

Wow! I Am Thriving In A Bad Situation Where Most Only Survive –I Am The Primary Caregiver Of Over 12 years, For My 91 Year Old Mother With Dementia – Here are 4 Awesome & Healthful Things for the Baby Boomers, the Overweight, & the Health Minded -- Struggling To Build An Online Business (short of time & money) – I Am Author & Publisher of 15 Amazon Kindle Books --Almost 64 years old & I’ve never had a cell phone! – I have awesome hair & legs -- I raised black widow spiders from about 10 or 11 years old, to just recently (over 50 years) -- Family Problems that went bad, & Much More. -- Oh, Yeah: America’s Newest Prophet? (Now there’s a show for you!)

**My Past, Present, & Future! 8-15-18**

## **I Am Michael Allen & I Enhance Lives!**



-To see how I do it, scroll down to page 6, & see the article:

**“Here Are 4 Awesome Things, From Me To You, For Your Health”.**

=====

**(HUGE NOTE: Don’t ‘Judge’ the quality of the information, from the quality of my videos!)**

=====

**\*\*\*\* Please watch the video below to see what we are doing right now, & how you also get about a dozen of my favorite & original techniques for FREE!:**

<https://www.youtube.com/watch?v=Ut86h-OLgMQ&t=34s>

=====

**Intro:** We have a ton of really good information, and when people use it, their lives are enhanced in a big way too! **You will feel better, look better, be better, lose weight, look younger, have a more positive attitude every day, and more benefits in many of the main areas of your life!**

Our goal is to help as many people as possible, as soon as possible.

Our most beneficial sites are: [GuyOfGoodness.com](http://GuyOfGoodness.com)  
[NoSweatWorkout.com](http://NoSweatWorkout.com) & [MikeTheSeeker.com](http://MikeTheSeeker.com)

**These are 3 awesome & FREE websites.**

[GuyOfGoodness.com](http://GuyOfGoodness.com) – This is my main site! ('The hub'), with links to most of my other main sites!

[NoSweatWorkout.com](http://NoSweatWorkout.com) (My Co-favorite!) Your Free 'Ultimate Range Of Motion, Low Impact' Workout. My 23-minute video works almost all the major joints, muscles, back, front, arms, legs, feet, stomach, etc. Lose weight, feel much better most of the time, be a better person, be happier every day, and more!

[MikeTheSeeker.com](http://MikeTheSeeker.com) (My other Co-favorite!) Over 100 Free Health & Wellness Techniques- like breathing techniques, physical exercises, mental exercises, tips, hints, & much more!

Hopefully you see how powerful these sites are. It would be awesome if the people you know, could see and use these techniques!

=====

- Under a ton of adversity & stress, I am thriving, where most people in these situations are just surviving. (We can help almost everyone live better, right now!)

=====

NOTE: \*\*\*\*\* "I guess I am just hoping that you will see the huge potential of my whole "GuyOfGoodness for the Internet, thing". (See below for more) \*\*\*\*\* And also, all the free & awesome health & wellness techniques that can help almost everyone in their quest for a happier & healthier life!"

I know a large percentage of your customers would be interested in many of these techniques!

=====

\*\*\*\*\*I am the Primary Caregiver for my Mother for over 12 years, 24/7 every day. -She is going on 92 years old, in the later stages of Dementia, and failing physically. Way more than a full-time job! Includes many nasty and foul things. (But--It is also one of the most satisfying things I've ever done!)

=====

-I also took care of my Father by myself, for over 5 years before he died in 1995. He had 4 or 5 minor strokes that left him in a wheelchair & a hospital bed for the last 5 years of his life. Major ordeal for me.

-I'm going on 64 years old, & daily I use many of these exact techniques, that I have designed in my sites: [NoSweatWorkout.com](http://NoSweatWorkout.com) & [MikeTheSeeker.com](http://MikeTheSeeker.com)  
(See more info. below)

-They have helped me lose over 60 pounds of fat and put on over 10 pounds of muscle, and I have kept it off for over 5 years!

-Plus, my positive mental attitude about all of life, has also increased dramatically in that same time frame!

\*\*\*\*America Needs A New Direction & Someone To Lead Them Right Now!

I already have a really good start!

-I am the owner of several really awesome and helpful websites. If you use them, they will help just about everyone have a better day, every day!

[NoSweatWorkout.com](http://NoSweatWorkout.com) [MikeTheSeeker.com](http://MikeTheSeeker.com) [GuyOfGoodness.com](http://GuyOfGoodness.com)

[ClipboardProphet.com](http://ClipboardProphet.com) [BookOfGoodnessSeries.com](http://BookOfGoodnessSeries.com) [Totally-Health.com](http://Totally-Health.com)

[MikeTheGardener.net](http://MikeTheGardener.net) [OnlineMoneyShortcuts.com](http://OnlineMoneyShortcuts.com) & others.

--I am the Author & Publisher of 15 Amazon Kindle Books- (Soon to be more!) --

See: [BookOfGoodnessSeries.com](http://BookOfGoodnessSeries.com)

**- (A Great Bonus: Most of my sites are Mostly Free!)**

-Mine is a really special story—in the face of much adversity, I am actually thriving!

-I have 5 other brothers and most of them have almost no contact with Mom. I have told them they are doing her wrong in the last years of her life—now I have most of them alienated, to say the least!

-It is really sad, my father was a hard man (Ironworker, scrapper), **and Mom was our bumper between him & all of us!**

-One brother has been helping me with Mom for the last 5 years or so, he is here 24/7 also & mostly a good help.

-He has some health issues & I talked to him about that, he took offense to it, and he punched me in the face, almost 2 years ago. We've had words 😊

On a better note:

**-I am in the process of building an internet business right now (see below)—but it is pretty difficult on short funds & time.**

**-We do have a great start and a lot of the foundations are built! I am really looking forward to the next few years & building our future!**

**-With the right promotions, we will help an unlimited number of people have better days, every day!**

**-As you can see, I have a big list of negative stress inducing things in my life, & also many good & awesome things going on at the same time.**

-Luckily for me, the vast majority of my days are spent in goodness, righteousness, and positive things!

**-And I have changed my attitude about those bad stressors in my life, and now I am doing so much better!**

-By you using a few of these techniques, we will help you live a better life every day, also.

- Oh yeah, don't forget about the normal daily stressful situations that can show up.

-Oh, and I have done all this without a cellphone! Imagine that. Almost 64 & never had a cell phone!

-I can and have helped many others.

=====

## **“Here Are 4 Awesome Things, From Me To You, For Your Health”.**

**(1)- All Baby Boomers, Over Weight People, & Health Nuts: How to feel better every day & lose weight! Free ‘Ultimate Range Of Motion, Low Impact’ Workout. My 23-minute video works almost all the major joints, muscles, back, front, arms, legs, feet, stomach, etc. [NoSweatWorkout.com](http://NoSweatWorkout.com)**

**NOTE:** If you really want to sweat more and make this routine more aerobic, do them faster, hold each one longer, add more weights, and do more of them, etc.

**(2)- Over 100 Free Health & Wellness Techniques-like breathing techniques, physical exercises, mental exercises, & many more! (Helps Make Your Every Day Better)- [MikeTheSeeker.com](http://MikeTheSeeker.com)**

**(3)- America’s Newest Prophet? Some Of My Awesome Personal Quotes & also ‘Some Of My Most Prophetic & Profound Thoughts’. Exercises, breathing techniques, hints, tips, ideas, & other techniques to build your mind & body, just to name a few of the benefits. (For**

me, it includes smoking Marijuana, legal here in Washington State, USA - & Also A Higher Level Of Consciousness)

[ClipBoardProphet.com](http://ClipBoardProphet.com)

**-My predictions/guarantees:** If you use some of the awesome techniques from these websites:

- You will feel better,
- You will lose weight,
- You will get healthier,
- Your mental attitude will be better & grow,
- Your life will dramatically change for the better!
- And more.

I have several of my pages up on the site now (I have over 70 written pages, from over the last 4-5 years), —not sure how I am going to introduce the rest of the pages—I may make them into a Kindle book—(see full descriptions at bottom of page).

**--Note: On Every Page there will be some techniques that will benefit you right now.**

**(4)- I am the Author & Publisher of 15 Health, Wellness, & Wealth, Amazon Kindle Books - [BookOfGoodnessSeries.com](http://BookOfGoodnessSeries.com)**

**Note: All my books except one, are \$7.00 each here. (\$4.99 each at Amazon.com)**

**Here are the topics of my Kindle Book Series:**

**Stress Relief: Ultimate Stress Relievers -- Meditation: For The Health Of Your Life!**  
**Help With Your Personal Finances -- Going Green & the Environment**  
**The Problems Of Youth & Some Solutions -- Yoga: For Your Heart, Body, Mind, & Soul**  
**ALZHEIMER'S & Dementia—What To Do! -- Learning To Eat Right**  
**Your Overall "Wellness"- With Intro's To Yoga & -- Affirmations & Famous Quotes For A Better Life -- 10 Steps & 10 Minutes A Day To Total Health -- Book Of Goodness -- The Full Book -Huge 'How To Live A Better Life' Manual -- Book Of Goodness -Part 1 of 3 -- Book Of Goodness -Part 2 of 3 -- Book Of Goodness -Part 3 of 3**

**(Note: All my books were updated in the last quarter of 2017)**



**- Michael The "GuyOfGoodness" Allen**



## **My Life, The Longer Version:**

**--Taking care of Mom-** I am the Primary Caregiver for over 12 years for my Mother- Yvonne. **She is in the later stages of Dementia, and failing physically.** She was diagnosed with the beginning stages of Dementia about 11 or 12 years ago. **She turned 91 years old here in May 2018.** **My brother & I, are here full time—24/7/365 It is way more than a full-time job!** – (I won't get into it much, but I have some situations with most of my brothers (6 of us total). They don't keep in contact with Mom, hardly at all, here in the later stages of her life. My father was a very strong man, his voice was enough to stop what we were doing, instantly. She was our bumper between Dad and us. She was there for all of us. Their forsaking her in this, the last part of her life, is a very sad thing. Not all things good happen with brothers....)

**I take care of most of the following: -I do almost all the shopping, almost every day I cook brunch for Mom and myself, and dinner enough for all 3 of us. I also take care of all her finances, bills, the yard work, misc. stuff, house repairs, garbage, walk her almost every day, get her outside on most good days, split getting her to the bathroom many times each day with my brother. He gets her up in the morning and I put her to bed at night, and more! Been doing most of the above for at least 10 years.**

**Him being here, gives me a chance to get out and do the things I need to do:**

- 3 to 5 times a week for groceries, other errands, etc.
- I buy almost all of the groceries
- I cook almost all the main meals.
- I cook and eat brunch & dinner with Mom almost every day
- I walk her with her walker & take her outside on most days
- I take care of all her bills & finances
- I take her to all her doctor & dentist appointments
- I just built a wheelchair ramp for her
- I do almost all the home repairs

– I do almost all the yard work, huge gardens all around.  
--I am a busy man!

She hurt her knee a couple months ago and now we help her to physically get around. Move her from her chair to a wheelchair, to the bathroom, to bed, etc. Luckily, she is coherent a lot of the time. **I just built a wheelchair ramp for easier access to and from the house. Much better!**

Her other options—like the nursing homes, are way more nasty, foul, and cold. Most people go there to wait to die. Harsh but true!

**--Taking care of Dad-** I also took care of my Father for over 5 years before he died in 1995. He had 4 or 5 minor strokes, and each one left him worse off than the last. For the 5 plus years that I took care of him by myself, he was confined to a wheelchair & a hospital bed that we got for his living room.

**--My Personal Story:** My name is Michael Allen. Online I am also known for/as: Michael the “GuyOfGoodness” from GuyOfGoodness.com, ‘MikeTheSeeker.com’, the ‘ClipboardProphet.com’, & for my daily exercise program: ‘NoSweatWorkout.com, plus ‘MikeTheGardener.net’, My 15 Kindle Books at: ‘BookOfGoodnessSeries.com’, & more. -See most of ‘My Sites’ down below.

**I am going on 64 years old, & getting better and better daily! The reason I say that is because of a couple of my awesome websites.** I daily use many of the techniques from 2 of my main sites:

[www.NoSweatWorkout.com](http://www.NoSweatWorkout.com) Hey Baby Boomers & Over Weight people: The “Ultimate Range Of Motion & Low Impact” workout! Can be done in 20 minutes per day & noninvasive enough to do every day! **Feel better all day long. And lose weight too! It has helped me to lose way over 60 lbs. of fat, & put on over 10 lbs. of muscle, and keep it off for over 5 years! It is low impact enough to use almost every day. It gives you mass benefits.**

[www.MikeTheSeeker.com](http://www.MikeTheSeeker.com) Over 100 Awesome, & FREE, Health & Wellness techniques, so you too can have great days almost every day! **My health and positive mental attitude, are soaring because of the techniques in these websites! Amazing, usable, & valuable techniques for all! Make your every day better!**

**Note:** See about a dozen of my favorite techniques in my new short video up near the top of this page.

=====

**Original MikeTheSeeker.com & ClipBoardProphet.com Quotes:**

\* **“I Search For Knowledge, And I Seek Happiness”** (I’m sure somebody said it before me, but I came up with it on my own, & it’s true for me too!) 😊

One of my original favorites:

\* **“It’s Not About What’s Wrapped Around You-** (Your clothes, money, cars, home(s), women or men, toys, arrogance, etc!)

**It’s What You Are Wrapped Around-** (Your Heart, Your Mind, & Your Soul!)”

\* **“As you age: Get new goals & dreams. Your life doesn't have start going downhill after the age of 40, 50, 60, or 70, etc. This will give you the “Want” to go onward & upward! Most people probably lose most of their dreams by the time they are 35 to 40 years old. That is really sad to me.”**

\* **“Plus, you must want to live longer & to be healthier, happier, & for a longer time!”**

\* **“This is a new one that I am incorporating into my life: “No reaction to negative situations, for 3 counts!”** It’s harder than you think, usually bitterness is involved. Your first thought is to lash out. You must practice & concentrate intensely, so you don’t instantly respond to those nasty ingrained situations that come up, sometimes daily. I’m getting a little better but it is really difficult to stop that bad habit.”

\* **“Do you find yourself instantly reacting (negatively), to many of the bad situations that confront you daily in life?”** I do. I have to realize that most of life’s situations are not major! Ask yourself- **“In 6 months, will this situation will be all that important?”** —most of the time it will not.”

\* **“Be calm like the monks!”**

\* **“Wow! Who were the idiots who decided that we are going to start every brand new day, with a minimum of 5 hours of darkness? 12:00 am is our new day. Not a lot of sense to me.”**

\* **“And Who was the idiot who named what we here in the United States, call ‘Football’ -to a sport where you can only touch the ball with your feet for less than 2 minutes per game? Each kickoff, punts, field goals, and extra points get only a few seconds each.”**

\* **“Try to prepare for those messed up situations that can happen almost daily.”**

\* **“There is a bandwagon everywhere, don’t take it if it’s not good!”**

\* **“Your mind and your will must work together—it means you have to have some give & take!”**

**\* 5 MikeTheSeeker.com Techniques To Release Your Negativity:**

--Good Aerobic Exercise & Breathing

--Do a couple minutes of Powerbreaths with forceful exhales: <http://5powerbreaths.com/>

--Do a couple minutes of Superbreaths with forceful exhales: <http://superbreaths.com/>

--Sex it out!

--Meditate it out!

**\* "If you are not enjoying the 'Now' in your life, you are missing out & messing up!"**

**\* "Ultimately, your life depends mostly on your decisions every day. Think and act with better thoughts daily." You choose many times daily. Choose better!**

**\* "Huge! You don't have the right to judge anyone except for yourself. This goes on everywhere & a lot of the time." You're no better than anyone else!**

**\* "Only let your bitterness & anger grab you for an instant. Find good things & thoughts to instantly think about!"**

**\* Do more side bends & side bend butt clenches—& keep breathing.**

=====

**-- My Childhood- -** I am the forth of 6 sons. All 8 of us grew up in a small 2 bedroom & 1 bath home in the lower middle of the state of Washington, U.S.A. My oldest brother graduated high school in 1965, my youngest in 1978. My 3 older brothers, and my 2 younger brothers, were all 3 sport stars in high school. I was like a 1 and a half sports star. **(I got way better in sports and life, after high school!)**

**All 6 Of us have huge lists of sports accomplishments. We all attended at least some college. We are one of the most decorated sports families, here in the state of Washington, USA**

**I was a fat child. I have been heavy most of my life.** About the only part of my life that I wasn't, was when I was 21 and started playing in the local Mexican soccer league. For about 10 or 12 years, I was as fit as anyone in most towns! **I am also getting into much better shape right now.**

**Being a fat child has many of its own problems!** I was actually very fortunate to have 3 older brothers who were high school sports super stars—so I missed a lot of the harassment that many heavy people go through. **Being a pretty heavy child, I didn't get into all the sports as much as the other brothers. My dad got us a set of encyclopedias when I was young, and I spent a lot of time in them.**

=====

**I've been smarter than most people my whole life.** I knew a lot of things when I was really young, that I really had no reason to know. Not sure where that came from! I was a fat child and really introvert when I was young— we didn't have access to information like people have now. There were only 3 main channels on TV -wow.

**In high school, I was on the Honor Roll all 3 years. (1971 to 1973 only had 3-year High Schools, instead of 4 years now)**

**My Crowning Glory was receiving the "Outstanding Junior Achievement Award". Only 5 total people out of about 35 to 40 High Schools in this area, earned this award. Wow for me!**

=====

Now I have spent the last 20 plus years on the Internet. I have signed up for over 50 of the top "Health & Wellness" type newsletters, and at least 50 of the "Internet Marketing" newsletters too.

**Plus, I'm on other email lists too, including Oprah, Tony Robbins, Jack Canfield, Brian Tracy, Bob Proctor, Bob Doyle, Joe Vitale, Marlon Sanders, & many more famous people.** The great thing is that I see most of all the new things and information about 'Health & Wellness', & 'Making Money Online' that comes out before most other people! Awesome!

I get at least several hundred emails every day. Most are junk. I get most of the new stuff from those 2 huge markets, on the internet every day, and usually hear about most things as soon as anybody! **Talk about information overload!** It's nice being on top of most things though.

-- I am really short on time to work on all these websites (see below), although we (my part time web developer, Cody & myself), already have a really good start on a potentially huge online business! We have a huge foundation already built! What we are doing will benefit many! And I plan on becoming Huge on the Internet in the next few years!

**-- My Work History-** (some of them overlap) :

- Primary caregiver for my Father- 5+ years (1990 to 1995) -Almost 100% care.

- Primary caregiver for my Mother w/Dementia –12 years (to present time) - 24/7/365

- I have about 25 years in the Sheet Metal trade, with almost all of that in the Union.

- Over 5 years of building houses & -Carpentry, --including several fire damaged properties- nasty work! Tear out the damaged parts, use nasty foul paint on the save-able fire and smoke damaged wood. We also did new constructions, repairs, additions, etc. Good experience!

- Around 5 years of Cooking—some of the best restaurants in this area! Steaks, prime rib, lots of seafood, lobster, salads, banquets, awesome pastries, top of the line Sunday brunch, soups, sauces -Wow, great stuff! Really helps me out now, having to make at least 2 meals a day for my Mother & me.

- And several other mostly short-term jobs-

=====

**-- Soccer- The Real Football!** I have 20+ years of playing soccer—about 15 of those are really quality years. Before there was a local Men’s League here in town, I played in the Mexican soccer league here in the area. That was after a fight with the exact team I played on the year before. That is a longer and really interesting story 😊 - I played center forward (Striker) for that team for 11 or 12 years. What an awesome time.

**My top soccer level: I played a season in the Seattle, Washington, USA, ‘First Division League’—One of the very highest amateur leagues! Many good stories.** We had 3 ex professional players on our team. They were all less than 3 years out of the Pro leagues. I was still really fast but I didn’t get a chance to play forward—had to play defense against some of the top forwards in the state. That was a special time! And a bummer too. —Even today, not many soccer players get to that level.

=====

**-- My Motorcycles—**

--My first bike was a 750 Kawasaki—3 cylinder/2 stroke—they called it the “Crotch Rocket”—it was really quick & fast—I had at least 75 races -lost 2, both to other 750 Kawasaki’s -one I missed second gear—the other we were side by side, doing almost 100 miles per hour, down one of our main streets and I backed off. ---Later that same bike scared me pretty bad—had it straight up on the back wheel for about a block—I froze for a moment—didn’t like it—sold it. What an awesome bike though!

--Then I got a 750 Honda- 3 or 4 inches higher in the front end, short pullback bars, good bike. Still a strong bike, but not near as bad-ass as the 750 Kawasaki! Had about 8 or 10 years.

--Then I got a 1000 Kawasaki- Not as quick off the line as the 750 Kawasaki, but strong in just about all speeds! Good all-around bike. & top end was higher too. About 8 or 10 years also.

--My first Harley- 1995 Lowrider—had this bike for about 5 years—had it down twice—the first time, I hit some oil, gravel, or something else—it was the middle of December, starting winter—the second time, a young woman -27 years old- ran a stop sign- T-Boned me on my right side, blasted the bike about 40 feet & totaled my bike, broke 3 ribs, I had a cast on my left hand for a while, how it didn't break my right leg is amazing in itself! That was enough. It was 80 cubic inches (1340 cc's) sweet bike.



**--My Harley now:** 2006 Springer Soft-Tail – My SST! I've had it about 7 years now— 88 cubic inches (1450 cc's) plus a 2 into 1 Vance & Hines competition header—adds about 10 extra horsepower! Awesome!



**Sweet Bike, Or What?**



**-- Pinball & Pool-** I used to play Pinball all the time, Wizard in fact! — they aren't around like they used to be. I still shoot some pool a couple times a week, although I haven't played in a Pool League for years.

=====



### **--My Sites:**

**-- Note:** We got attacked by Malware last year--2017—after much trying to iron it all out, we had to start from scratch & rebuild all our sites! We lost some really good info—couldn't save it all. Anyway, all our sites are still in reconstruction. Thanks for the patience!

### **My Main Sites:**

-- **[GuyOfGoodness.com](http://GuyOfGoodness.com)**—This is my main site! ('The hub'), with links to most of my other main sites!

-- [NoSweatWorkout.com](http://NoSweatWorkout.com) All Baby Boomers, Over Weight People, & Health Nuts: How to feel better every day & lose weight! **Free 'Ultimate Range Of Motion, Low Impact' Workout.** My 23-minute video works almost all the major joints, muscles, back, front, arms, legs, feet, stomach, etc. 20 Minutes per day to much better Health! **I have lost over 60 pounds of fat, added at least 10 pounds of muscle, kept it off for over 5 years, & I do about 90% of this workout almost every day! I am so much happier & healthier!**

(Click on the box below the video to download and print the whole exercise program.)

**Some of the awesome comments we've been getting for the NoSweatWorkout:**

- Patti N. says – **I think your video is very good. Works on many areas.**
  - Steven E. – **Cool! Thanks Guy of Goodness!! Looks more fun than my total gym!**
  - Patricia M. says: **Great job Mike!**
  - Doug B. – **Great job Mike, thank you**
  - Sun Wolf says: **Love your 23 min range of motion video, great simple exercises.**
- **New Testimonial:**
- **Evan From LinkedIn - Hi Michael, Awesome. Checked out your NoSweatWorkout site and saw your exercise demo in a Seahawks shirt. Sweet! Best, Evan**

-- [MikeTheSeeker.com](http://MikeTheSeeker.com) - All Free! Over 100 Health & Wellness Techniques to make your everyday better! Breathing techniques, exercises, positive mental techniques, & much more.

-- [BookOfGoodnessSeries.com](http://BookOfGoodnessSeries.com) -- I Am Author & Publisher Of 15 Health & Wellness- **15 Amazon Kindle Books**-- Stress, Yoga, Meditation, Personal Finances, Alzheimer's & Dementia, Problems Of The Youth, Going Green, Your Overall Wellness, Learning To Eat Right, and more topics! **All updated in the last quarter of 2017!**

-- [Totally-Health.com](http://Totally-Health.com) - For all your Health & Wellness needs. **Products to increase the value of your health, fitness, wellness, and wealth, in your life!**

-- [MikeTheGardener.net](http://MikeTheGardener.net) - All Things Gardening! My Mother, who I care for now, used to be the Secretary of our local 'Master Gardener's' Group, for years. I have helped her in her gardens for almost 60 years now. So I started my own Gardening website.  
**"I'm the Gardener!"**

- **Brand new, two websites in construction:**

-- [I-Help-Millions.com](http://I-Help-Millions.com) - All my main websites helping tons of people each!

-- [LetItAllBe.com](http://LetItAllBe.com) - Everyone has problems—it's how you react & think about them! We can help.

-- [ClipBoardProphet.com](http://ClipBoardProphet.com) - Here are some of my future predictions: If you incorporate some of these awesome techniques into your life: **1) Your days will be better!** **2) You will lose weight!** **3) Your mind will grow stronger & more positive!** **4) You will slow the onslaught of badness!** **5) You will become healthier, mentally stronger, & overall happier in your life, plus much More!** And if you do use some of the techniques from these sites: [NoSweatWorkout.com](http://NoSweatWorkout.com), & [MikeTheSeeker.com](http://MikeTheSeeker.com), & [ClipBoardProphet.com](http://ClipBoardProphet.com), the above things Will almost assuredly happen!

These are some of my thoughts from many days over the last 4 to 5 years. I do the [NoSweatWorkout.com](http://NoSweatWorkout.com) daily. I smoke a little Marijuana- (see below), - & I get massive relaxation, & with my years of study, and a good attitude; And also being good, happy, and giving, etc.--- sometimes quite magically, I think of and write down on my Clipboard, some of my thoughts, & sometimes some of those thoughts are Prophetic & Profound! I now have over 70 legal pad size pages. Many things here to help almost everyone! -I have some pages from a few months ago on the site!

And that is how the [ClipBoardProphet.com](http://ClipBoardProphet.com) came about. I started writing some of these thoughts down on a clipboard over 4 years ago, & I now have over 70 pages done, with between 30 and 40 comments on each page. There are some pages on the [ClipBoardProphet.com](http://ClipBoardProphet.com) now—I will get more pages up there soon—not really sure how I want to work that part yet.

--Most of my comments will be understood by most people, like: common sense ideas, tips, breathing techniques, hints, exercises, mental techniques, etc. Each one of these pages should have at least a few things you can incorporate into your life for many benefits!

--A few of them will only be understood by me—although I tried to keep the really personal things, really vague. Some things won't be understood by anybody but me! 😊

**Note: I live here in the State of Washington, USA, where we were one of the first 2 states to legalize Marijuana, several years ago.** Each morning, usually right after my 'No Sweat Workout', I smoke a little weed. I am under a huge amount of stress, see My Personal Story above. The weed helps me to relax more, deal with the stresses of every day, and live every day much better! **I get to a higher level, that's a lot more than just the weed 😊, It helps me open up my mind!**

**I am actually thriving, when most people in similar situations, usually just survive! Even with all the crap I'm going through, I'm doing better and better!** Thanks to: Exercise, breathing, good water & food, great positive mental attitude, & don't let your goals & aspirations disappear like your youth. Get new goals regularly! (see [MikeTheSeeker.com](http://MikeTheSeeker.com) & [NoSweatWorkout.com](http://NoSweatWorkout.com) above)

**NOTE: I am the "GuyOfGoodness" for most of the Internet!**

**(See my social networks right below.)**

**Please join me on my Social Networks: Where I am the "GuyOfGoodness"**

-- <https://www.Facebook.com/GuyOfGoodness> - My Main Profile- + Many FB Pages

-- <https://www.Pinterest.com/GuyOfGoodness> - My Main Site--

-- <https://www.Twitter.com/GuyOfGoodness> -My Main Twitter Account

-- <https://www.linkedin.com/in/michael-guyofgoodness-19041326/> - Main account

-- <https://www.Instagram.com/GuyOfGoodness> - My Main Site--

-- My YouTube Channels: <https://www.youtube.com/user/BookOfGoodnessSeries>

& - <https://www.youtube.com/channel/UCPCRUXBTq5YaRZANKpgL6DA>

=====

-- Something here to benefit everyone! Tell your friends & Enjoy!

**From me, thanks for reading, & hopefully you will check out my main sites and begin to help yourself too!**

**There are tons of great information at all the sites!**

**"I guess I am just hoping that you will also see the huge potential of my whole "GuyOfGoodness for whole the Internet Thing".**

**\*\*\*\* And also all the free & awesome health & wellness techniques that can help almost everyone in their quest for a happier & healthier life!"**

**I know a large percentage of your customers would be interested in many of these techniques also!**

**--Michael the "GuyOfGoodness" Allen**

**Contact: [Guyofgoodness@yahoo.com](mailto:Guyofgoodness@yahoo.com) Phone: 509-452-9796 USA**

**-- From Me & All My Sites --**

**MikeTheSeeker.com    NoSweatWorkout.com  
GuyOfGoodness.com    BookOfGoodnessSeries.com  
MikeTheGardener.net    Totally-Health.com**

**Thank You So Much! Michael the "GuyOfGoodness"**

