

# A 1-Page Guide to the BEST of SMNash.com

– About The 3 Principles Understanding) (v2021.03.15F), by Steve M Nash

“Be who you want to be by realizing you’re not who you think.” – Melinda Csikos

This Inside-Out Understanding changes everything. Seeing how we create our lives, moment by moment, via [the 3 Principles of Mind, Consciousness and Thought](#) IS transformational... Hello, *my name is Steve M Nash* and I’m the editor of SMNash.com – **welcome to the best of SMNash.com:**



<p><b>1. Let the Conversation Begin...</b></p> <p>An introduction to this Inside-Out conversation.</p> <p><a href="https://SMNash.com/let-conversations-begin/">SMNash.com/let-conversations-begin/</a></p>	<p><b>2. About ‘Innate Happiness’</b></p> <p>Problems, innate happiness and you...</p> <p><a href="https://SMNmnash.com/innate-happiness/">SMNmnash.com/innate-happiness/</a></p>
<p><b>3. About Wisdom (About You!)</b></p> <p>Invitation: wonder where wisdom comes from</p> <p><a href="https://SMNash.com/wisdom/">SMNash.com/wisdom/</a></p>	<p><b>4. Welcome Your Suffering</b></p> <p>Learn from your suffering. Let it guide you!</p> <p><a href="https://SMNash.com/welcome-your-suffering/">SMNash.com/welcome-your-suffering/</a></p>
<p><b>5. The Art of Gentleness</b></p> <p>There is another way. A gentler way. To do/be.</p> <p><a href="https://SMNash.com/the-art-of-gentleness/">SMNash.com/the-art-of-gentleness/</a></p>	<p><b>6. About Feeling Sad</b></p> <p>“What do I do about feeling sad?” (<i>Enjoy it!</i>)</p> <p><a href="https://SMNash.com/about-feeling-sad/">SMNash.com/about-feeling-sad/</a></p>
<p><b>7. About Confidence (And You!)</b></p> <p>Confidence is being who you are, <i>MORE</i>...</p> <p><a href="https://SMNash.com/confidence/">SMNash.com/confidence/</a></p>	<p><b>8. People Pleasing/Approval Seeking</b></p> <p>Fact: you’re only <i>ever</i> pleasing yourself!...</p> <p><a href="https://SMNash.com/people-pleasing/">SMNash.com/people-pleasing/</a></p>
<p><b>9. 3 Surprising Facts (About You!)</b></p> <p>Fact 3: you don’t want what you think you want</p> <p><a href="https://SMNnash.com/3-surprising-facts-about-you/">SMNnash.com/3-surprising-facts-about-you/</a></p>	<p><b>10. Inspirational Quotes</b></p> <p>42 inspirational quotes about life!</p> <p><a href="https://SMNnash.com/inspirational-life-quotes/">SMNnash.com/inspirational-life-quotes/</a></p>
<p><b>11. 3-Minute Hero Videos</b></p> <p>Thoughts about feelings video series.</p> <p><a href="https://SMNash.com/thoughts-about-feelings/">SMNash.com/thoughts-about-feelings/</a></p>	<p><b>Work With Me?</b></p> <p><i>Let’s talk!</i> First conversation is FREE ...</p> <p><a href="https://SMNash.com/beginnings/">SMNash.com/beginnings/</a></p>

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