

MY MINDS TELLING ME NOOO

**BUT MY BODY, MY
BODY TELLIN ME YEAHHH**

My Minds Telling Me No

Francis Bowen



My Minds Telling Me No:

WHEN I UNDERSTOOD THAT MY MIND WAS NOT THE ENEMY Unknown, There was a moment in my life when I realized that I could not keep living in a permanent war with my own mind I had spent years believing that anxiety was a flaw a malfunction a weakness I needed to control or eliminate I thought that strength meant silence suppression and discipline and that every uncomfortable thought or sensation was proof that something was wrong with me But the day I understood that my mind was not the enemy something shifted I began to listen to what my anxiety was trying to say instead of punishing myself for feeling it What I discovered when I stopped fighting with myself was that anxiety wasn't trying to ruin my life it was trying to protect me It appeared every time I pushed myself beyond my emotional capacity every time I swallowed my truth to keep the peace every time I ignored my needs because I wanted to be fine every time I carried more responsibility than my body could hold I began to understand real inner processes like how anxiety gets louder the more you resist it how you can learn to calm your mind without suffocating it how to slow down racing thoughts without forcing silence how to distinguish genuine concern from fearful imagination how to recognize when anxiety is a response to unmet needs how to stop seeing panic as a failure how to build daily practices that allow your body to recover from fight or flight how to hold space for sadness without collapsing how to soften the pressure to perform constantly how to stop apologizing for needing rest how to practice presence when you feel overwhelmed how to speak to yourself with compassion when everything feels heavy and how to create safety from the inside out instead of constantly searching for it outside I also discovered how the body speaks when emotions are not processed tension in the jaw tightness in the chest exhaustion that sleep cannot fix irritability that hides fear numbness that hides pain I learned that anxiety is not always a sign of weakness but often the moment the psyche refuses to continue pretending I learned that emotional breakdowns are not endings but thresholds that crying is not giving up that vulnerability is not a mistake and that feeling deeply does not make you broken it makes you human This book is for those who feel exhausted by their thoughts for those who fear their own emotions for those who internalize pressure instead of asking for help for those who have been told to be strong when what they needed was permission to feel In the end you will realize that healing does not begin when anxiety disappears but when you stop seeing yourself as a problem to fix Your mind was never your enemy it was the voice asking for care connection and honesty

Subconscious Demons and Conscious Delights Todd Andrew Rohrer, 2009-06 A man had an accident seven months ago He lost his sense of time and his perception was drastically altered He will write his story History will judge it This is his fifth attempt to communicate how he perceives the world since the accident I've Got My Mind Set on Brew Stephanie Jayne, 2024-04-09 A down on her luck craft beer brewer and her privileged new boss clash as they work together to save a quirky brewpub in this enemies to lovers workplace rom com perfect for fans of Rachel Lynn Solomon's The Ex Talk Kat Malone is left cash strapped after a job loss and a bad breakup pro tip never offer to pay living expenses for a freeloading

poetry major when she discovers a surprising new career path craft beer brewer When the brewpub is sold the new owner places his light on experience son in charge of the pub Ryan is as basic as a pale lager and aims to turn quirky Resistance into a run of the mill sports bar Worse he won't consider Kat for the position of brewer's assistant the job she'd been promised by the previous owners Despite clashes between Kat and Ryan he confides that Resistance is in financial trouble and that drastic changes will be needed if the pub has any hope of survival Forced to collaborate Kat realizes Ryan isn't as bland as she assumed he might even be exactly what she's been craving But just as Ryan promises Kat a true partnership in the face of his father's opposition Kat is offered the opportunity of a lifetime Marrying the beer used to be Kat's only goal but can she craft a brew for her life that allows her to have it all Fans of Kate Clayborn and Mariana Zapata will be raising a pint to this crisp satisfying slow burn romantic novel

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