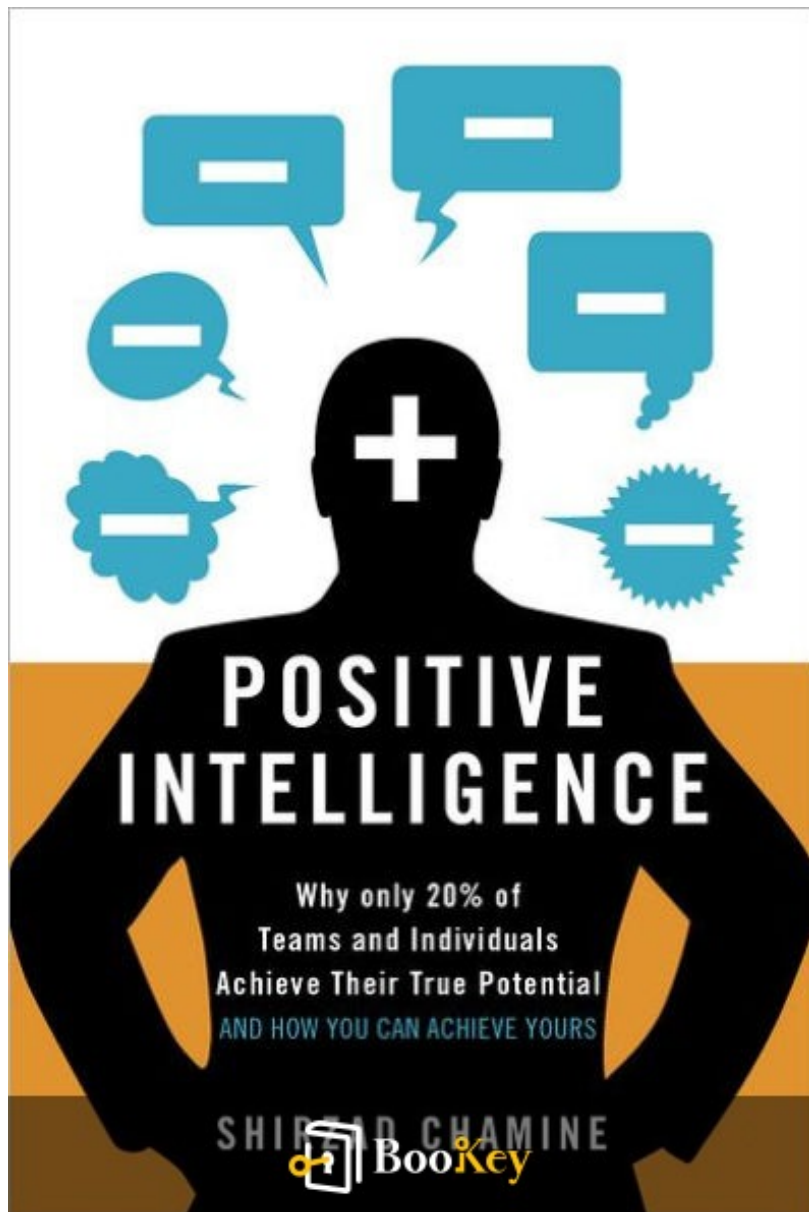


Positive Intelligence PDF

Shirzad Chamine



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About the book

Unlock Your True Potential with Positive Intelligence

From the Bestselling Works of Stanford University Professor Shirzad Chamine

In his highly acclaimed lectures at Stanford University, Shirzad Chamine shares insights on unlocking your true potential for both career advancement and personal satisfaction. His innovative research identifies ten hidden mental Saboteurs that undermine our success. Astonishingly, approximately 95% of the executives attending his lectures acknowledge that these Saboteurs significantly hinder their capacity to reach their full potential.

The concept of Positive Intelligence (PQ)SM introduces a way to gauge how often your mind is working for you versus against you. While your IQ and emotional intelligence (EQ) are substantial contributors to your overall potential, it's your PQ that dictates how much of that potential you can truly realize.

The Exciting News: You can dramatically enhance your PQ in just 21 days. High PQ leads teams and professionals—ranging from leaders to sales experts—to perform an incredible 30 to 35 percent better, while also experiencing greater happiness and reduced stress levels. The transformative

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strategies detailed in Chamine's book have been shaped by years of coaching top executives, accompanied by real-life success stories that empower you to tap into the incredible, dormant capabilities of your mind.

Key Takeaways:

- **Identify and Overcome Your Saboteurs:** Recognize common Saboteurs like the Judge, Controller, Victim, Avoider, and Pleaser, and learn effective strategies to conquer them.
- **Measure Your PQ:** Assess the Positive Intelligence score for yourself or your team to determine your proximity to the crucial tipping point for peak performance.
- **Enhance PQ in 21 Days:** Implement straightforward methods to boost your PQ dramatically within a three-week timeframe.
- **Develop New Mental Strength:** Cultivate five untapped mental powers through engaging exercises that train your brain like a muscle.
- **Leverage PQ for Greater Fulfillment and Performance:** Utilize PQ techniques to optimize team dynamics, manage workloads, navigate challenging interpersonal interactions, achieve work-life balance, alleviate stress, and enhance sales and persuasion skills.

Embark on this journey of self-discovery and empowerment to maximize your potential and reshape your life!

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Positive Intelligence Summary

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Who should read this book **Positive Intelligence**

The book "Positive Intelligence" by Shirzad Chamine is a valuable read for anyone seeking to enhance their mental resilience and improve their overall well-being. It is particularly beneficial for professionals in high-stress environments, such as corporate leaders, entrepreneurs, and anyone in a position of responsibility, as it provides practical insights into developing a positive mindset and overcoming self-sabotaging behaviors. Additionally, it appeals to individuals interested in personal development, coaching, and psychology, as it combines scientific research with actionable strategies. Ultimately, "Positive Intelligence" is a resource for anyone looking to foster a more fulfilling and productive life by cultivating a stronger sense of self-awareness and emotional intelligence.

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Key insights of Positive Intelligence in table format

Key Concepts	Description
Positive Intelligence (PQ)	The measure of mental fitness that determines how much of your mind is serving you (positive) versus sabotaging you (negative).
Saboteurs	Internal negative voices that undermine your positive thinking and decision-making. Major saboteurs include the Judge, Victim, and Pleaser.
Sage	The part of your brain that accesses your positive emotions and helps you respond to challenges with creativity, empathy, and courage.
PQ Score	A score that reflects the percentage of time your mind is serving you positively versus negatively.
Mindfulness	The practice of being aware of your thoughts and feelings to identify and counter Saboteurs.
PQ Workout	Exercises designed to strengthen mental fitness and shift the balance from Saboteurs to the Sage.
Positive Emotions	Emotions that lead to better performance and decision-making, including gratitude, empathy, and joy.
Techniques	Practical strategies for increasing PQ, such as meditation, visualization, and reframing negative thoughts.

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Key Concepts	Description
Benefits	Improved performance, enhanced relationships, and increased resilience to stress and challenges.
Application	Strategies can be applied in personal life, leadership, teamwork, and organizational settings.

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Positive Intelligence Summary Chapter List

1. The Journey to Understanding Positive Intelligence and the Saboteurs
2. Identifying the Saboteurs: The Voices That Hold Us Back
3. The Sage Perspective: Cultivating Positive Intelligence in Daily Life
4. Practicing Mental Fitness for Enhanced Performance and Resilience
5. Building Stronger Relationships through Positive Intelligence Techniques
6. Transforming Your Life by Strengthening Your Sage Powers
7. Developing a Sustainable Routine for Lasting Positive Intelligence Growth

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1. The Journey to Understanding Positive Intelligence and the Saboteurs

In "Positive Intelligence," Shirzad Chamine takes readers on a transformative journey to understanding the concept of positive intelligence and the internal adversaries that challenge our mental health and success. At its core, positive intelligence refers to the ability to respond to life's challenges in a positive and proactive manner, enabling individuals to harness their fullest potential. However, this journey begins by recognizing the pervasive presence of our inner saboteurs—mental voices that undermine our confidence and sabotaging our happiness.

Identifying these saboteurs is crucial for anyone seeking to enhance their performance and well-being. Chamine identifies ten specific saboteurs, including the Judge, the Controller, and the Avoider, each representing common negative thought patterns. The Judge is perhaps the most universal, constantly critiquing self and others and fostering feelings of inadequacy and discontent. Other saboteurs, like the Pleaser and the Restless, drive behaviors that prioritize external validation or distraction, thereby preventing individuals from being their authentic selves.

Understanding how these saboteurs operate is essential. They often arise from childhood experiences, societal expectations, and internalized fears, manifesting as automatic and habitual reactions to stress and adversity. By

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recognizing their presence, individuals can learn to differentiate between helpful and harmful thoughts, thereby creating space for more constructive mental responses. This self-awareness is the first step in diminishing the power of the saboteurs and shifting towards a more positive mindset.

Throughout this journey, Chamine emphasizes the importance of embracing the "Sage Perspective," which offers a counter-narrative to the negative voices of the saboteurs. The Sage embodies wisdom, creativity, and empathy, enabling individuals to perceive challenges as opportunities rather than obstacles. Cultivating this perspective involves practicing mindfulness, self-compassion, and the ability to explore numerous possible responses to situations, encouraging a larger framework of thinking rather than narrowly focusing on fear-driven reactions.

By committing to nurturing positive intelligence, individuals can begin to transform the negative thought patterns that disrupt their lives. This transformation is possible through dedicated practice of mental fitness techniques designed to strengthen the Sage and weaken the saboteurs. Techniques such as visualization, meditation, and thought reframing allow individuals to build mental resilience and clarity, paving the way for improved performance in all areas of life.

The journey towards understanding positive intelligence is not merely about

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recognizing these internal challenges, but also about fostering self-empowerment. By understanding how to counteract the influence of the saboteurs, individuals can engage in behaviors and thought patterns that lead to greater success, fulfillment, and satisfying relationships. This step empowers individuals to cultivate strong connections with others by approaching relationships from a place of understanding and empathy, rather than defensiveness or self-interest.

Ultimately, the journey outlined in "Positive Intelligence" is one of profound self-discovery and growth. As readers progress through the insights and techniques Chamine provides, they will discover pathways to transform their lives. The mission is clear: strengthen your Sage powers, overcome your saboteurs, and foster lasting positive intelligence that enriches all aspects of life. It is this commitment to continuous, sustainable growth that will ensure the benefits of positive intelligence echo throughout individuals' personal and professional lives.

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2. Identifying the Saboteurs: The Voices That Hold Us Back

In "Positive Intelligence," Shirzad Chamine introduces the concept of saboteurs—those inner voices that impede our potential and success, often leading us into self-doubt and negativity. These saboteurs manifest through various personas, which we all experience to different extents in our thoughts and behaviors. Understanding and identifying these inner voices is the first step towards enhancing our positive intelligence and reclaiming our emotional well-being.

The saboteurs consist of distinct inner critics that whisper doubts and fears into our minds. Chamine identifies ten primary saboteurs, each representing a unique battle that we face within ourselves. The Judge is perhaps the most prevalent, constantly evaluating our actions and decisions, fostering feelings of guilt and inadequacy. This inner critic can lead to a cycle of negative self-talk, making it challenging to pursue new opportunities or embrace our imperfections.

The Victim is another common saboteur, evoking feelings of helplessness and self-pity. This voice can paralyze our ability to take action and steer our lives towards happiness and fulfillment, often convincing us that circumstances dictate our happiness. The Controller, on the other hand, seeks to dominate situations and impose one's will, resulting in frustration

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and conflict in relationships.

Other identified saboteurs include the Restless, who distracts us with tasks and the constant longing for more without appreciating the present, and the Avoider, who shies away from conflict, stalling personal growth and necessary conversations. Each saboteur not only influences how we see ourselves but also affects how we engage with the world around us, impacting our interactions and decisions.

Recognizing these voices is essential for anyone who aims to improve their mental fitness. By pinpointing their influence, individuals can gain insight into their thought patterns and emotional responses. This awareness allows for the development of self-compassion and a proactive approach to silencing the saboteurs. Mental exercises such as mindfulness and reflective practices encourage a greater connection to our sage, the wise and resourceful part of our brain that can counteract the narratives of the saboteurs.

Ultimately, identifying these voices and understanding how they operate is a critical step in the journey toward positive intelligence. Acknowledging their presence does not mean succumbing to their negativity; instead, it empowers individuals to challenge their influence, thereby fostering a more optimistic mindset and enhancing overall well-being.

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3. The Sage Perspective: Cultivating Positive Intelligence in Daily Life

In the realm of Positive Intelligence, the Sage Perspective emerges as a crucial element in fostering a mindset that promotes well-being, emotional resilience, and growth. Developed by Shirzad Chamine, the Sage Perspective enables individuals to harness their innate wisdom, compassion, and creativity. It contrasts sharply with the voices of our internal saboteurs—the negative thought patterns that cloud judgment and inhibit potential. By learning to cultivate this Sage Perspective, one can navigate life's challenges with grace, clarity, and effectiveness.

At its core, the Sage Perspective encourages a shift in focus from self-criticism and fear towards understanding and embracing our circumstances. When faced with setbacks or obstacles, the Sage within prompts us to adopt a mindset of curiosity and empathy. This involves asking insightful questions, reframing problems as opportunities for learning, and seeking to understand the underlying reasons behind our emotions and actions. For instance, a setback at work can be viewed not as a personal failure but as a chance to learn new skills or deepen relationships with team members.

To cultivate the Sage Perspective in daily life, individuals can practice several techniques that empower them to respond more thoughtfully to

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challenges. One such technique is the practice of mindfulness. Mindfulness allows individuals to become aware of their thoughts and feelings without judgment, creating a space where the Sage can emerge. By taking moments to pause, breathe, and observe one's inner dialogue, a person can begin to distinguish between the criticisms of their saboteurs and the supportive guidance of their Sage.

Visualization is another powerful tool in this process. By envisioning themselves as their most wise and compassionate selves, individuals can align their actions with the qualities they wish to embody. This can be done through guided imagery sessions, where one imagines a wise mentor or sage figure providing encouragement and guidance. The feelings of support and wisdom generated during these visualizations can be accessed during times of stress, helping to counterbalance negative thoughts and foster a more positive outlook.

Moreover, engaging in self-compassion practices can significantly enhance the Sage Perspective. Acknowledging that everyone makes mistakes and experiences difficulties helps in developing a more forgiving attitude towards oneself. This self-kindness fosters resilience, as it frees individuals from the debilitating grip of shame and self-blame, enabling them to approach challenges with an open heart and mind.

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Another essential element of cultivating the Sage Perspective is the practice of gratitude. Incorporating a daily gratitude practice can shift the focus away from what is lacking to what is abundant in one's life. By taking time to acknowledge the positives, whether small or large, individuals can shift their mental framework towards appreciation and positivity. This shift aids in reaffirming the connection to one's inner Sage, who thrives on positivity and abundance rather than scarcity and negativity.

Additionally, surrounding oneself with supportive and positive people can foster the Sage Perspective. Engaging with individuals who embody positive intelligence can serve as inspiration and reinforcement. Sharing experiences and practicing positive dialogues with this network helps in building a greater sense of community and support, which enhances mental fitness and emotional resilience.

Ultimately, cultivating the Sage Perspective involves a commitment to personal growth and development. It requires patience, practice, and a willingness to learn from both successes and failures. As individuals integrate these practices into their daily lives, they not only enhance their own mental fitness but also contribute to creating a more positive and uplifting environment for those around them. By embracing the Sage Perspective, we unlock our true potential, allowing us to respond to life's challenges with empathy, creativity, and wisdom.

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4. Practicing Mental Fitness for Enhanced Performance and Resilience

Practicing mental fitness is crucial for enhancing performance and resilience, as outlined in Shirzad Chamine's "Positive Intelligence." Mental fitness is akin to physical fitness; it requires regular practice and dedication to develop the skills necessary for thriving in both personal and professional environments. Chamine emphasizes that the foundation of mental fitness lies in identifying and mitigating the negative influences of our internal saboteurs, which can significantly hinder our ability to perform and adapt.

To practice mental fitness effectively, one must engage in deliberate activities that strengthen the Sage powers—the part of the mind responsible for creativity, empathy, and resilience. This is achieved through techniques that help in shifting focus from negative thinking patterns to positive, constructive perspectives. One of the key exercises is the PQ (Positive Intelligence) reps, which are brief mindfulness practices designed to increase awareness of one's thoughts and feelings.

These PQ reps consist of three simple steps: noticing the saboteurs, activating the Sage perspective, and grounding oneself in the present moment. By taking a few moments to observe negative thoughts as they arise without judgment, individuals can create space for more empowering beliefs. Following this observation, strengthening the connection with the

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Sage perspective allows individuals to respond to challenges with creativity and empathy rather than fear and avoidance. This practice not only aids in overcoming immediate obstacles but also fosters a mindset conducive to growth and resilience over time.

Incorporating PQ reps into daily routines can significantly impact overall mental fitness. By dedicating a few minutes each day to this practice, individuals can shift their mental baseline to a more positive state, enabling them to approach tasks with energy and clarity. Moreover, regular mental fitness practice enhances emotional regulation, leading to improved performance under pressure and the ability to navigate stress more effectively.

As mental fitness becomes ingrained in daily life, individuals often notice marked improvements in their ability to manage setbacks, handle criticism constructively, and recover from failure. This resilience is not merely about bouncing back; it also involves learning from experiences and using them to propel oneself forward.

In summary, Chamine clearly lays out that practicing mental fitness through PQ reps and other techniques empowers individuals to cultivate resilience and enhance their performance. By actively working to strengthen the Sage perspective and diminish the influence of saboteurs, anyone can unlock their

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full potential and navigate life's challenges with grace and confidence.

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5. Building Stronger Relationships through Positive Intelligence Techniques

Building stronger relationships is essential in both personal and professional realms, and Positive Intelligence offers effective techniques to foster deeper connections among individuals. At its core, Positive Intelligence emphasizes the importance of cultivating a mindset that is focused on growth, empathy, and understanding—qualities that naturally enhance our relationships.

One of the primary techniques involves recognizing and managing one's internal Saboteurs—those negative voices that often lead to conflict or misunderstanding in relationships. By becoming aware of how these Saboteurs operate, individuals can learn to sidestep defensiveness and criticism. For instance, the Judge, a common Saboteur, can create a negative atmosphere by leading us to blame either ourselves or others for perceived shortcomings. By identifying this voice during interactions, individuals can consciously choose to engage their Sage perspective instead, which focuses on understanding and acceptance.

The Sage powers—such as empathy, curiosity, and calmness—serve as antidotes to the Saboteurs. When in the Sage mindset, individuals can approach their relationships with a genuine curiosity and kindness. For example, practicing empathy allows one to truly listen and understand the feelings and viewpoints of others, fostering a deeper emotional bond. In this

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way, conversations become less about winning an argument and more about mutual understanding.

Moreover, applying the technique of active listening enhances relationship quality immensely. This involves being fully present during discussions and demonstrating understanding through reflective responses, which can significantly reduce the chances of misunderstandings and miscommunications. When partners, friends, or colleagues feel heard and valued, their trust is reinforced, paving the way for a more collaborative and harmonious relationship.

Another effective technique is to engage in joint problem-solving activities that employ the Sage perspective. This could involve co-creating solutions to conflicts or brainstorming ideas together in a way that allows all parties to express their thoughts freely. By embracing a collaborative rather than competitive dynamic, relationships can thrive as participants feel empowered and motivated by each other's contributions.

Lastly, practicing gratitude within relationships aligns closely with Positive Intelligence principles. Acknowledging the efforts and positive traits of those around us encourages a nurturing environment where people feel appreciated and valued. Simple acts of gratitude, such as expressing thanks or recognizing someone's contributions, can significantly enhance the

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emotional climate of a relationship. This has a cascading effect, creating an atmosphere of positivity that encourages further acts of kindness and support.

In conclusion, building stronger relationships through the techniques of Positive Intelligence requires a mindful approach to interpersonal interactions. By recognizing and managing Saboteurs, embracing Sage perspective traits, engaging in active listening, practicing joint problem-solving, and expressing gratitude, individuals can transform the quality of their connections. These practices not only enrich personal interactions but also foster a supportive community, ultimately leading to deeper satisfaction in one's social and professional life.

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6. Transforming Your Life by Strengthening Your Sage Powers

In “Positive Intelligence,” Shirzad Chamine introduces readers to the transformative concept of Sage Powers, which refers to the inherent positive capabilities that reside within each individual. The Sage perspective empowers us to shift away from self-sabotaging thoughts and behaviors, enabling a more resilient and fulfilling life. This transformative process involves tapping into five core Sage qualities: Empathy, Logic, Creativity, Resilience, and Action.

To effectively strengthen these Sage Powers, one must first cultivate self-awareness. This involves recognizing when the Saboteurs—the inner critics that lead to negativity and self-doubt—are influencing one's thoughts and feelings. By building this awareness, individuals can begin to observe their triggers and patterns without judgment. This observation phase is crucial, as it lays the foundation for consciously choosing to engage one's Sage rather than succumb to the Saboteurs' detrimental impacts.

Once self-awareness is established, the practice of harnessing Sage Powers begins. Empathy allows individuals to connect more deeply with themselves and others, fostering an environment of understanding and compassion. This quality creates space for better communication and stronger relationships. Logic enables clear thinking and objective reasoning, crucial for making

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insightful decisions rather than those clouded by fear or insecurity.

Creativity opens pathways to innovative solutions and the exploration of new opportunities. The practice of resilience teaches us how to bounce back from setbacks, reminding us that challenges are part of growth. Finally, the Action quality encourages the translation of insights gained through the Sage perspective into tangible steps forward, ensuring that positive changes manifest in reality.

An essential component in this transformation is mental fitness, which relates closely to one's ability to manage thoughts and emotions positively. Engaging in daily practices that bolster mental fitness, such as mindfulness, meditation, and reflection, strengthens the Sage Powers. Regular engagement in these activities allows individuals to realign their focus from the critical voices of the Saboteurs to the empowering guidance of their Sage.

Transforming one's life by strengthening Sage Powers is not an overnight endeavor; rather, it requires dedication and consistent practice. Integrating these strengths into everyday life leads to noticeable improvements in overall well-being, productivity, and interpersonal relationships. As individuals become more adept at operating from their Sage, they will find that their negative thought patterns diminish, replaced by a sense of clarity, direction, and peace.

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Ultimately, the journey towards enhancing Sage Powers is deeply personal, as it aligns with each individual's unique experiences and aspirations. By committing to this transformative process, readers of "Positive Intelligence" can not only reshape their internal narratives but also significantly improve their interactions with the world around them. The integration of Sage Powers into daily practice not only fosters personal growth but also creates a ripple effect, promoting positivity and resilience in one's environment, thereby transforming lives for the better.

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7. Developing a Sustainable Routine for Lasting Positive Intelligence Growth

To cultivate enduring improvements in Positive Intelligence, establishing a sustainable routine is essential. This process requires intentionality and a consistent approach to incorporating the principles of Positive Intelligence into daily life.

The first step in developing this routine is to recognize the significance of consistent practice. Just as physical fitness requires ongoing effort and commitment, mental fitness hinges on regular exercises that strengthen our positive mindset. Setting aside dedicated time each day for mental fitness activities can enhance our awareness of the Saboteurs and strengthen the Sage perspective.

Morning rituals can be a powerful anchor for starting the day with a positive mindset. By incorporating practices such as mindfulness meditation, gratitude journaling, or visualization of positive outcomes, individuals can fill their mental reservoirs with optimism and clarity. For example, spending just ten minutes each morning focusing on three things one is grateful for can significantly shift one's perspective and set a positive tone for the day ahead.

In addition, integrating mini-exercises throughout the day can serve as

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reminders to harness positivity in real-time. Simple techniques, such as taking a few deep breaths to center oneself when confronted with challenges or consciously reframing negative thoughts into constructive ones, act as effective tools in managing the inner dialogue. These practices help to gradually rewire the brain, allowing positive thoughts to flow more readily over time.

Accountability is another critical aspect of developing a sustainable routine. Engaging with a coach, mentor, or accountability partner can provide essential support and encouragement along the journey. Sharing one's goals and regular check-ins can lead to greater commitment and motivation, underscoring the importance of community in the growth process.

Moreover, creating a structured schedule that includes specific times for practicing Positive Intelligence exercises can help maintain focus and continuity. It may be beneficial to designate certain days of the week for exploring different aspects of Positive Intelligence, such as deepening understanding of the Sage perspective one week and practicing Self-Compassion the next. By doing so, individuals can immerse themselves in each area and reap profound benefits.

As progress unfolds, it is paramount to reflect on and celebrate small victories. Acknowledging the shifts in mindset, improvements in

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relationships, and enhanced resilience contribute to intrinsic motivation. Keeping a progress journal can also provide insight into one's journey, marking how the adoption of Positive Intelligence habits has transformed experiences and reactions over time.

Finally, always remain adaptable and open to evolving the routine. Life is dynamic, and so must be our approach to mental fitness. Regularly reassessing the effectiveness of chosen practices and being willing to experiment with new techniques can sustain long-term growth. This openness to change fosters an environment where Positive Intelligence can thrive, leading to sustained improvements in mental well-being and resilience.

In summary, developing a sustainable routine for lasting Positive Intelligence growth involves regular practice, accountability, structured scheduling, reflection, and adaptability. By committing to this journey with consistency and enthusiasm, we can cultivate resilience and create lasting, positive changes in our lives.

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5 Key Quotes of Positive Intelligence

1. Your mind is your best friend; your mind is your worst enemy.
2. The stronger your positive intelligence, the greater your capacity for happiness, innovation, and productivity.
3. You can't eliminate the Saboteurs; you can only weaken their power over you.
4. The greatest barrier to achieving your full potential is the negative self-talk that constantly plays in your mind.
5. True success is not about achieving a certain goal; it's about nurturing your inner qualities and well-being.

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