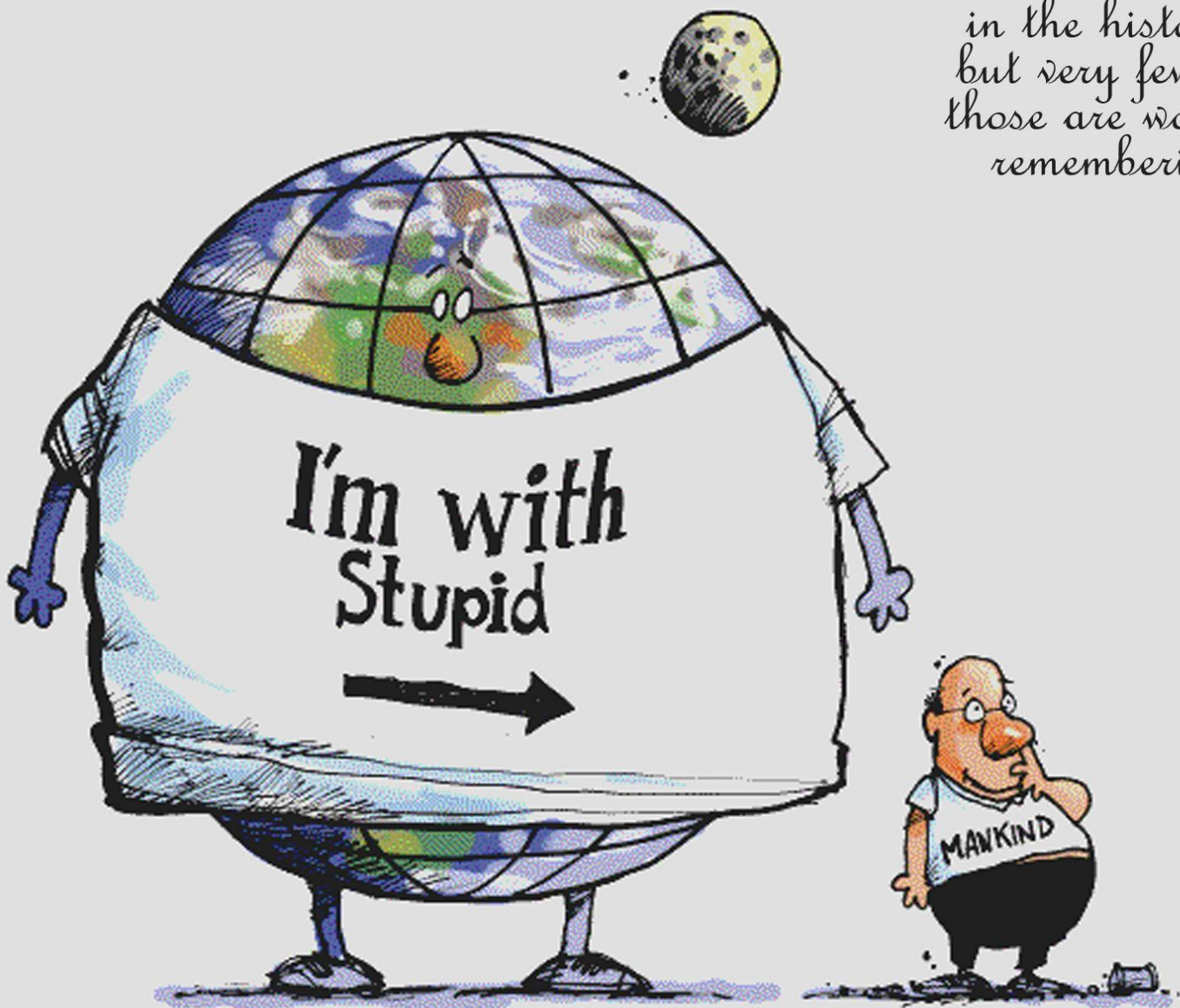


# "STUPID AND RUBBISH"

Would you like someone to say that about you ?

*The life of a man is a moment in the history, but very few of those are worth remembering.*



by Apoorve Dubey

## Introduction

Stupid and rubbish, would you like someone to say that about you? The answer is probably not. But the fact is a lot of us spend our lives doing stupid and rubbish without ever realizing it. Life is short. It is made even shorter because of the speed at which we live our lives. We rarely get time to think and reflect about ourselves. The world existed before you were born. The world will exist even after your death. It is scary to think about it, but death is our ultimate destination. We may not realize that we are racing towards it. Have you ever thought what difference does your existence make to the world? It is a question that has always fascinated me. I believe we ought to leave behind something that outlasts us. Otherwise, what else was the need of our existence for a brief period? Life is an opportunity for us to create something that outlasts us; an indelible footprint in the sands of time by contributing something that makes the world better than before.

What is in this book for you?

1. It's free.
2. Since you are busy the book is really short.
3. It contains powerful ideas, really powerful.
4. You can send your feedback, questions to the author at [apoorve\\_dubey@kreyonsys.com](mailto:apoorve_dubey@kreyonsys.com)
5. You may win a surprise prize by writing to the author. There are surprise gifts to be won for the best questions, feedback and suggestions on this book.
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## Dedication

I want to take this opportunity to thank the most important community, the readers. There is nothing more endearing than to receive the love and affection of the readers. My first book 'The Flight of Ambition' has been received well and has been touching the lives of people in a positive way. The book is making a contribution in their lives and that delights me. I owe this one to all those wonderful readers.

STUPID  
AND  
RUBBISH



1. *"Nothing can defeat you, if you make up your mind to fight and nothing can save you, if you have accepted defeat."*

*Apoorve Dubey*

2. *"The enormity of your problems is nothing compared with your ability to solve them. By overestimating the problem you underestimate yourself."*

*Apoorve Dubey*

3. *"The price tag you put on yourself decides your worth. Underestimating yourself will cost you dearly."*

*Apoorve Dubey*

4. *"It is the road you take that decides your destiny and not your destiny that decides the road you take."*

*Apoorve Dubey*

5. *"If you don't have the courage to walk alone others will not have the courage to walk with you."*

*Apoorve Dubey*

6. *"Purpose is the lamp which shows you the path on your journey called life."*

*Apoorve Dubey*

7. *"You may not be able to change the world. But that should not stop you from changing someone's world."*

*Apoorve Dubey*



8. *"Your life is a gift that is unveiled when you expand it by touching the lives of others."*

*Apoorve Dubey*

9. *"When you are absorbed in the target, you have an intensity that allows you to reach it."*

*Apoorve Dubey*

10. *"The microscope with which you can see the opportunities in problems is called vision. Most people do not use it."*

*Apoorve Dubey*

11. *"Every dream can be turned into reality, provided you believe in it."*

*Apoorve Dubey*

12. *"If you lose yourself in quest of something, you invariably get it."*

*Apoorve Dubey*

13. *"A leader is a follower, follower of his own heart."*

*Apoorve Dubey*

14. *"Success is all about moving in the direction of your goals if you think too much about the end you may stumble and not reach success but if you pay attention to each step then the journey becomes easy and success comes even without your notice."*

*Apoorve Dubey*



15. *"Procrastination is avoiding that needs to be done and doing what needs to be avoided."*

*Apoorve Dubey*

16. *"A leader is a follower, follower of his own heart."*

*Apoorve Dubey*

17. *"If our inner world is not in harmony we cannot be in harmony with others; if the inner world is in harmony we cannot be in conflict with others."*

*Apoorve Dubey*

18. *"If you are not happy with what you are, chances are that others won't be happy with you either. Better change yourself, then pretending being someone else."*

*Apoorve Dubey*

19. *"Hard work is the best talent that I know, strangely, it works in all the fields of human endeavor."*

*Apoorve Dubey*

20. *"The strongest foundation for success is laid by the merit of your actions nothing in the world can shake it."*

*Apoorve Dubey*

21. *"Discomfort, hard work, struggles and setbacks all are indicative of the fact that you are trying. Triumph begins with a try."*

*Apoorve Dubey*



22. *"Unless you pay the price for success you will not know its worth."*

*Apoorve Dubey*

23. *"To get up when you are down, to fight more intensely when you are struggling; to put in the extra effort when you are in sheer pain, to comeback when nobody expects you to, and to stand tall when everyone is pulling you down are what make a champion."*

*Apoorve Dubey*

24. *"People are driven either by dreams or deadlines."*

*Apoorve Dubey*

25. *"You are here to live your dreams and not your fears. Don't let the fear stop you from doing what you love the most."*

*Apoorve Dubey*

26. *"Your only commitment is to be true to yourself. If you are not then you are simply deceiving yourself and others."*

*Apoorve Dubey*

27. *"Practice is the best company. The longer you keep it, the better the rewards will be."*

*Apoorve Dubey*



28. *"It is not your opponent but your weaknesses that hurt you the most."*  
Apoorve Dubey

29. *"Failure is a sign board which says, try again."*  
Apoorve Dubey

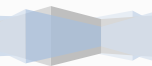
30. *"It is difficult to make things easy but easy to make things difficult. A skeptic makes things difficult but leaders make it easy."*  
Apoorve Dubey

31. *"Your time is the most valuable asset with you; invest it, where you get best returns."*  
Apoorve Dubey

32. *"You have the power to choose who you want to be. Be the grandest, greatest and the best that you can be."*  
Apoorve Dubey

33. *"The most difficult journey is often the most rewarding one."*  
Apoorve Dubey

34. *"If you want to win the approval of all you will end up losing."*  
Apoorve Dubey





35. *"Ultimately it is a matter of fighting the little battles with yourself. Every time you say no to the things that bring you down you win."*

*Apoorve Dubey*

36. *"Failure waits for tomorrow, success is always busy."*

*Apoorve Dubey*

37. *"The value of life is revealed when it confronts death from close quarters."*

*Apoorve Dubey*

38. *"There is no future for success. Success lives in the present. Failure lives in the past and future. "*

*Apoorve Dubey*

39. *"It used to be lonely at the top. Now, it is lonely at the bottom, don't stay there move up."*

*Apoorve Dubey*

40. *"Success does not come with ability it comes with determination."*

*Apoorve Dubey*

41. *"It is not iron, steel or diamond, but human mind is the strongest thing on earth."*

*Apoorve Dubey*



42. *"The more you want less, the more you will be satisfied in life."*

*Apoorve Dubey*

43. *"A flower has to come out of the bud to blossom similarly a man has to come out of his comfort zone, his self-imposed shell to flourish. Be brave and fear not you have nothing to lose."*

*Apoorve Dubey*

44. *"The more the number of people who say that it cannot be done, greater is the thrill when you actually do it."*

*Apoorve Dubey*

45. *"The more you follow others the further you will walk from your own destiny. Follow your own star and illumine the world in your own way."*

*Apoorve Dubey*

46. *"Opportunity comes not to the strongest, but to the one who is best prepared for it."*

*Apoorve Dubey*

47. *"Resistance, opposition, strife, and struggle are all milestones on the journey of a great life."*

*Apoorve Dubey*



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