

**A Life-Changing Tool That Millions of
People Can't Stop Talking About**

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THEORY**

Mel Robbins

New York Times Bestselling Author

Hardcover TikTok Self Help Trend

Kojo Sarfo



Hardcover TikTok Self Help Trend:

The Perennials Mauro F. Guillén, 2023-08-22 Get the best from accelerating social change with the new book from the bestselling author of 2030 and acclaimed thought leader Kirkus Mauro Guillén Adam Grant praises how the book invites us to rethink our careers our families and our future plans Find out why business leaders and bestselling authors around the world are calling the book sharply relevant and necessary William P. Lauder insightful and deeply researched Richard Florida and A must read Mohammed A. El-Erian In today's world the acceleration of megatrends increasing longevity and the explosion of technology among many others are transforming life as we now know it In The Perennials bestselling author of 2030 Mauro Guillén unpacks a sweeping societal shift triggered by demographic and technological transformation Guillén argues that outmoded terms like Boomers Gen X Millennials and Gen Z have long been used to pigeonhole us into rigid categories and life stages artificially preventing people from reaching their full potential A new postgenerational workforce known as perennials individuals who are not pitted against each other either by their age or experience makes it possible to liberate scores of people from the constraints of the sequential model of life and level the playing field so that everyone has a chance at living a rewarding life Guillén unveils how this generational revolution will impact young people just entering the workforce as well as those who are living and working longer This multigenerational revolution is already happening and Mauro Guillén identifies the specific cultural organizational and policy changes that need to be made in order to switch to a new template and usher in a new era of innovation powered by the perennials

Feeling Good! Kojo Sarfo, 2022-12-06 Develop a healthy outlook on life and assess your own mental health with this informative guided workbook to staying positive and living life to the fullest no matter what you're going through Do you struggle with stress worry anxiety or depression The Feeling Good workbook is here to help you take control of your mental health once and for all so you can start finding healthy ways to cope and improve your overall outlook With prompts lists activities and more you can learn why different types of mental health disorders exist and determine if you should seek a diagnosis You'll learn healthy strategies for dealing with mental illness process difficult emotions and map out ways to help you feel happier more confident and more fulfilled in life With expert advice from Dr. Kojo Sarfo you'll toss the stigma have fun completing exercises as you learn positive mental health and best of all accept yourself for who you are No matter what mental health struggles you're facing you are not alone It's time to come face to face with your mental health with Feeling Good

Breaking Free from TikTok Addiction Starlife Aeoo, 2025-04-16 Are you scrolling your life away You're not alone and this book is for you Breaking Free from TikTok Addiction is not just another self-help guide It's a raw personal story of how I got trapped in the endless scroll chasing likes trends and fleeting validation and how I finally broke free I know what it's like to wake up reaching for your phone to measure your worth by views and comments and to lose hours days doing nothing I also know what it feels like to wake up one day and realize this isn't the life I want This book shares my journey from obsession to freedom from burnout to

purpose Through honest reflections real life moments and practical steps I open up about the emotional rollercoaster of social media addiction and the healing that followed If you ve ever felt stuck numb or like TikTok is controlling more of your life than you d like to admit this book will speak to you Whether you want to cut back take a break or quit for good you ll find hope and guidance in these pages This is not about judgment It s about freedom Let s take back your time your focus your peace together

TikTok Marketing Prabhu TL,2024-12-28 Are you ready to transform your marketing strategy with the power of TikTok Whether you re a small business owner marketing professional or aspiring influencer *TikTok Marketing Unlocking Viral Success in the Digital Age* is your ultimate guide to navigating and thriving on one of the world s fastest growing social media platforms With over a billion active users TikTok has become more than just a hub for viral dances and funny videos it s now a dynamic ecosystem where creativity meets commerce This book takes you on a step by step journey helping you master the art and science of TikTok marketing From the basics of setting up your profile to advanced strategies that leverage analytics trends and advertising tools this comprehensive guide equips you with everything you need to make a lasting impact

What You ll Discover

- The Foundations of TikTok Success** Learn how to create a professional TikTok business account and optimize your profile for maximum visibility Understand TikTok s unique culture audience demographics and the algorithm that powers its For You Page
- FYP Content Creation Strategies That Work** Master the art of crafting engaging videos that resonate with your audience Explore the role of trends challenges and storytelling in building your brand presence
- Unlock the potential of TikTok s creative tools** including sounds duets and branded effects
- Engaging and Growing Your Audience** Discover how to build a loyal community through authentic engagement and user generated content
- Leverage TikTok Live** comment interactions and influencer collaborations to deepen connections with your audience
- Advertising on TikTok** Navigate TikTok s advertising options including In Feed Ads Branded Hashtag Challenges TopView Ads and more
- Learn how to set measurable goals** target the right audience and maximize your return on investment
- Advanced Strategies for Long Term Growth** Dive into TikTok Analytics to refine your campaigns with data driven insights Stay ahead of the curve with emerging trends like TikTok Shopping and AI powered content suggestions
- Discover best practices for cross platform promotion and integrating TikTok into your broader marketing efforts**
- Real World Case Studies and Best Practices** Gain inspiration from successful TikTok marketing campaigns by top brands and small businesses alike
- Learn how to avoid common pitfalls and adopt ethical and inclusive marketing practices**

Who This Book Is For

- Business Owners** Unlock cost effective strategies to expand your reach and grow your brand
- Marketers** Gain actionable insights to incorporate TikTok into your existing campaigns and boost engagement
- Influencers** Learn how to create viral content and build a personal brand on TikTok
- Content Creators** Explore tips and tools for crafting captivating videos that stand out

Why TikTok In today s digital landscape TikTok is not just a platform it s a cultural phenomenon It offers unprecedented opportunities for brands and creators to connect with global audiences foster authentic relationships and achieve viral success With its low barrier to

entry and immense potential for creativity TikTok has leveled the playing field making it an indispensable tool for anyone looking to make their mark in the digital age If you're ready to harness TikTok's transformative potential and elevate your marketing game TikTok Marketing Unlocking Viral Success in the Digital Age is the book you've been waiting for Let this guide be your blueprint to building a thriving presence on the platform where trends are born communities flourish and brands grow Get your copy today and start your journey toward TikTok marketing mastery

The Gospel of Wellness

Rina Raphael, 2022-09-20 Next level revelatory Sarah Knight New York Times bestselling author of The Life Changing Magic of Not Giving a F ck Excellent Rina really knows her shit I'm so thankful for this book Jameela Jamil actress and host of I Weigh Journalist Rina Raphael looks at the explosion of the wellness industry how it stems from legitimate complaints how seductive marketing targets hopeful consumers and why women are opening up their wallets like never before Wellness promises women the one thing they desperately desire control Women are pursuing their health like never before Whether it's juicing biohacking clutching crystals or sipping collagen today there is something for everyone as the wellness industry has grown from modest roots into a \$4.4 trillion entity and a full blown movement promising health and vitality in the most fashionable package But why suddenly are we all feeling so unwell The truth is that deep within the underbelly of self care hidden beneath layers of clever marketing wellness beckons with a far stronger more seductive message than health alone It promises women the one thing they desperately desire control Vividly told and deeply reported The Gospel of Wellness reveals how this obsession is a direct result of women feeling dismissed mistreated and overburdened Women are told they can manage the chaos ruling their life by following a laid out plan eat right exercise meditate then buy or do all this stuff And while wellness may have sprung from good intentions we are now relentlessly flooded with exploitative offerings questionable ideas and a mounting pressure to stay devoted to the divine doctrine of wellness What happens when the cure becomes as bad as the disease With a critical eye humor and empathy wellness industry journalist Rina Raphael examines how women have been led down a kale covered path promising nothing short of salvation She knows Raphael was once a disciple herself trying everything from clean eating to electric shock workouts until her own awakening to the troubling consequences Balancing the good with the bad The Gospel of Wellness is a clear eyed exploration of what wellness can actually offer us knocking down the false idols and commandments that have taken hold and ultimately showing how we might shape a better future for the movement and for our well being

TikTok for Sales Josué Matos, In the ever evolving digital landscape where trends shift at the speed of a click few platforms have reshaped the sales and marketing game quite like TikTok What initially seemed like a space for fun and creative videos has become a powerful tool for brands seeking authentic connections with their consumers Far from being a passing trend TikTok represents a revolution in how products and services are promoted and sold online This is the second book in a series designed to explore the potential of social media platforms for sales While the first volume Instagram for Sales Strategies to Convert Followers into Customers focused

on a well established platform known for its visual and interactive appeal this book dives into a dynamic and opportunity rich terrain TikTok for Sales Viral Strategies for Growth and Conversion is an essential guide for anyone looking to harness the viral power of TikTok transforming creativity into real conversions With over 150 million active users in the United States alone and a global user base exceeding 1 billion TikTok is not just a social network but a global stage where brands can shine by telling their stories in engaging and innovative ways Through trends challenges short videos or live streams TikTok offers endless possibilities for entrepreneurs of all sizes to stand out in today s competitive market In this book I ve explored every aspect of the platform from setting up an attractive business profile to advanced sales strategies and performance analysis Organized into 30 chapters the content is tailored for both beginners and seasoned professionals providing valuable and practical insights You ll learn how to navigate TikTok s algorithm create engaging content leverage features like TikTok Shopping and hashtags and build partnerships with creators to maximize your sales As a digital marketing professional inspired by my international journey I bring a global perspective to this work My name is Josu Matos author of over 50 books including Rich Uncle Poor Nephews and The Art of Reinvention With a decade of experience in digital platforms and a Bachelor s degree in Advertising Marketing and Communications underway I have dedicated my career to helping entrepreneurs succeed in the digital world My travels across Northern Ireland Canada and the United States have broadened my outlook and enabled me to develop innovative strategies which I share with you in this book Get ready to discover how to turn creativity into conversions trends into sales and followers into loyal customers Welcome to a new era of sales on TikTok Together let s explore this dynamic platform and take your business to the next level

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The Ultimate Guide To TikTok For Business Ashley Knewman,2020 Does the hottest new social media platform TikTok confuse you To some it probably seems like just a lip syncing video app for teens but it s much more than that In this book we will teach you how to use TikTok right This way you can introduce your business or product to a huge audience In fact TikTok has 500 million users worldwide and it was the most downloaded app on App Store in 2019 Of course TikTok isn t the right platform for all types of businesses In this book we will help you determine if it is right for you and how to make the most out of it

Stop Lying to Yourself Simon Gilham,2024-08-22 These are the hard truths no one will tell you but what you most need to hear THE INSTANT SUNDAY TIMES BESTSELLER Wherever you are in your life if you do not feel like the happiest most honest version of yourself this book is for you Stop making excuses for your partner s behaviour stop ignoring the ways your friend lets you down stop selling yourself short at work Start living a life that makes you happy Simon Gilham has built a dedicated community of over 9 million people worldwide through his videos that tell you what you need to hear even if it s not what you want to hear In Stop Lying to Yourself for the first time he brings all his most sought after advice together with completely new quotes prompts and practical self help steps to create a straight talking inspirational handbook for us all Read in one sitting or dip in and out this book might sometimes feel challenging but it will always feel empowering so that you can finally make the positive change you deserve today Sunday Times Bestseller August 2024

[How to Make Money on Tiktok in 2024](#) The Fix-It Guy,2023-09-30 TikTok is the hottest social media platform right now and it s not just for dancing teens Businesses of all sizes are using TikTok to reach new customers and grow their sales But how do you make money on TikTok In this book you ll learn everything you need to know to start making money on TikTok in 2024 You ll learn how to create engaging content build an audience and monetize your account You ll also learn from successful TikTok

creators who have shared their tips and strategies Whether you re a small business owner an influencer or just someone who wants to make some extra money online this book is for you Learn how to Create engaging TikTok content that will capture attention and get views Build a large and engaged audience on TikTok Monetize your TikTok account through sponsorships affiliate marketing and more Learn from successful TikTok creators who share their tips and strategies Imagine this You wake up one morning to find a notification on your phone It s a sale notification from your online store You check your bank account and see that you ve made 1000 overnight This is the power of TikTok marketing When you know how to use TikTok effectively you can reach a massive audience of potential customers and grow your business rapidly In this book you ll learn everything you need to know to start making money on TikTok in 2024 You ll learn how to create engaging content build an audience and monetize your account You ll also learn from successful TikTok creators who have shared their tips and strategies Don t wait any longer Order your copy of this book today and start making money on TikTok TikTok-- How to Become Famous on TikTok Martin Baldrön,2020 You know how those Hollywood Stars didn t want to be on IG 4 years ago cause they thought they were cool sh t but now they re like Uhoh Striking a platform while it s hot matters way more than If that platform exists in a decade See people like Kylie Jenner I know cheesy She built a brand on Instagram while it was the trend Now she sell whatever wherever but that couldn t be possible if she didn t strike the Instagram trend Every few years a new platform is born and a small circles of people the ones that know how to harness its power become HUGE and build a brand Look at Logan Paul Took Vine s trend and now they re making millions Why can t anybody be a part of that circle And why you should try to Most people think that since it s new they can jump on it and get easily their piece Then they try and it seems like they don t have that magic power anymore Does this sound familiar You join the trendy platform you see influencers and brands with a lot of followers and you re like HOW SWAY HOW Kanye s voice You see them having success and you rightfully think how did they do that For my skateboard brand I tried with Instagram Stories when it was hot Had a little following but ONLY because my girl a model reposted all my content in her profile I know So I tried to post viral videos every day I tried everything Hashtags commenting funny stuff brand campaigns No success for me I was getting views and traffic but other than that No fans NO sales I thought Maybe I m doing it wrong My target is not here I suck But then I understood that you don t have to reinvent the wheel to have success I started emulating viral content but just when I was getting close to my goal It seemed like the organic reach on IG was dead The trend was dying at light speed and I understood quickly I had no chance anymore But I learned 1 thing I LL NEVER BE LATE ANYMORE TikTok was getting traction I noticed it so I moved my content from IG to TikTok and then BOOM I understood immediately how it worked so I planned a strategy I posted every day and I got 137k followers in 2 months I was like WHAT THE HELL And if I did it NOW that you re reading I would even have better results since millions of people are joining the platform every week The faster you move with the right strategy the better the chance for you You don t need to be beautiful or a 12 years old Originality is what works on

TikTok and it's proven to work in every industry NO STRATEGY BIG LOSS tho even if you're Kylie WHAT'S THE STRATEGY THAT BROUGHT ME FROM 0 TO 137K My strategy is evergreen I tried it so many times that now I can figure out how a new social media works in just a week So you can take it and apply it in every platform This book is so valuable for you I promise THE STRATEGY 1 Don't reinvent Emulate viral content 2 Find your micro niche that's easier to conquer conquer it and then conquer the bigger niche and so on 3 Create content that sells you your product or other people's so you can monetize from your phone But listen I want you to know this This app's organic reach is remarkable and it will go away It happened with Facebook it happened with Vine it happened with Instagram more recently I will prevent you to get a brown smile and I will help you have success from your cellphone Deal You can do it I wish I had this knowledge when I [How To Become TikTok Famous](#) Matthew Gumke, 2019-09-17 How To Become TikTok Famous Without Embarrassing Yourself Matthew Gumke In this book you'll learn how I'm becoming famous on TikTok I've successfully gone from 0 to 25 000 followers within 2 weeks using my strategy It's really easy anyone could do it and there's no need to embarrass yourself like what you see many people doing I'm using this to create more exposure for my personal brand which I can use to impact more people with my books and businesses Maybe you want to use it to get famous it doesn't matter what you use this method for I believe it's a powerful asset in the 21st century to have a large social media following Time and time again we see influencers have more successful businesses than people operating in the background unless that person had a lot of money to start with anyway For someone to come up from nothing having a large presence is almost essential at this stage of the social media game I think many people will start to spend more time on TikTok than the main player right now Instagram as time goes on Instagram is so look how much better I am than you and people are sick of it I like TikTok the most because it's a place that people can be themselves and have fun By becoming famous before it gets noisy with loads of users you'll be at an advantage when the users and watch time comes Who is Matthew Gumke Matthew Gumke is a 24 year old Author Entrepreneur and owner of Gumke University Gumke University is known for changing the future of education Unlike many other universities Gumke University adapts to changes in the marketplace and Gumke University focuses on tangible results not theories Gumke University was established to help the students get rich on their own terms without needing degrees Matthew Gumke believes his students can improve their health happiness and quality of relationships by becoming financially free Gumke University succeeds when students make money not when they correctly answer questions about the curriculum The reality is that some students win even if they don't know everything in the curriculum and other students lose even if they know the entire curriculum At Gumke University winning is the priority All training programs are set up in a step by step system that helps the students succeed not just the owners of the university If changes in the marketplace occur the changes are implemented immediately not in a few years Matthew Gumke the owner of Gumke University is best known for giving away millions of books to introduce people to his education People try to remind Matthew not to work so much He even stopped his

exotic car tour business to help more students achieve financial success When Matthew isn't working he enjoys learning traveling the world relaxing eating great food and going to the gym Matthew didn't do well in traditional education He wanted to become a multi millionaire and all the teachers he spoke to about it were struggling financially Matthew knew that he needed to find better teachers outside of traditional education He wanted to get taught by the people at the top not their employees In Matthew's pursuit to find the owner of an education company he found Ekim Kaya the owner of Kaya Online the world's largest Amazon training company Matthew watched Ekim take his business to over 100 000 students Matthew knew that this was the impact he wanted to create Matthew started to teach for Kaya Online having his work translated into multiple languages for Ekim Kaya's 100 000 students Within just a few years of learning from Ekim Kaya Matthew was financially independent Matthew wants his story to inspire people that no matter the history of their education no matter how much debt they're in no matter what their current circumstances anyone can change the future of their education Gumke University The Future of Education

TikTok - How to Become Famous on TikTok Martin Baldrön, 2019-12-24 You know how those Hollywood Stars didn't want to be on IG 4 years ago cause they thought they were cool sh*t but now they're like Uhoh Striking a platform while it's hot matters way more than If that platform exists in a decade See people like Kylie Jenner I know cheesy She built a brand on Instagram while it was the trend Now she sells whatever wherever but that couldn't be possible if she didn't strike the Instagram trend Every few years a new platform is born and a small circle of people the ones that know how to harness its power become HUGE and build a brand Look at Logan Paul Took Vine's trend and now they're making millions Why can't anybody be a part of that circle And why you should try to Most people think that since it's new they can jump on it and get easily their piece Then they try and it seems like they don't have that magic power anymore Does this sound familiar You join the trendy platform you see influencers and brands with a lot of followers and you're like HOW SWAY HOW Kanye's voice You see them having success and you rightfully think how did they do that For my skateboard brand I tried with Instagram Stories when it was hot Had a little following but ONLY because my girl a model reposted all my content in her profile I know So I tried to post viral videos every day I tried everything Hashtags commenting funny stuff brand campaigns No success for me I was getting views and traffic but other than that No fans NO sales I thought Maybe I'm doing it wrong My target is not here I suck But then I understood that you don't have to reinvent the wheel to have success I started emulating viral content but just when I was getting close to my goal It seemed like the organic reach on IG was dead The trend was dying at light speed and I understood quickly I had no chance anymore But I learned 1 thing I LL NEVER BE LATE ANYMORE TikTok was getting traction I noticed it so I moved my content from IG to TikTok and then BOOM I understood immediately how it worked so I planned a strategy I posted every day and I got 137k followers in 2 months I was like WHAT THE HELL And if I did it NOW that you're reading I would even have better results since millions of people are joining the platform every week The faster you move with the right strategy the better the chance for you You don

t need to be beautiful or a 12 years old Originality is what works on TikTok and it's proven to work in every industry NO STRATEGY BIG LOSS tho even if you're Kylie WHAT'S THE STRATEGY THAT BROUGHT ME FROM 0 TO 137K My strategy is evergreen I tried it so many times that now I can figure out how a new social media works in just a week So you can take it and apply it in every platform This book is so valuable for you I promise THE STRATEGY 1 Don't reinvent Emulate viral content 2 Find your micro niche that's easier to conquer conquer it and then conquer the bigger niche and so on 3 Create content that sells you your product or other people's so you can monetize from your phone But listen I want you to know this This app's organic reach is remarkable and it will go away It happened with Facebook it happened with Vine it happened with Instagram more recently Today avoid your Starbucks Latte morning addiction and get this book For YOU and your future goal I will prevent you to get a brown smile and I will help you have success from your cellphone Deal You can do it I wish I had this knowledge when I started I would have probably been a millionaire now no jokes So get your copy and apply the principles NOW Good luck Martin

Tik-Tok Mastery for Business Ronnie Griffins, 2020-06-06 Would you like to attract more followers to your tik tok platform Would you like to advertise your products or services to a great passionate audience on a social media platform that has the highest engagement rates per post and is not yet saturated Then this book will guide and assist you in mastering the tik tok online platform in utilizing it to advance yourself and your business The TikTok online platform has seen an upward exponential development curve It currently has 800 million clients that are yearning for entertainment only and energizing content This is an enormous open door for you to advance your business Besides it has the highest social media engagement rates per post To be fruitful with TikTok promotion you have to know how the stage functions and how the clients communicate with one another TikTok appeals to a more youthful segment and you truly need to communicate in their language to be effective This guide will disclose all you have to think about TikTok to make effective showcasing efforts

TikTok Mark Simon, 2020-05-26 Are you struggling to learn the ins and outs of Tik Tok Tik Tok is the biggest media platform around and is constantly gaining more users everyday Currently it has a wider reach than Facebook and YouTube combined Meaning that if you don't have a presence on the platform than you are being left behind No matter what kind of business you are in you need to have Tik Tok presence this is especially true if you want to be any sort of influencer People have been becoming stars on the platform over night and even transforming the social currency from Tik Tok into multi million dollar Hollywood deals And the best part is with this book you can too This book will show you how to set up your Tik Tok the right way so that you can start generating real followers right from the start The kind of subscribers that will help you climb to the top and support your career the whole way This book will teach you What Tik Tok is and how to set one up How to make an interesting Tik Tok video Why videos go viral and how to make one How to stay consistent How to make a content plan and stick to it How interact with your subscribers in an authentic way And so much more You can earn real passive income from Tik Tok in a fun and creative way And by following the lessons in this book you'll

able to do it in a way that will help you to make a career If you are serious about learning all about Tik Tok so you can make a sustainable income from it then you need to get this book today *Tik Tok 2021* Matt J Marswood,Tom F Cowell,2021-01-24 Do you want to become an important influencer but don t know where to start This is the perfect time to start with magnificent social media WHAT IS THE BOOK ABOUT This book will explain in depth the basics of social media the advantages it can offer and how to exploit them in order to earn All of this will serve you to have a broader view of social media as well as much more information that can be useful for you take off your TIK TOK account THE ADVANTAGES OF THIS BOOK An important part of the book will talk about TIK TOK the new social that is depopulating among young people It will touch on not only its history but where it comes from and how it can be used to make serious money We explain how it works from registration to the finalization of videos step by step in an accurate way so that you can become a full fledged influencer THIS GUIDE WILL TALK ABOUT This book will teach you how to use each major platform Tik Tok Facebook Twitter LinkedIn Instagram and YouTube and help you make a plan on how to market social media support This guide will also teach you how to use your social media to make money by promoting products It will also teach you how to be original and therefore more interesting for your followers TARGET USERS Suitable for everyone those who are inexperienced who do not know where to start when creating a video and for people who are already using it but are not fully exploiting its potential THE FUTURE IS NOW NOT SO FAR DO NOT MISS THIS OPPORTUNITY TO KEEP WITH IT Request your copy of TIK TOK 2021 now and start improving your business today

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