, and always a protector, a shield from anything that might hurt them.

In 2014, I found myself homeless, living in a car, hiding this all from both children, and struggling to hold it together. I was losing my second business, haemorrhaging cash and keeping my situation a secret. That all ended over the Easter weekend when I had a stroke and had to admit I was in trouble. Looking at the kids and being honest for the first time was brutal and very emotional, and I had to make different choices.

I started thinking differently; less money minded and hungry for a successful million-pound business. I had come so close to my children losing their father that I made many changes. I moved to the New Forest, got well, ran a half marathon, and went back to work.

As the half-century approaches, I am humble. I have a fantastic family and business. I cherish the time with the older kids, and I'm more energetic due to my time with Rosie. The business is thriving, and Fridays now have more meaning; it's Rosie time.



# EMBRACING FOMO YOLO



*Bernadette Bruckner*  
BE SIMPLY ME

## BUSINESS DOULA, MEDIATOR AND HEALTH MENTOR

In the last decade, humankind has experienced the most drastic global changes ever. We have shifted from horses to cars, from letters to text messages, and from the Stone Age to smartphones. Social networks have also created an entirely new generation of young people who have never known a world without the Internet.

We live in constant FOMO (fear of missing out) and YOLO (you only live once). We are still adapting to these new technologies and trends; we are already looking for something new and different.

The modern world comes with many challenges. Old ways of doing things, practices, and habits are no longer relevant. Staying relevant is essential.

Adaptation is an ongoing process, and as the environment changes, so must the people embrace the change that lives in it.


As a result, Adaptation is one of the most important drivers of evolution. While change can be challenging to adjust to, it can also be exciting and bring new opportunities.

Of course, not all changes are positive. We may face difficult times, such as losing a loved one, a divorce, or a job loss. These changes can be challenging to cope with, but they can also teach us important lessons about ourselves and how to be resilient in the face of adversity.

Embracing change can be fun if we let ourselves be open to the possibilities. View change as a chance to explore and learn something new. To survive in the modern world, we should adopt and accept the changes with open arms. Keep up with the pace of change and welcome new things because you can't go back to the good old days.

To survive in the modern world, adopt and accept the changes with open arms by saying, "FUCK good old times- FOMO/YOLO is coming!"





FIND YOUR

*balance*

Guest expert  
**Barb Nangle**



# THE FREEDOM TO SAY NO

## *Develop Your Superpower*

Women entrepreneurs and professionals often have difficulty saying “no” to others, which leads to burnout, inability to reach their goals and resentment. There are five essentials to learning how to say no to establish healthy boundaries in your personal and professional life.

### **The Five Essentials to Developing Your Superpower of Saying No!**

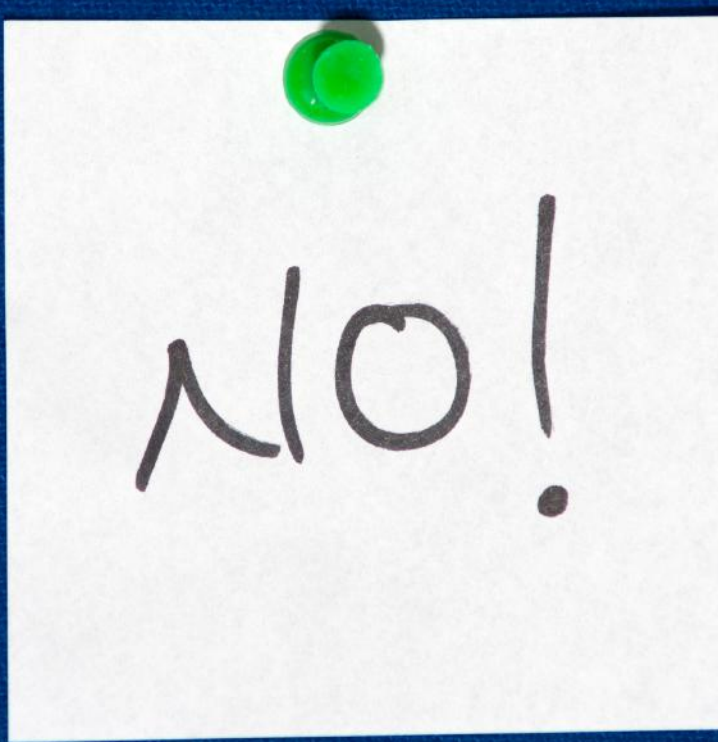
It starts with **Clarifying Your Values**. If you’re unclear about what’s important to you, you don’t know where and when to say no. Saying no to others is about

saying YES to yourself.

Next, you need to **Alter Your Mindset**. This means debunking your subconscious scripts and disrupting your old patterns of thinking. And, in learning to say no, you must learn to **Keep the Focus on Yourself**.

**Developing Empowered Communication** is imperative for setting boundaries, especially when you’ve always said, “Yes!” That will be the focus of this article. You learn to do this by living in alignment with values, leveraging your new mindset,





focusing on yourself, and communicating directly with others.

***Empowered Communication: The Freedom to Say No***

It can be challenging if you've never said "no" to others. I've got some tips for how to do that and some language for you to use.

*No More of This*

Many try to say no without actually coming out and saying it. Stop doing that! Learning to say no means no more:

- implying
- beating around the bush
- expecting that people "should" know things (if they should know, they

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***"Lack of boundaries invites lack of respect."***

---

*"Harms" vs. "Hurts"*

Many of us are afraid to say no because we don't want to hurt people's feelings. It may hurt someone's feelings, but it won't harm them. Think of it like this: it may hurt you to use a needle to remove a splinter, but it won't harm you! It can happen when you learn to say no.

would know)

- trying to read others' minds
- expecting others to read your mind

These are methods of **indirect communication**. That's the opposite of **direct communication**, which is imperative for those who want to be taken seriously when they say no.



## Tips and Scripts for Developing Your Superpower of Saying No

Don't wait for the "right" time – setting limits doesn't get easier if you wait!  
"You're late. Please make sure you're on time from now on."

Give an alternative – What can you do? If you offer something else (rather than waiting for them to ask, "What can you do?"), you're better off because you set the terms. "I cannot teach a course this term, but I would be happy to be a guest lecturer once or twice."

**Stop saying "sorry"** – you haven't done anything wrong! "I don't discuss that with others."

**Tell the truth** – no matter the temptation, don't lie. "I'd love to go to the conference with you! I need lots of alone time, so I'll stay in my hotel room."

**Be kind** – politeness is like the "grease on the wheels" of social interactions. "I respect your beliefs even though I don't share them. I expect the same from you."

**Explain** – the word "because" makes people more likely to buy into something. "I cannot make that meeting because I have a client every Thursday at 4:00."

**Depersonalise it** – you have a "rule" that makes it about you, not the other person. "I'll no longer be paying you for hours you're not working."

**Pause** – have a policy of not making snap decisions. "I need to think about it. I'll get back to you."

The five essentials to saying no in your business are **values, mindset, keeping the focus on yourself, direct communication** and **showing up for yourself**. They all build on each other, which allows you to show up for yourself, even when you've never done it. In this essay, I expanded on element number three, "focus on yourself", since that's often the hardest one for many women.

## GRATITUDE LETTER

Send us your gratitude letters for future editions. We'd be delighted to share them! **Send to** [magazine@gotoyellow.co.uk](mailto:magazine@gotoyellow.co.uk)





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**Journaling on steroids**

Introducing The Thinking Chair; consider it journaling but on steroids. Simply putting words on a page will probably not get you all the benefits of journaling, but effective journaling using The Thinking Chair can result in many positive outcomes and improve your quality of life.

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- Nov 21**

**Self Care for Entrepreneurs**

From owning your own business, to parenting and more its hard to find time for yourself. Without the proper self care people tend to feel more drained, aggravated, lost and overall defeated. Join this workshop to dig deep into self care as well as network and meet other entrepreneurs.

[LEARN MORE](#)
- Nov 22**

**Finding Your Productivity Hour**


We often focus on what we are doing or how we will do it, but never when. But exciting new research proves there is a right time to do just about everything, based on our biology and hormones. If you focus on when, you can increase your productivity by 20%. This workshop will teach you to schedule your day for peak productivity and well-being.

[LEARN MORE](#)
- Nov 26**

**Writing for Wellbeing**

These workshops provide a safe, confidential space within a small group (2-8 people) to explore your personal and professional experiences caring for others, and thinking how you can care for yourself.

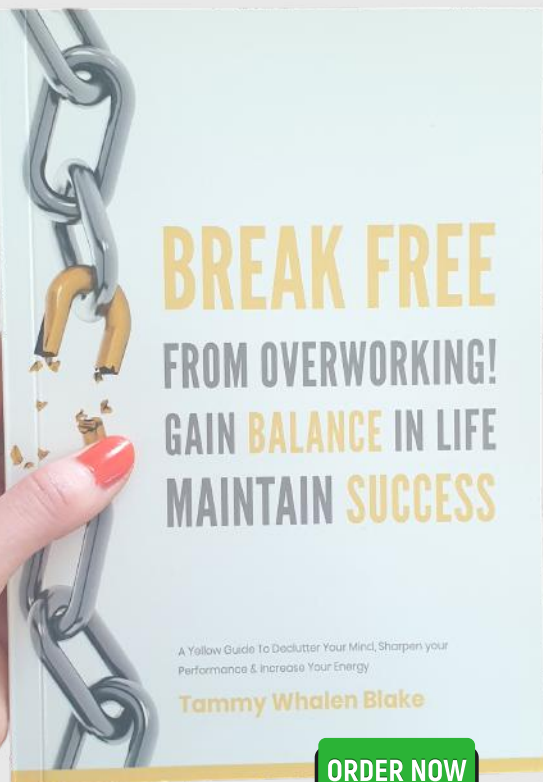
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## DID YOU KNOW?

Rising to a fog horn each morning? Hit pause. Research has found that melodic alarms can help you feel more alert in the mornings, compared with traditional beeping sounds. Study participants who used shrill alarms reported feeling groggy and less awake than their tune-awoken peers, who could more effectively transition from sleep to the waking world. Rise and shine.

**SOURCE: WOMEN'S HEALTH  
WWW.WOMENSHEALTHMAG.COM**

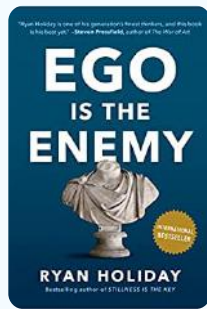


**BREAK FREE FROM OVERWORKING! GAIN BALANCE IN LIFE MAINTAIN SUCCESS**

A Yellow Guide To Declutter Your Mind, Sharpen your Performance & Increase Your Energy

**Tammy Whalen Blake**

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Full disclosure: I love everything Ryan Holiday writes. I may not agree with everything he writes, but I love how his brain works and how he writes. He makes us think. Success. Failure.

What ego-centred emotions do these words provoke in us? What's a healthier emotional reaction? This book seems deceptively simple. I first read this in 2016 and now feel squinting at some of his terms and statements.

Ryan says we are always in 1 of 3 stages at any given moment: Aspiring, Success or Failure. Yes, I get what he's saying. However, I feel like it's too narrow. Where's Experimentation? Where's Curiosity? I spend a lot of time in those stages. Repeatedly! Intentionally! This book makes me think about where ego might seep into \*those\* areas. I love books that provoke me to think deeper..differently. How do we define success and failure? Since the "COVID experiment", how do we now frame success and failure?

He advises us to be:

- Humble in aspirations
- Gracious in success
- Resilient in failure

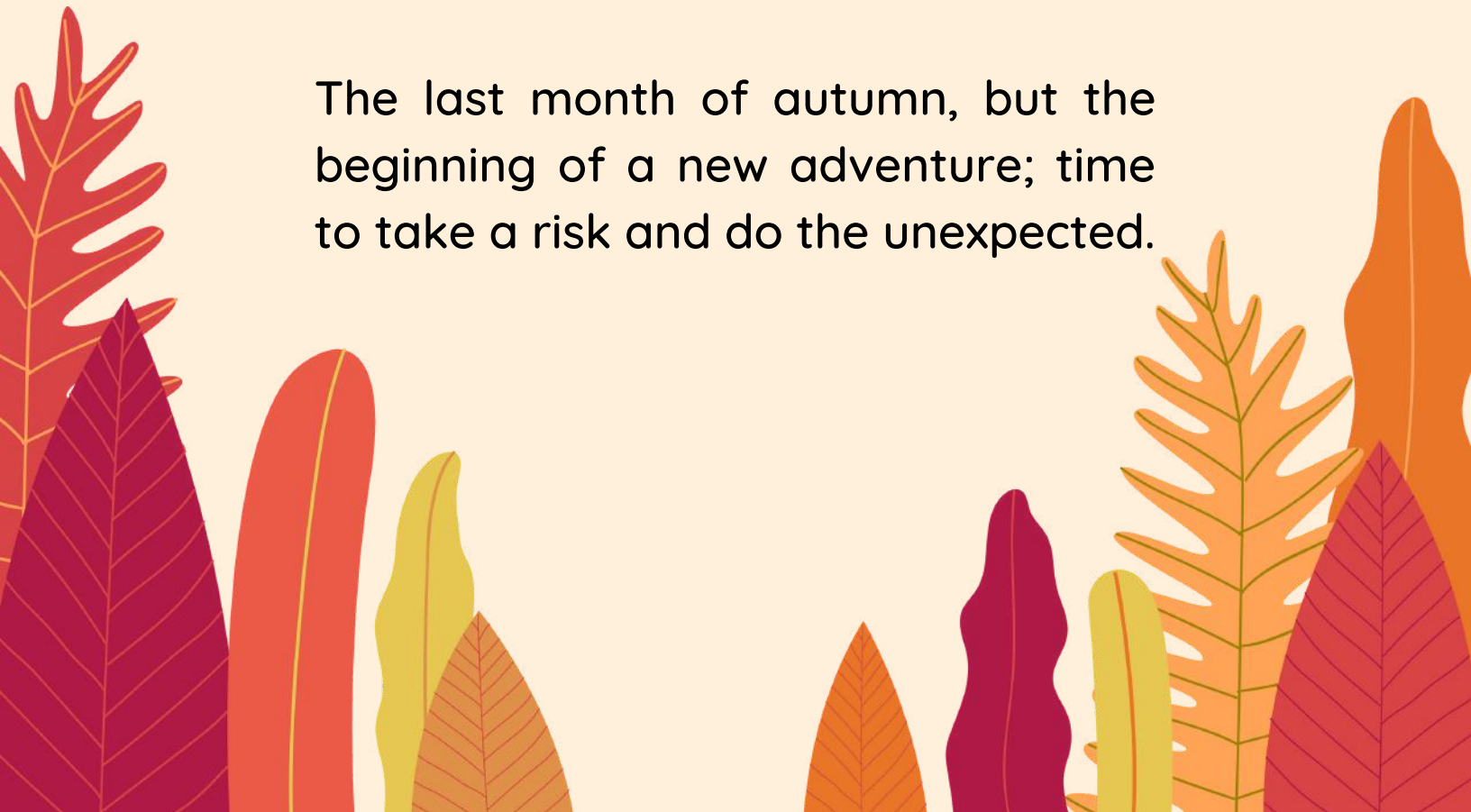
He advises more ego-self-awareness. So yes, I'll always be on board with that!





# November

The last month of autumn, but the beginning of a new adventure; time to take a risk and do the unexpected.





# THE FOUR STAGES OF COMMITMENT

By Avion Howard

When we commit to something, it isn't just a simple decision. There's more going on within the mind before, during, and after your commitment. I see commitment as a 4-stage process that I'll be describing in this article.

This process helped me understand more of what happens in our minds when we try to commit to something. Let's explore these stages and learn more about ourselves!

## Stage 1: The Idea

This is where the thought process begins. We have an idea in our head that we find interesting and want to pursue that idea. Your mind will change a lot. It takes time to stick to one but eventually, we'll find it. It's easy to get caught up in multiple ideas and get lost in your thoughts. For decision-making, It helps to narrow in on one idea and explore it to see if it works for you. If it doesn't, try different ideas or think of a new way to make the original idea work.

After we find a set idea, we begin to think about the intricacies of that idea. Our reasons why, what could go wrong, how it fits into our schedule, how it will change your lifestyle, what you must change in life currently, etc.

We then get excited that we found

something new and start visualising our journey. When visualising, we often skip ahead and picture ourselves with the result. Although it's good to envision your achievements, it's important to remind yourself that it takes plenty of work to get there and might have a slow start.

**Unrealistic expectation is the number one dream killer.**

When we have a clear head and understand our commitment and how it will affect us, we create an action plan.

## Stage 2: Action

This step is crucial because it's where we finally take action. We still have all of the ideas in our heads, but now it's time to write them out on paper and execute them.

The action step is the proving ground for commitment because it separates the action-takers from the lost dreamers. Lost dreamers are people that only have ideas but never try to pursue them. Your ideas were thoughtful in the first step but now you must put forth enough effort to make them a reality.

Say you want to start a podcast. You think of 100 podcast topics to discuss, but don't record anything. What do



you even have? A lost dream of a podcast. You have to take the time to schedule dates, have exciting topics, maintain quality equipment for sound or visuals, and develop interpersonal skills to carry a conversation. Tons of WORK goes into this stuff.

Now, you don't have to rush the action plan. This stage is all about patience and willpower. Your goals do not just come to you. You go to them. It annoys me when I see others believing they deserve everything in life with little effort. We earn everything we get in life; nothing is "deserved".

One thing I noticed over time is that overnight successes are a myth. We never see the hard work and dedication that leads up to that one triumphant moment that people see publicly. Watch the background stories of famous individuals and tell me if they were overnight successes; those videos will also help you understand the importance of patience.

During our action plan, we realise some essential things that can keep us going or stop us completely. This is called realisation.

### Stage 3: Realisation

This is after you have put insane effort into your plan. You start to realise that your actions are paying off. Things are going in your favour, and you get excited about it. This is not a point to quit or to slack off because you notice progress. This is where you kick it into high gear and push yourself forward even more. Strive for your desired goal.

During the realisation stage, getting off track and distracted is easy because some find comfort here. People see little progress and believe that is the maximum they can achieve, so they slowly stop trying to improve and get worse over time. Be

careful of this when you start to see progress.

Don't slow down because you THINK you're in first and have nothing to worry about. As soon as you stop trying, you are already putting yourself behind.

Another distraction at this stage is negative people. Negative people will try to discredit you and return to where you started. This will help you toughen up mentally and stabilise your emotions. Strength and willpower will help you keep going when others are against you.

Keep a level head and understand that your journey is not over. There is always more to learn and more to do to elevate yourself.

**If you can produce little progress, imagine what you could do if you kept going.**

### Stage 4: Continuation

This is the final stage and probably the most straightforward stage of commitment. The point of this stage is to continue your commitment.

You already have a solid idea, a promising action plan, and a strong mentality to keep you going. All you have to do now is to continue the growth and see where the journey takes you. Of course, don't forget to take mental and physical breaks from time to time. Those are also important factors of your health that you have to preserve.

#### Commitments Are Tough Sometimes

It can be hard to commit to certain things even when we know it's beneficial. But we must also never forget why we make these commitments first—understanding your "why" helps with passion and motivation. Never forget what you know you must do, and you'll do it when the time comes. You got this!

HEALTH | PRODUCTIVITY | TOP TIPS | LEARNING

# LIFESTYLE



You only live once, but if you do it right, once is enough.

# MONEY MINDSET GUIDE



## GET A BETTER FINANCIAL MINDSET

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You need to work on your mindset to succeed financially. Keep a journal, read books, watch motivational videos, or get a mentor.



## DEFINE MEASURABLE GOALS

---

Make sure your goals are measurable. Break down your big goals into small, easily digestible chunks so you don't get overwhelmed



## PREPARE YOUR FINANCIAL PLAN

---

Then, set up a plan for allocating funds to each of your goals based on the priority you have assigned to them



## BUDGETING IS YOUR FRIEND!

---

If you want to get better with money, you have to love it. A budget helps you track your spending and income



# VARIETY IS THE SPICE OF LIFE

Having a repetitive routine can be tedious, and at some point, you'll feel dissatisfied with the lack of variety. This doesn't make the car go faster.

To remain inspired on your journey to success, you must have variety. Think of it as the scenery on a loooooooong motorway. Even if variety means a variety of food, a variety of friends, a variety of mental performances, and a variety of working environments, mix it up.

This tool is ideal for boosting your productivity as you'll identify the unrealistic tasks and your procrastinating tendencies!

✓ **Step 1:** List all the IMPORTANT & URGENT tasks, including work, health, wealth, family, home, spirituality, and romance. Choose three that are negotiable; the rest are non-negotiable, which means they must get done no matter what.

✓ **Step 2:** Break them into smaller chunks. Some will require 45 minutes and others can be 15 minutes.

For example, exercise and house cleaning duties can be chunked into 15 minutes slots throughout the day, whereas research or the school run might need 45 minutes

✓ **Step 3:** It is recommended, but not essential, to make a plan the day before with a list of 45-minute and 15-minute tasks.

If a task needs 90 minutes, do part 1 in 45 minutes and part 2 in the next 45 minutes. Specify clearly to be intentional and avoid the rabbit holes—i.e. research on the durability of 1950s cars with three wheels.

Balance out the tasks. If you have a list of mental tasks, mix it with some physical tasks.

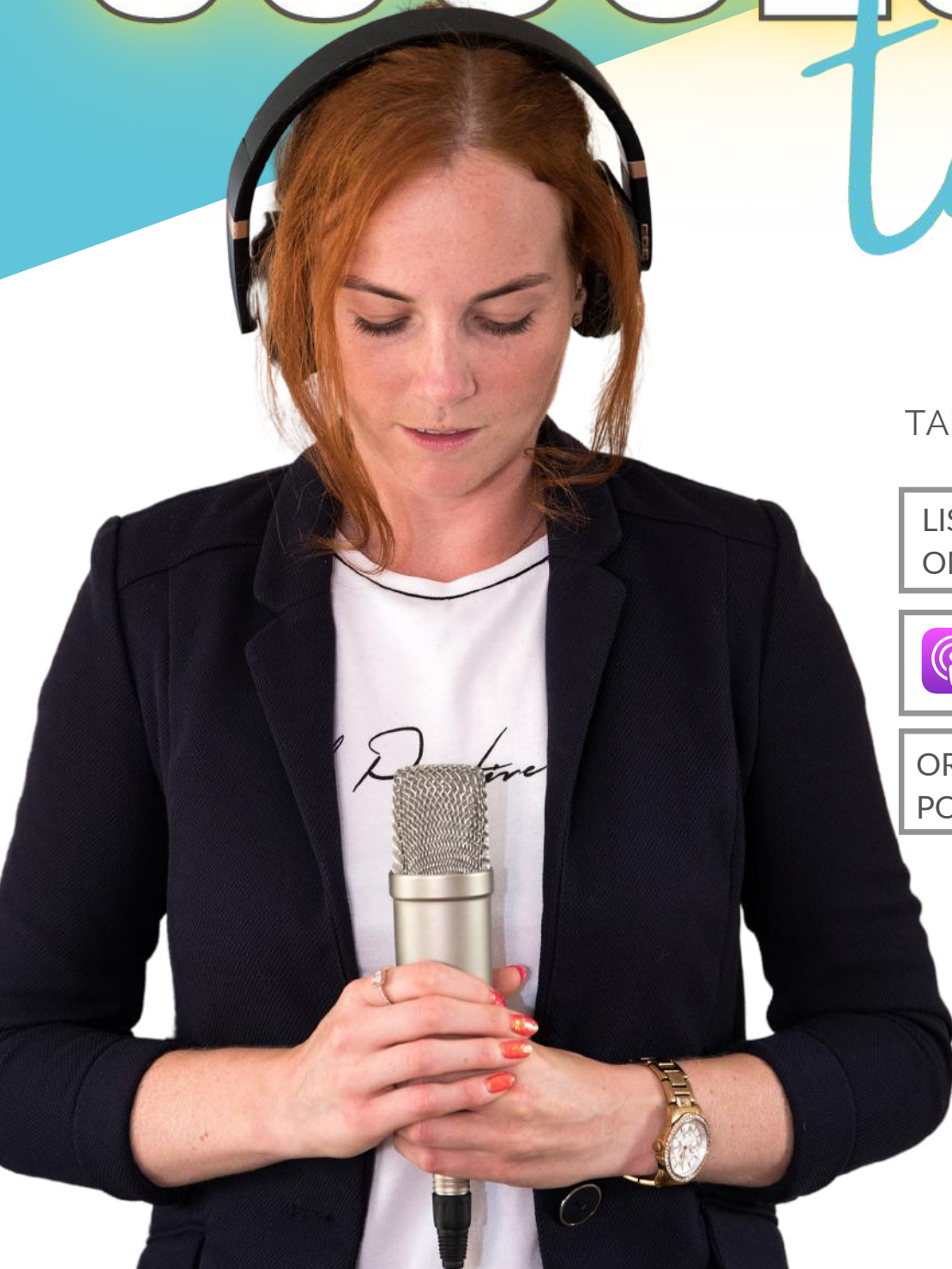
✓ **Step 4:** Set an alarm to chime at 45 minutes and 15 minutes. Be disciplined. That means if you still have some extra bits to do when the alarm chimes, you must stop. This will teach you to be better prepared and realistic with your time. Self-punishment can be a great tool for better planning.

**Caveat:** *this tool doesn't mean you are now able to get EVERYTHING done on your list. You will burn out. Your day must be balanced and allow unexpected tasks to show up—plan for some mindfulness breaks and negotiable tasks that can change at a moment's notice.*

*Not everything can be regimental. Some tasks do not fit this tool. i.e. You have a doctor's appointment; it takes 25 minutes to drive each way, plus the unknown waiting and appointment time. Use the tool when realistic.*

# SUCCESS

## talks



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# mindfulness

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Focusing one's awareness on the present moment, especially as part of a therapeutic or meditative technique.



**NEW**

## The Mindful Podcast

With MEGHAN DIRENZO

BY MEGHAN DIRENZO

“

CLAIRE BERRY:

I HAD NEVER COME  
ACROSS  
SOMETHING THAT  
HAD SO ACUTELY  
MIRRORED MY  
EXPERIENCE

”



Enough Is Enough



**TRIGGER  
WARNING**



# CLAIRE BERRY

A few weeks ago, a dramatic and emotionally charged film, 'The Luckiest Girl Alive' arrived on Netflix, a film based on a fictional novel of the same name. At its core, it explores the story of a young girl haunted by a gang rape she experienced in high school. It's a harrowing and painful watch as we witness her struggle to make sense of her humiliation and distress amid the victim-blaming responses of her abusers, her peers and her family, alongside the cruel insensitivity of the school. For one reason or another,

she is silenced and forced to carry the shame and pain alone into adulthood.

Jessica Knoll, the author, launched her book a few years ago, and soon after, she wrote a public essay describing how she was gang raped in high school. She could no longer hide from the journalists questioning her about how realistically she had portrayed the rape. When the essay was published, she was inundated with responses from women who had also been silenced after rape, who

had lived knee-deep in shame for many years and were expressing their gratitude for the author's brutal honesty.

I am one of those grateful women. I was raped and sexually assaulted numerous times in my teens, the first of which was by a group of my peers from school when I was 13, and they were 14. When I read Jessica Knoll's essay, I was left reeling; I had never come across something that had so acutely mirrored my experience. The details of the abuse and the



responses she experienced around her sealed the trauma deep inside in a compartmentalised box in her psyche. After reading it, my reality landed inside me with a deafening thud. I really was not alone, and at least temporarily, it quietened the toxic self-doubt, the doubt that it really could have happened, that doubt that it was my fault, the doubt that it wasn't really 'real' rape, the doubt that maybe I made it up in my imaginings. When you experience something like that in a vacuum, where you have no voice, where it's never acknowledged, where it is hidden, where there is no support and no opportunity to make sense of it, it becomes distorted and corrosive. The silence around it gives space for the mind and body to attack itself repeatedly until life is barely worth living. It took till I was 30 to tell someone what had happened to me.

To see my story outside of myself, on paper, in public, was more powerful than I have the words to describe. It created a crack in my self-loathing, a chink of self-compassion and a flush of anger at the injustice. It pushed me to take action I had previously considered but always talked myself out of. I decided to report it to the police. The decision came from a place inside me that was rooted in self-empowerment, a sense that I had suffered enough and it was time to give some of that all-consuming shame that ate me and back to the people it belonged to. The process was long and gruelling. I was interviewed for 3 hours describing the minutia of what had happened

to me in a sterile room with a detached and emotionless male police officer. My friends were interviewed, as were family members who had conveniently denied, blamed, or minimised my experience. After nearly a year of investigations, the CPS did not take it to court. In England and Wales, almost 99% of reported rapes do NOT end in a conviction. If, just for a moment, we imagine this was burglary, what sort of society would we live in? It's not rocket science to consider that regarding that particular crime, it would be bordering on lawlessness. Most women don't report it because of how broken the system is. If your house is robbed, you wouldn't think twice about calling the police, but if a woman finds that her body has been robbed, she knows only too well how futile and painful it would be to report it.

**1 in 4 women has been raped or sexually assaulted as an adult, and 1 in 6 children is sexually abused.**

I have found that sometimes people balk at these statistics. They don't believe they could possibly be real. Otherwise, there would be protests every day, whereas others recognise those statistics instantly but appear to be resigned to them because somehow we have normalised them. This is rape culture. It's a culture that props up the mechanisms that allow rape and sexual assault to happen in the

first place. It's the culture that blames the women and girls for the crime, it's the culture that allows perpetrators to be free of consequence, and it's a culture that encourages victims to carry the can and the damage. It's a culture that silences these stories. My experience happened in the early 80s, Jessica Knolls in 1999 and nearly two decades on; the victim receives almost precisely the same response from her community.

Over the years, I have met and spoken with many women in different situations, and I would say that more than ¾ of these women have been raped or sexually assaulted, either as a child or an adult. I have repeatedly heard the phrase 'me too' for over 35 years, and I have heard twice that their abuser was convicted. As women who are victims of these crimes, we share our outrage in huddled conversations, but we have almost become desensitised. Society is complacent, complicit, apathetic and devoid of the appropriate response. The message is clear, society doesn't really care about what happens to women and girls.

#### **Want to talk?**

**If you are aged 16+ and have experienced rape, sexual assault, sexual abuse or any other type of sexual violence – or you're not sure what happened – you can talk to Rape Crisis Helpline.**

**Call 0808 802 9999**

The Jimmy Saville case did open the floodgates, and rightly so. The Me Too movement highlighted the culture of misogyny and entitlement. But sadly, none of these movements have shifted the statistics, which, let's face it, are at epidemic proportions.

So what will turn the tide? What will cultivate the outrage necessary to dig out this cultural cancer? Women have said it repeatedly for decades, and we feel like we are shouting into the echo chamber. I believe that part of what we need to see is men's outrage, men shouting in the streets 'that no means no', that women deserve better, and men storming parliament and demanding change. We need an influential collective that will subvert patriarchy. Men need to set off the sirens and call it out for the emergency that it is. Yes, that means buying into the reality that men's voices are heard the loudest, but this is the sad truth of where we are, and men can use their voices to enable a platform for women's voices. We need to use the status quo to our advantage. Men need to use their privilege for our advantage. We need your help.

We need men to stand by us in solidarity on a very public level. We need the outrage of our male allies, the voices of the men who have seen first-hand the damage and destruction that sexual violence has done to their partners, their sisters, their mothers, their daughters and their

friends. We need them to educate their sons about respect, consent and entitlement. We need them to call out the perpetrators. We must ask difficult and dark questions in our communities about why young boys think they are entitled to abuse and humiliate their female peers. We need to find the roots and drag it out. This is not a war we can any longer fight alone. We have tried. Sexual violence hurts everyone, and everyone needs to be shouting from the rooftops that 'enough is enough'.

## Best Books

# for healing



01. The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma



02. The Four Agreements: A Practical Guide to Personal Freedom



03. The Untethered Soul: The Journey Beyond Yourself



04. Set Boundaries, Find Peace: A Guide to Reclaiming Yourself



05. You Can Heal Your Life



# UNFUCKWITHABLE

(adj.) When you are truly at peace and in touch with yourself, and nothing anyone says or does bothers you, and no negativity or drama can touch you.



## How can I wake up early in the cold, dark mornings?

Waking up in the early dark morning can be a real challenge. It's dark and cold – opposite your warm and cosy bed. Add ice scraping off your car for at least half an hour, and the picture is complete. Closing your eyes for that extra ten minutes in the morning can be tempting. An easy way to help yourself naturally wake up is by allowing light to enter your bedroom. There are many products on the market to help you wake up with a light slowly brightening over 30 minutes.

[LEARN MORE](#)

E-mail [editorial@yellowmagazine.co.uk](mailto:editorial@yellowmagazine.co.uk) with any question you would like to ask. We would love to hear from you.