



# Healthy Attitudes

How to Keep Your Health  
Through Your Thoughts

Bimbo Ilori

## ***Healthy Attitudes***

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Through Your Thoughts*

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# Dedication

Life is best lived through strength and well-being. To everyone striving to keep well, this is for you.

# **Acknowledgement**

I am grateful to many people, friends and family. I remain eternally grateful to my Lord and Saviour for helping me always.

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# Introduction

Attitude is an intricate responsive mechanism through emotions, beliefs, and behaviours towards objects, ideas, or people.

Attitude;

**A** mental position concerning a fact or state.

**A** feeling or emotion toward a fact or state.

(Merriam-Webster).

The saying " Attitude determines altitude" cannot be more true or truer.

The relevance and influence of a positive attitude in social relationships and physical and mental health cannot be over-emphasized.

It takes a front space in pace setting in many regards, like in this context of wellness.

The use of prescriptive medication to maintain health is an approach often referred to as oral medication. It is used in reversing an anomaly or prevention through supplements or normalisation treatments.

Oral medications have been of immense help to us in keeping well, albeit, not without it's limitations and downsides.

It's always a preferable route not to have to go through oral treatments, when avoidable.

This piece, "Healthy Attitudes", leads in one of the directions that embrace naturally or innately present mechanisms or virtues within the human system or makeup to preserve and protect your health.

Taking the route of psychological skills, you can draw on strength to keep well. Given that their outcomes impact health and overall well-being.

Moreover, finding social support about the intangible, non-physical things you need to maintain or keep your health in top form.

Our emotion is a powerhouse that should be channelled to support and strengthen health and well-being.

# Chapter One

## Social Attitudes & Your Health

Your social network should not be limited to those that encourage your career or fun alone, but your health and well-being too.

Deploying social support to boost our health is a powerhouse that delivers unquantifiable benefits, consistent and enduring when purposefully prioritized.

The support varies such as:

- **Personal relationship:** Having a network around you of people that will encourage and help you keep up with your health track, is a great advantage.

I have great support in pursuit of my health goal; the credit goes to my relationship regarding the knowledge and access to most of the health monitoring devices I now use.

- **Interpersonal Relationships:** Avoid relationships that do not accept your healthy boundaries, leading to being overstretched and near or total breakdown.

> It would make you feel less valued and rather used.

\* You do not need overclasssed relationships that berate and belittle you. Rather, the ones that show support, strengthen your confidence and self-esteem.

Toxic relationships can drive your thinking, pulse rates and possibly blood pressure.

>This affects how you see and think of yourself.

\* Avoid relationships that engender arguments, contentions and strife.

You will end up almost stepping out of self-control at the height of the provocation such climates trigger.

> They will make you feel hunted and be defensive.

\* Seek to live in cordial communal settings that will mutually impact peace of mind. A sane environment is supportive of your health.

> They make you feel you have a family you belong that cares.

To corroborate the communal advantage, I am sharing here, a poem I wrote some time ago, (Montage, copyright 2020)

### **The Neighborhood Highways**

The highways are straight

Highways can be regimented

Highways are thoroughfares

Taking you on a journey of “self”

Highways are just for passing

Seek not to abode on the Highways

Highways are not for dwelling

Highways can be lonely  
Everyone seated and locked in  
Windows sometimes wound up  
Doors always shut, perhaps music up  
None interested or concerned  
Highways are for passing  
Seek not to dwell in highways

Highways are stretched  
Stop not to greet another  
Or to cross your lane never  
Could be dangerous to do  
Patrols are out to enforce  
Just keep to yourself and lane  
Highways are for passing through

Time comes to get off the highway  
Then, where would you go?  
Home or another highway?  
Do you live in a community?  
Or do you live on a highway?  
Perhaps, the residential highway.

Where fences are high and none looks for  
another

Windows are locked, and doors are shut

Music so loud, you may not be heard, even in need

Homes outlined, no crossing or trespassing

Remember highways are for passing

Seek to create communities.

Make time to look for others

Reaching out to one another

Providing shields and havens

One for the other, one for all

Seek not to stay on Highways

Rather turn them into communities

Remember to bless and nonetheless

Only pass-through highways.

[Culled from the book "Montage"]

# Chapter Two

## Your Mental Attitudes - 1

Psychological expressions through intents and behaviour, as aforementioned, play key roles in one's personal experiences and the cascading effect on health and wellbeing.

A recent meta-analysis confirmed these findings and reported that individuals with higher levels of optimism have a 35% lower risk of experiencing cardiovascular disease (CVD) compared to individuals with lower levels of optimism.

Thus, optimism and related strengths-based constructs have been recognized as potential protective factors in the prevention of CVD, perhaps because optimism promotes healthy behaviours (e.g., physical activity) and is related to effective goal pursuit and coping with challenges.

In this context, the mental attitude approach to wellbeing has been segmented into four categories of hyphenated “self” concepts, viz (intrapersonal, regulatory, and forbidden).

### **Intrapersonal Hyphenated “Self”**

These first sets are intrapersonal self-concepts that focus on helping one to develop or improve on recognizing and understanding who you are.

- **Self-awareness**

Self-awareness is another critical key when it comes to personal enhancements or achievement.

It is a conscious knowledge of your strength, your character, and why you do what you do.

This is important as you would need to bring your strength to support your goal. It also reflects your weaknesses, and this helps you to be able to draw boundaries, knowing what you can handle and cannot.

You should be aware of your thoughts, emotions and behaviour. This is one of the critical steps to redress. " self-awareness is the key to personal growth".  
Unknown.

- **Self-assessment**

You should be able to ascertain or be assertive about what you have achieved.

Even for weight loss, one of the first things that anyone embarking on that journey needs to do is to have a self-assessment.

It is the process of looking at yourself to be able to examine how your journey has been.

How did you get to the place where you are with the extra or excess weight?

Could it have been when you were in a particular geographical location?

Or was it from a certain age?

Or was it when you were going through an emotional situation, or was it just exposure to the wrong company, etc?

This is a prerequisite when you are interested in self-enhancement.

So endeavour to take assessments, and hopefully, you will spot the cause, which will solve more than fifty per cent of the challenge.

Remember, it's about your life and wellness.

- Self-image:

This is the mental picture you have of yourself as an individual and your appearance.

How you perceive this image reflects in the feelings you experience and affects your identity and responses.

It's influenced by your childhood experiences and upbringing, cultural norms, relationships and their feedback.

Life events and their outcomes as well as your personality traits.

If you are satisfied and pleased with this image, then you should do what is needed to uphold it.

Otherwise, reorchestrate or recraft the narrative as best as possible. Especially, when any of the contributory factors imposed limitations and disaffection.

How do you see yourself? Capable or incapable?  
Confident or Timid?

- **Self-esteem**

Self-esteem is the overall perception of your self-worth and personal value.

Good self-esteem enables you to appreciate yourself and like yourself, you're proud of what you do, and you believe in yourself.

Your self-esteem can be affected by the people in your life and what they say to you, and many such influences exist, positive or negative.

Also, the thoughts on your mind, what are you saying to yourself?

Low/poor self-esteem should seek help, as it can interfere with your goals.

Signs like feeling bad about yourself, feeling like you're not good enough and being too hard on yourself reflect on your self-esteem.

You must keep believing in your ability and telling "you" that you can.

Never talk down on yourself that you can't achieve any goal in your life.

Do you feel good about yourself and your progress?

- **Self-acceptance**

This is the ability or willingness to abide by the appraisal of your strengths, talents, capabilities, weaknesses, and general personality without feelings of inadequacy despite shortfalls.

This requires you to be ready to live by who you are, happy, even if nothing changes.

Therefore, whatever change goal you are embarking on (like weight loss) should not be out of shame or any negative emotion.

Rather a need to improve and be better, which is embedded in your culture.

Accepting yourself will improve your attitude to show up, make your choices and leave a mark. This impacts your overall confidence and improves your zest for another day.

Accept your limitations and live to your best ability.

- **Self-love**

Self-love is having a high regard for your well-being and happiness.

Taking care of your needs and not sacrificing it when you need it more than the other person.

It's not settling for less than you deserve and it motivates you to make healthy choices in life that nurture your well-being and serve you well.

Prioritise your wellness.

In the next chapter, we will go through regulatory concepts that help in attaining pursuits.

# Chapter Three

## Your Mental Attitudes -2

We continue the hyphenated selves with proactive concepts, which are regulatory and help guide you towards your goals and values.

The deployment of your understanding of yourself, who you perceive you are, where you are and where you think you are heading to, play vital roles in life's navigation.

### **Regulatory Hyphenated “Self”**

Some proactive self-concepts that help you to get going include:

- **Self-motivation**

Self-motivation is your ability to do what you need to get done even without influence from other people or situations.

Following identification of possible root causes of challenges, you want to isolate and eliminate that factor, so it doesn't continue to affect you adversely.

To maintain your drive and to keep going, you need to work on your motivation or what drives you. It could be just starting small; maybe you find weight loss a very daunting task.

Therefore, to keep your motivation, then you make it simple and start small. I like RachellNoris's " five things to thrive" approach to weight loss that encourages candidates or aspirants to cut off their diet just ONE thing per month!

This has yielded tremendous results for those who cared to attempt it. So find what will drive you, pursue it, and eliminate, what will not.

A motive that's rooted in love and integrity, whether for you or others, is more likely to take you far and help you to be resilient and overcome challenges.

Why do you do what you do?

- **Self-control**

Self-control is an aspect of inhibitory control, which is your ability to regulate your emotions, thoughts, and desires even in the face of temptations or impulses to achieve specific goals.

This includes managing your actions or reactions. You would resist going for another serving of the meal, using your willpower to restrain yourself, knowing that it isn't right for you.

It's an absolute reflection of poor manners when we display a lack of self-control.

- **Self-denial**

It is not wise to continue to hold on to everything you always want when it may conflict with a desired goal.

You would have to sacrifice or let go of some things because it is better to do so.

Some things might be lawful, and no one is going to arrest you for having them, but then it is not expedient for you to partake thereof when you know it can rob you of a more fabulous prize.

Let self-denial be intentional, limited to a time frame, as excessive denial can lead to another downturn.

- **Self-discipline**

This is the attitude you have to control, correct, and regulate yourself, stay on track, and do what is right for the sake of improvement.

You need a great deal of self-discipline to stick with meaningful healthy programs and get to the intended place.

Your ability to keep to a course or cause will impact immensely on your sense of worth and success.

How often are you willing to do what you need to get done, even when you would prefer to do something else?

Discipline is your ability to do what you need to do, regardless of feelings or convenience.

- **Self-pace**

Self-pacing has to do with the ability to take your time and be able to achieve goals within your schedules, instead of working within a structure that someone else used to achieve their goal plan.

Working within an appropriate space will involve the consideration of factors like your time, availability, personality, and tendencies to make the process very adaptable.

Personal pacing overall may take a longer time to achieve a goal. Nevertheless, you would have mastered how to get there and keep it.

Getting feedback on your pacing will impact how you structure your activities.

Engage time management tools like calendars and organizational and tracking apps.

Also, goal-setting techniques are highly recommended for effective self-pacing.

- **Self-culture**

Self-culture is the influence your beliefs, thoughts, education, preferences, and ideology have on the way and manner you conduct your life.

For instance, if you have a self-culture of excellence, it would naturally affect your choices for having the best, not wanting to settle for less.

Such people tend to maintain a healthy lifestyle and diet, not because it's "good for business", like celebrities, but because they are cultured.

Where your health is concerned, a good self-culture will help you to make the right choices and maintain the right attitude.

It's possible to build a good self-culture if you don't have one or improve the one you already have.

You can attain this by seeking to know what is the best choice and having good mentors or role models who are exemplary.

This will set a framework for your goals and achievements.

Your ability to create and craft the environment to help you thrive will impact your hope and optimism, keeping you in a place of relevance.

It's a healthy place to be.

- **Selflessness**

Selflessness is bringing balance to everything, such that, you moderate self-love with self-giving. This will help you to check excesses.

Your tendency to be where you can think of another for their good and follow through makes you a purposeful being who is compassionate and sacrificing.

This sense of purpose will keep you going.

- **Self-talk**

Self-talk is your internal dialogue. Your subconscious mind influences it, and it reveals your thoughts, beliefs, and ideas.

Self-talk can be both negative and positive.

It can be encouraging, and it can be discouraging.

Use your self-talk to “drive rather than drown your boat.”

It has been said that an optimist sees a glass as being half full whereas a pessimist is someone who sees the same glass as half empty.

Let your Self-talk be about how you will succeed and thrive and watch how successful you become.

This fuels the attitude that makes you optimistic, resulting in reduced mortality and cardiovascular diseases.

Some self-talk phrases that are helpful with health:

- Speak to yourself that you don't need to eat that much or to eat now.
- Speak to yourself that you have self-control and exercise your discretion rightly.
- Tell yourself that you will eat right and do right.

- Tell yourself you don't need to eat that food, and certainly not now. (if the food is close by, look away or move away; this will send signals to your brain not to bother because you are not interested).
- Tell yourself about the excellence and nobility of your decision to cut back on excessive consumption. Mention/say motivational lines based on the word of God. Such as
  - I don't stuff myself; that would be just like cutting me.
  - I am not desirous of dainties, and they might just be deceitful meat.
  - It is not good to overeat, even if it tastes like honey.

# Chapter Four

## Your Mental Attitudes - 3

Negative attitudes take their toll on the mind and energy, which can lead to increased stress and anxiety.

Pessimism leads to gloominess.

Such a mental state would also adversely affect social interactions and relationships

We have to commit to staying well and as much as possible little or no cost, before you opt for paid health.

Some of the self-directed attributes that negatively affect our health which we should forbid dealing with include the following;

## **Forbidden Hyphenated “Self”**

### **\* Self-deception**

Never put up the attitude that rebuffs the truth.

Self-deception is denying or rationalizing away the relevance, significance, or importance of opposing evidence and logical argument, to the opinion you hold or prefer.

It is usually played out in self-defence or rebuffs.

This is very meaningful in weight gain because, on the journey of weight add-ons, someone, loved or unloved, might have "suggested " or " mentioned " to you that the fat is coming on.

A lot of people tend to start an argument and reactions, to circumvent the fact.

If many had taken seemingly harmless and sometimes cynical statements with some seriousness, some mishaps would have been checked out earlier.

The bottom line is “a word is enough for the wise,” know when to heed, and seek help because “a stitch in time still saves nine.”

"The greatest deception is Self-deception".  
Unknown.

### **\* Self-pitying**

Never have the attitude of feeling deprived or victimized.

This is being entirely focused on, or feeling bad about your predicament or challenges.

In keeping to healthy programs, a lot of denials, time, and physical activity are required.

The bigger picture should be where you set your eyes. Don't complain about others doing what you couldn't; it's self-pitying.

Your self-pity can make it hard to appreciate that other people face more severe challenges than you do.

Build your mental strength, and keep going!

### \* **Self-Comparison**

Don't indulge in the futility of comparison, as it will lead to an attitude of superiority or inferiority.

This is an ego-pumping effort that is harmful to you when you engage in it.

It's a territory sometimes chosen when confronted with apparent weaknesses.

Responding with how well off they are, compared to another. Nothing could be farther from deception.

The best thing to do in confrontations is to be reasonable with it and strip it of emotional trappings or airs, to get to the baseline.

Which is the why or purpose behind the point.

When we know it stems from a place of love, we ought to hands down.

### **\* Self-indulgent**

This is an excessive or unrestrained gratification of one's appetites, desires, or whims. Eating whatever you want, any time you feel like it is a reckless disorder and has only one outcome: regret.

Some become so obsessed with indulgence that they get secretive.

Keeping unhealthy kinds of stuff away from close friends or loved ones to consume secretly.

This is a disservice to no other but you. The person on a great mission shouldn't give in to the caprices of unrestrained cravings.

Moreover, when the deed is done, it is no longer concealed. The effect becomes apparent to those close by, and eventually to all bystanders or onlookers.

Handle self-indulgence with brutality by acknowledging your error and being more open and receptive to input from loved ones.

Combat it with a lifestyle of discipline and a healthy culture.

- **Self-Doubt:**

Lack of confidence in abilities and decisions is doubtful.

You may have routinely questioned your abilities or received negative feedback from others in your life journey to the point that you have internalized incompetence.

Sometimes, it's developed after adverse experiences.

This could include traumatic events, toxic relationships, or painful memories.

However, it came about, its occurrence is just as unhelpful as its presence.

You need to focus more on your strengths and abilities and avoid the things or persons that cast down your confidence.

- **Self-Blame:**

Criticizing oneself for mistakes and failures.

Self-blame is the attribution that the consequences one experiences are a direct result of one's actions or character.

People with a tendency to self-blame often struggle with overwhelming or otherwise painful and intrusive emotions.

The most common emotions and mental states are shame, guilt, and anxiety, but they can also be loneliness, confusion, lack of motivation, aimlessness, overwhelm, or constant alertness.

These feelings and moods are also closely related to phenomena like overthinking.

These traits or tendencies have been linked to cardiovascular issues and mental issues.

Help should be sought immediately whenever you find yourself or your loved ones on this lane.

- **Self-criticism:**

Excessive self-judgment and negative self-talk.

Self-criticism involves constant and harsh self-scrutiny, overly critical evaluations of one's behaviour, and negative reactions to perceived failures in terms of active self-bashing.

This results in feelings of worthlessness, failure, and guilt when expectations are not met.

This could stem from a desire for perfectionism or a fear of failure, perhaps due to an underlying need for approval from those around us or an inability.

Those who self-criticize tend to hold excessively high standards for themselves and are prone to self-judgment and self-punishment.

It's a negative pattern that leads to anger and, ultimately, depression.

It's important to acknowledge our negative thoughts and challenge their accuracy.

We can also engage in positive self-talk, focusing on mindfulness, gratitude, and optimism rather than dwelling on failures or shortcomings.

Negative energies will breed attitudes that are negative and lead to no constructive end.

# Chapter Five

## Spiritual Attitudes & Health

Spirituality is a very vital part of everything we do as humans here on earth. Especially if you are someone like me, you believe that God exists, created, cares for, watches over, and has a good plan for every man. Such a person must be dependent on God, and maturing through the knowledge of God's will revealed through His word (the Bible).

This will spur the right energy into your life systems to sustain it.

It's important to reinforce health goals with prayers, meditating on the Word, and declaring the Word over your life. Being sensitive and inclined to the Holy Spirit's leading. Spiritual support is a product of your divine connection and maintenance of the right relationship with the Holy Spirit.

This relationship is favourably predisposed to all goodness. It requires obedience and trust.

A reminder of the good old hymn "Trust and obey"  
*For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Jeremiah 29:11*

When you observe to do what the word of God says, it impacts overall well-being and health.

*This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success. Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God [is] with thee whithersoever thou goest. Joshua 1:8-9*

- The word of God instructs us to be joyful, it's a command.

*"A joyful heart is good medicine, but a crushed spirit dries up the bones." Proverbs 17:22*

- Be thankful for what you have.

*Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Finally, brethren, whatsoever things are true, whatsoever things [are] honest, whatsoever things [are] just, whatsoever things [are] pure, whatsoever things [are] lovely, whatsoever things [are] of good report; if [there be] any virtue, and if [there be] any praise, think on these things. Philippians 4:6-8*

- To live selflessly

*Don't look out only for your own interests, but take an interest in others, too. Philippians 2:4 ( NLT).*

- To be free of worry

*Don't worry about anything, instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus."*

*-- Philippians 4:6&7 (NLT)*

- Not to engage in comparisons

*For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise. 2 Corinthians 10:12*

- To keep our bodies to God's glory

*For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's. 1 Corinthians 6:20*

# Conclusion

Approaching healthiness in this context will be something you want to do to add value to your life. Preserving health through purposeful preventative approach.

Thereby, see the effort not just as what you can do, but as what you need to do.

Leveraging your well-being with attitudes, behavioural choices, and relationship optimisation are the firsthand approaches.

Your resultant benefits far outweigh the efforts, as your life outlook is improved with greater resiliency and optimism.

Stress is reduced as you are more intentional about your dealings. Sleeping better without hangovers. This no doubt impacts physical well-being.

I am optimistic that this book would have upped your commitment to be more intentional about your health.

Especially, without oral medications.

It's my joy to be a part of your success story.

## **It's A Wrap**

- I always round up my books by giving opportunities to readers to make a life-transforming decision, which I did some decades back, and has helped me this far, by simply taking the prayers below;

### **Prayer for Salvation and Baptism in the Holy Spirit**

Heavenly Father, I come to you in the name of Jesus. Your word says, "Whosoever shall call on the name of the Lord shall be saved" (Acts 2:21). I am calling on You. I pray and ask Jesus to come into my heart and be the Lord over my life according to (Romans 10: 9-10): "That if thou shalt confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved. For with the heart, man believeth unto righteousness, and with the mouth, confession is made unto salvation". I do that now. I confess that Jesus is the LORD, and I believe in my heart that God raised Him from the dead.

I am now reborn! I am a Christian—a child of Almighty God! I am saved! You also said in your word;

(Luke 11:13) - If ye then, being evil, know how to give good gifts unto your children: how much more shall [your] heavenly Father give the Holy Spirit to them that ask him? Therefore, I ask you to fill me with the Holy Spirit.

I believe I shall forthwith, speak in new tongues, according to your word in;  
(Acts 2:4) And they were all filled with the Holy Ghost and began to speak with other tongues, as the Spirit gave them utterance. Begin to praise God for filling you with the Holy Spirit. Speak those words and syllables you receive not in your language but in the language that was given to you by the Holy Spirit. You have to use your voice. God will not force you to speak; don't be concerned with how it sounds; it is a heavenly language. Continue with the blessings God has given you and pray in the spirit every day.

You are a born-again, Spirit-filled believer. You will never be the same.

Find a good Church that boldly preaches God's Word and obeys it. Become part of a church family who will love and care for you, as you love and care for them.

We need to be connected. It increases our strength in God, and it is God's plan for us.

Make it a habit to communicate with God daily, through prayers, and read your bible to grow.

You are most welcome to contact us via our contact details provided.

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## About the Book

Life has primary provisions embedded in its systems to sustain us, independent of external efforts, as evidenced by the resilience of other Living creatures.

These inherent mechanisms serve as the fundamental keys to life and health. When we overlook them, we resort to secondary measures, which can be very helpful second chances. One such recourse is the healthcare interventions of oral medications.

**Healthy Attitudes** emphasises the significance of innate psychological skills in managing and preserving our health, with minimal to no cost benefits.

This approach demonstrates how health standards are attained through life encounters and expressions.

## About the Author

Bimbo Ilori is an author with a purposive drive in her context. She has written over 35 books including bestsellers.

She is a master's holder in Administration, a fellow, the chartered administrators professional, and a certified life and purpose coach.

She teaches, writes and speaks about her passion, which includes Administration, a purpose-led life, and giving perspectives on the essentials of life.



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