



GOING TO THE LOO ALL THE TIME
ESPECIALLY AT NIGHT

BLURRED VISION

WEIGHT LOSS

EXTREME TIREDNESS

INCREASED THIRST

SYMPTOMS OF DIABETES

REGULAR INFECTIONS

TESTING FOR DIABETES IS EASY AND PAINLESS AND NORMALLY ONLY TAKES FIVE SECONDS

© 2008
MINDMAP BY
PAUL FOREMAN

www.diabeticinfo.co.uk

DO NOT IGNORE THE WARNING SIGNS!
SEE YOUR DOCTOR

© Paul Foreman <http://www.mindmapinspiration.com>

To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk

and

Subscribe to the Mind Map Inspiration Blog to receive
new Mind Maps, plus creativity and drawing tips.

Blog at www.mindmapinspiration.com

Mindmaps ® were invented by Tony Buzan

They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following websites:

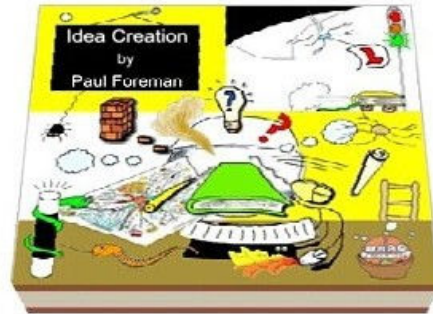
www.buzanworld.com

www.imindmap.com

Available from <http://www.mindmapinspiration.co.uk>

Idea Creation

101 Page E-Book £7.95



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

Never be stuck for an idea again!

Contents

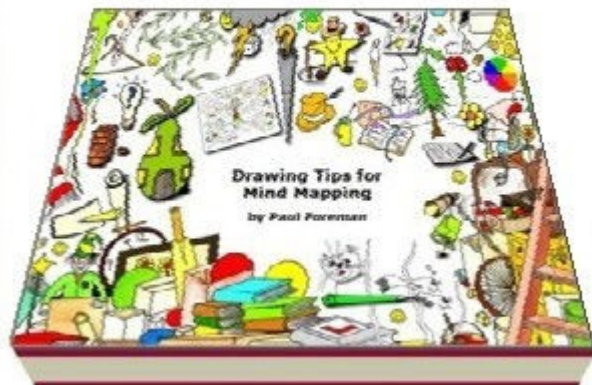
Why simple is often best
Fresh ideas
Use thinking – don't let it use you
Lifespan of an idea
Simplicity of an idea
Everything stems from a thought
Planning ahead and the bigger picture
Sparking ideas
Random thinking styles
Creativity Toolkit
Outside the box outside the box
Ideas don't dry up – thoughts do
Constant Daily Learner
Land of infinite possibilities

Includes the following Mind Maps:

5W1H
Idea Creation
Topical Ephemeral or Practical Immortal
Theory of the Brain
Idea
Planning Ahead and the Bigger Picture
Sparking Ideas
What is Original?
Thinking Styles
Thinking styles template
Creativity Toolkit Mind Map
Planetary Thinking
360° Thinking
Creative Focus
Odd Combinations
Thinking outside the Box
Thinking outside the Box Checklist
Curious Brain
Constant Daily Learner

Drawing Tips for Mind Mapping

110 Page E-Book £5.95

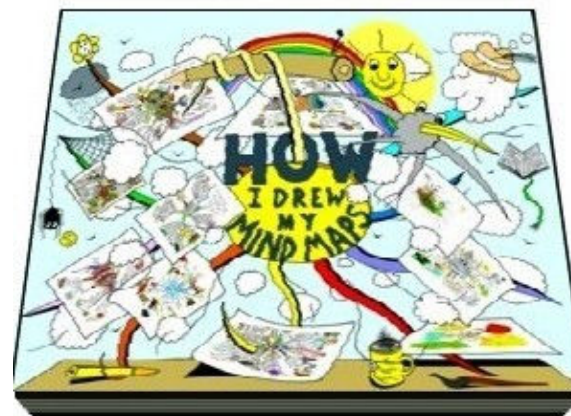


Beginners guide

- Colour wheel and use of colours
- Suggested Equipment
 - Drawing Fish
 - Drawing Cats
 - Drawing Books
- Using Stencils & Templates
 - Drawing Hats
 - Mind Map Templates
- Drawing Curves & Shapes
- Detailed breakdown of "Fantasy Mind Map"
- Enhancing Creativity through Thought Reduction
 - Drawing Speed Tests
 - Drawing Faces
 - Lettering
- Photo to Cartoon transfer
- Drawing Tips and Tricks
 - Doodleboards
 - Mind Maps

How I drew my Mind Maps

71 Page E-Book £6.95



Learn how to take your drawing to the next level

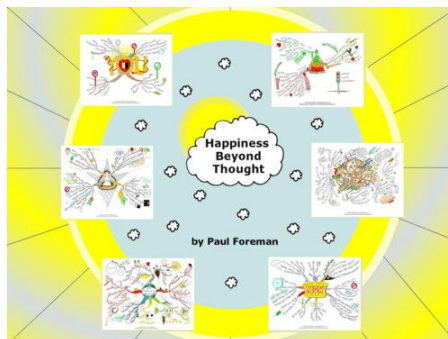
in my second E-Book and discover the secrets of

"How I drew my minds"

Including:

- The thoughts behind the maps
- Mind Map structure
- What products I use
- Tips and tricks for drawing
- Colour placement
- Image placement
- Detailed image analysis
- Illustration walkthrough step by step
- Fast sketching
- Idea generation
- From a simple line and curve to an image
- Overlap and 3D
- Plus a few surprises!

“Happiness Beyond Thought” 85 Page illustrated E-Book - Including Mind Maps £5.99



Discover true happiness and inner peace

Learn how to stop incessant thinking
and take control of your thoughts

Learn how to meditate, relax your
mind and body and foster inner calm

How to stay in the present moment

How to let go, find simplicity and
transform your life for good

Simple tips and strategies for
a harmonious and stress-free life

Includes:

Happiness is your primary state

Stop Thinking

Happiness is inside you

Go Within

Meditation

Organisation – Inner & Outer

Coming back to now (Present Moment Awareness)

Includes the following Mind Maps:

Happiness is your primary state

Stop Thinking Tips

Happiness is inside you

Go Within

Meditation

Organisation

Present Moment Awareness

Positive Acronym Your Name

Letting Go

Plus a Bonus Mind Map