

THREE KEYS COMPARISON

In my book *Unthink*, I explore a mental health program I call the Three Keys.

WHAT ARE THE THREE KEYS?

The Three Keys consist of the following components:

Observation (observing your thoughts),

Relaxation (breathing and stretching exercises); and

Reenergising (getting out into nature, exercise, eating a healthy diet, getting adequate sleep, and socialisation).

The Three Keys are based on the following ideas: If you can control your mind when faced with a stressful or anger-provoking situation by analysing your thoughts and take effective action to eliminate or decrease the level of stress and anger you have, the better you will feel.

You will remain calm, focused and in control. In other words, if you pay attention to your thoughts, you can learn to *act* before they alter the way you *feel*.

It is almost impossible to be stressed or angry if you are completely relaxed, and you are going to feel even better if you are energised *to the max*.

These exercises will make you feel better if done *properly* and *consistently*. You will have more energy and a clearer mind.

Unthink mostly focuses on the 'how' and the 'why'. How can I live a more 'normal' life? Is this even possible? How can I fit this into my busy schedule/life/typical day? Why is this information/exercise important? Why should I give a flying f*ck?

The book contains evidence-based research to answer the 'why' questions. This means that experts in their field have conducted research, studies, and/or experiments to show you the benefits of the exercises or strategies used in this book. I haven't plucked information out of thin air or developed exercises and strategies simply because they seem like a good idea!

The Three Keys can be used as a standalone program as well as in conjunction with other similar programs. It can also be used as a checklist to evaluate the effectiveness of other health programs.

In the tables below we will compare Dr. Daniel J. Siegel and Dr. David Rock's Healthy Mind Platter, David Goggins' daily regimen, the Wim Hof Method, Dr Amen's mental health advice, Chris Hemsworth personal regimen, Dr Roger Sehault's 8 pillars of health, Andrew Huberman's 8 pillars of mental and physical health, and Gary Brecka's daily routine to see why they are all successful programs and which is the best. If you follow a different program, try comparing it to the Three Keys. If you choose a program that only contains

one or two components of the Three Keys, it will be wise to find a way to regularly include the missing components into your daily routine to perform at your optimum level and feel your very best.

When you study successful and healthy people like Wim Hof and David Goggins, you will see that they tick all the boxes. But while we can learn from them and copy their behaviours, often we don't know the *how*. Maybe we don't know how to socialise, or how to control our thoughts. This is where my book *Unthink* comes in handy. Here you will find the tools to access all the necessary components but once again, it only works if you put the time and effort in. David and Wim would not be where they are today if they did not put in the time or effort. They both hold world records because they have trained for it.

Healthy Mind Platter (Dr. Daniel J. Siegel and Dr. David Rock)

The Healthy Mind Platter is a simple, neuroscience-informed framework developed by Dr Dan Siegel that outlines seven daily mental activities needed for optimal brain health and emotional wellbeing: Focus Time, Play Time, Connecting Time, Physical Time, Time In, Down Time, and Sleep Time. Rather than prescribing strict routines or protocols, it serves as a visual guide to help individuals balance their daily experiences to support brain integration and resilience. While highly accessible and conceptually clear, the model describes what the brain needs more than how to implement these practices in real-time moments of stress, and it does not explicitly teach skills for observing or challenging unhelpful thought patterns.

Three Keys Components	Healthy Mind Platter (Dr. Daniel J. Siegel and Dr. David Rock)
Observation	Referred to as 'Time In'.
Relaxation	Referred to as 'Downtime'.
Reenergise	
Diet	-
Exercise	Referred to as 'Physical Time'.
Sleep	Referred to as 'Sleep Time'.
Nature	-
Socialising	Referred to as 'Connecting Time'.

Pros

- Very accessible and easy to understand
- Strong neuroscience foundation
- Encourages balance across key mental activities

- Excellent educational and reflective tool

✗ Cons

- Describes what the brain needs, not how to do it
- No clear in-the-moment strategy during stress or conflict
- Does not explicitly address cognitive distortions
- Requires translation into daily habits by the user
- Less practical for real-time emotional regulation

David Goggins' Daily Regimen

David Goggins' approach is a discipline-driven, adversity-based model focused on building mental toughness through voluntary discomfort, extreme accountability, and relentless self-challenge. His philosophy emphasises pushing beyond perceived limits using intense physical training, exposure to hardship, and strict self-talk to override resistance and fear. Mental health, in this framework, is strengthened through action rather than reflection, with suffering reframed as a tool for growth and identity change. While highly effective for cultivating grit, resilience, and confidence in some individuals, his approach may be unsustainable for stress-sensitive individuals.

Three Keys Components	David Goggins' Daily Regimen
Observation	Notice when your mind gives up on a physical challenge and push past it.
Relaxation	Stretching and paying attention to thoughts (up to 4 hours).
Reenergise	
Diet	Intermittent fasting, unprocessed foods. 40% protein, 40% fat, 15-20% carbohydrates.
Exercise	Runs up to 21kms, cycling, swimming, weights, calisthenics.
Sleep	7-8 hours
Nature	Always outside running. Competes in ultramarathons.
Socialising	Mentions importance of teamwork when in the US Armed Forces and the importance of helping others for personal growth and finding a sense of purpose.

☑ Pros

- Builds extreme discipline, grit, and perseverance
- Effective for people who feel stuck in avoidance or comfort
- Reframes suffering as a source of confidence and identity
- Clear message: action before motivation
- Can rapidly increase self-belief through achievement

✗ Cons

- Little focus on observing thoughts or cognitive distortions
- Relies heavily on willpower rather than regulation
- Can increase stress, burnout, or self-criticism in some people

- You have to dig to find most of the information. Hopefully one day he will create a clear guide.

Wim Hoff Method (WHM)

Wim Hof's method centres on deliberate breathing techniques, cold exposure, and mindset training to influence the autonomic nervous system, immune response, and stress resilience. His approach is grounded in the idea that controlled physiological stress can increase emotional regulation, energy, and mental clarity. The method is experiential and body-led, with psychological benefits emerging as a by-product of improved nervous-system control rather than through explicit cognitive work. While powerful for enhancing stress tolerance and bodily awareness, it provides limited structure for addressing thought patterns, emotional triggers, or day-to-day psychological challenges outside of the practices themselves.

Three Keys Components	Wim Hoff Method (WHM)
Observation	Referred to as 'Commitment'. Using focus and determination to master your mind and body.
Relaxation	Daily breathing exercises, stretching and paying attention to thoughts.
Reenergise	
Diet	Not part of the WHM program but Wim sticks to one meal a day (intermittent fasting). He is mostly vegetarian and eats mostly unprocessed foods.
Exercise	Mix of calisthenics, weight and resistance training.
Sleep	Not part of the WHM program but Wim himself follows his natural circadian rhythm.
Nature	Cold therapy. Wim loves ice bathing daily and gardening.
Socialising	Not part of the WHM program but Wim himself enjoys talking to people and helping people.

☑ Pros

- Strong physiological regulation through breath and cold
- Improves stress tolerance and bodily awareness
- Clear, repeatable practices with noticeable short-term effects
- Helps people reconnect with the body when stuck in rumination
- Can quickly shift mood and energy states

✗ Cons

- Limited guidance on thoughts, triggers, or emotional meaning
- Can be overwhelming for trauma-sensitive individuals
- Less focus on cognition, relationships, diet and sleep

Dr Amen’s Mental Health Advice

Dr Daniel Amen’s approach is a brain-first health model focused on optimising mental and emotional wellbeing by improving how the brain functions. Using SPECT brain imaging, Amen emphasises identifying individual brain patterns and addressing them through targeted lifestyle strategies such as nutrition, exercise, sleep, stress reduction, supplements, and thought management. His work highlights the impact of “ANTs” (Automatic Negative Thoughts) on mental health and promotes actively challenging unhelpful thinking while supporting the brain with healthy habits. The core belief is that when you improve brain health, mood, behaviour, focus, and long-term wellbeing naturally follow.

Three Keys Components	Dr Amen’s Mental Health Advice
Observation	Automatic Negative Thoughts (ANT) identification and reframing. This is what he calls cognitive distortions.
Relaxation	<ul style="list-style-type: none"> • Breathing exercises • Gratitude journaling • Guided imagery • Meditation or prayer
Reenergise	
Diet	<p>Eat More:</p> <ul style="list-style-type: none"> • Healthy fats: olive oil, avocados, nuts, seeds • Omega-3s: salmon, sardines, fish oil • Colourful vegetables (especially leafy greens) • Low-glycaemic fruits (berries) • Clean protein (eggs, chicken, fish, legumes) <p>Avoid / Limit:</p> <ul style="list-style-type: none"> • Sugar and refined carbs • Ultra-processed foods • Artificial sweeteners and additives • Trans fats and excessive seed oils • Food sensitivities (gluten/dairy if reactive) <p>Supplements:</p> <ul style="list-style-type: none"> • Omega-3 fish oil • Magnesium • Vitamin D • B-complex vitamins • Zinc • Probiotics • Curcumin • L-theanine (for anxiety) • Ginkgo or phosphatidylserine (for focus/memory)
Exercise	<ul style="list-style-type: none"> • Aerobic exercise (walking, cycling, swimming) • Strength training (2–3× per week) • Short burst, frequent movement. • Coordination activities (sports, dance) for brain plasticity
Sleep	<p>Target: 7–9 hours per night</p> <p>Protocols include:</p>

	<ul style="list-style-type: none"> • Consistent sleep/wake times • No screens 1 hour before bed • Dark, cool bedroom • Screen for sleep apnea if snoring or daytime fatigue • Magnesium or melatonin (when appropriate)
Nature	<ul style="list-style-type: none"> • Cold exposure, sauna. • Walking outdoors most days (even short walks) • Sunlight exposure early in the day • Gardening, hiking, beach walks, or parks • Combining nature + movement when possible
Socialising	<p>Strong emphasis on:</p> <ul style="list-style-type: none"> • Healthy relationships • Purpose-driven living • Contribution and service • Social connection
Other	Improving blood flow, limiting head trauma, avoiding toxins, reducing inflammation, correcting hormone imbalances.

Pros

- Excellent science
- High clinical value
- Amen’s work is excellent for complex or treatment-resistant cases
- Great for people who want data, tests, structure

Cons

- Many partial frameworks. But no single, simple, memorable mnemonic like the Three Keys
- No mention of deep stretching for relaxation
- You have to do some digging to find everything which can be difficult if you are stressed and time poor
- Complex frameworks are hard to follow under stress
- Hyperbaric oxygen chambers may be unsuitable for individuals with claustrophobia

Chris Hemsworth Personal Regime and takeaways from Limitless

Chris Hemsworth’s Limitless presents a challenge-based, longevity-focused approach to health that explores how stress, discomfort, and lifestyle choices can build physical and mental resilience over time. Through expert guidance and real-world experiments, the series highlights key drivers of long-term health such as sleep, exercise, diet, cold and heat exposure, social connection, and purpose.

Three Keys Components	Chris Hemsworth Personal Regimen and takeaways from Limitless (including recommendations from industry experts)
Observation	<p>Positive self-talk during tense moments.</p> <p>Staying present instead of bracing or panicking in stressful situations.</p> <p>Awareness of internal states during fear, pain, and stress.</p> <p>Chris consciously works on not being attached to every thought.</p>

Relaxation	Breath regulation (box breathing, slow nasal breathing). Mindful meditation ~3× per week.
Reenergise	
Diet	<p>Fasting:</p> <ul style="list-style-type: none"> • Skip breakfast until midday ~3× weekly • 24-hour fast once a month • 4-day fast once a year (extreme & supervised). <p>• Prioritise real food</p> <p>Reduce ultra-processed foods</p> <p>Eat foods that support long-term brain and metabolic health</p> <p>This includes:</p> <ul style="list-style-type: none"> • Vegetables (lots) • Fruits • Whole grains • Nuts and seeds • Quality protein sources. Chris mostly eats a meat heavy (chicken, fish, beef and lamb) Mediterranean style diet.
Exercise	<p>Strength & Endurance</p> <ul style="list-style-type: none"> • Endurance training (~2 hours per week) • Climbing & functional movement • Exercise outside the gym (real-world physical tasks). Resistance training for longevity. • Functional movement (carry, climb, push, pull) • Allowing recovery between efforts • Building strength as a buffer against aging
Sleep	<p>Key Sleep Lessons from Limitless</p> <ul style="list-style-type: none"> • Sleep is non-negotiable for longevity • Brain health depends on sleep quality • Stress tolerance is impossible without sleep. <p>Chris tries to avoid screens for about an hour before bedtime.</p>
Nature	<ul style="list-style-type: none"> • Ice baths ~3× per week • Regular sauna sessions (e.g., ~20 minutes at high heat)
Socialising	<p>Practical lessons about social connection from Limitless:</p> <ul style="list-style-type: none"> • Make time for friends and family, it isn't just good for happiness; it's good for your brain. • Shared experiences, especially meaningful or novel ones, strengthen psychological resilience. • Memories tied to loved ones and past experiences are cognitive workouts as well as emotional anchors. • Social isolation is a risk factor for cognitive decline, while social engagement is protective. <p>Hemsworth consistently says that family comes first. He also employs and travels with his friends.</p>

Pros

- Strong Focus on Stress Exposure & Resilience
- Reframes stress as part of growth
- Appeals strongly to men and high performers

- Reduces stigma by showing vulnerability in a traditionally “strong” figure.

✘ Cons

- Viewers must remember episodes, scenes, or ideas rather than a mnemonic.
- Cognitive distortions are not addressed explicitly
- Extreme challenges and expert support are unrealistic for most people

NEWSTART: Dr Roger Seheult’s 8 Pillars of Health

Dr Roger Seheult’s approach is a medically grounded, lifestyle-medicine model that focuses on preventing and reversing chronic disease through foundational health behaviours. Drawing from the NEWSTART framework and his expanded “8 pillars,” he emphasises sleep, sunlight, nutrition, exercise, stress management, relationships, avoidance of harmful substances, and purpose. His teaching is practical, evidence-based, and accessible, with a strong focus on physiology and daily habits that reduce inflammation, improve metabolic health, and support immune and cardiovascular function. Stress management is addressed primarily through sleep, exercise, nature, faith, and social connection, with less explicit focus on identifying or restructuring unhelpful thought patterns.

Three Keys Components	NEWSTART: Dr Roger Seheult’s 8 Pillars of Health
Observation	-
Relaxation	<ul style="list-style-type: none"> • Nasal breathing • Breathing practices to support oxygenation and calm • Slow, controlled breathing • Longer exhales to activate the parasympathetic nervous system
Reenergise	
Diet	<ul style="list-style-type: none"> • Whole, minimally processed foods • Adequate protein, fibre, and micronutrients • Avoiding excess sugar and ultra-processed foods • Adequate hydration • Replacing sugary drinks with water
Exercise	<ul style="list-style-type: none"> • Regular physical activity • Both aerobic fitness and strength • Movement as medicine • Avoiding overtraining
Sleep	<ul style="list-style-type: none"> • Quality sleep • Adequate recovery • Respecting fatigue rather than pushing through it • Prioritising sleep duration and quality • Avoiding overwork and sleep debt • Regular sleep-wake cycles • Reduced artificial light at night
Nature	<ul style="list-style-type: none"> • Safe sun exposure for vitamin D • Supporting circadian rhythm • Mood and immune benefits

	<ul style="list-style-type: none"> • Morning sunlight
Socialising	<ul style="list-style-type: none"> • Social connection • Meaning, faith, purpose, or belonging • Emotional safety and support
Other:	Temperance: <ul style="list-style-type: none"> • Moderation in all things • Avoiding excess alcohol, drugs, and harmful habits Avoiding unnecessary stressors. Clean air

Pros

- Clear, comprehensive health foundations
- Excellent for education and prevention
- Useful for long-term health planning
- NEWSTART mnemonic is easy to remember.

Cons

- Does not explicitly teach thought awareness or cognitive distortions
- Assumes ability to self-regulate
- Content-focused rather than process-focused
- Can feel overwhelming as a list under stress

Dr. Andrew Huberman’s 8 Pillars of Mental & Physical Health

Dr Andrew Huberman’s work presents a neuroscience-driven, protocol-based approach to optimising mental and physical health by aligning daily behaviours with how the nervous system and brain are wired. His “pillars” emphasise sleep, light exposure, exercise, stress management, relationships, nutrition, gut and oral health, and spiritual grounding, supported by detailed explanations of underlying biology. Huberman focuses on actionable tools, such as light timing, breathing protocols, movement, and habit scheduling, to improve focus, mood, resilience, and performance. While stress is addressed through physiological regulation and behavioural strategies, cognitive distortions and thought observation are not considered.

Three Keys Components	Dr. Andrew Huberman’s 8 Pillars of Mental & Physical Health
Observation	<ul style="list-style-type: none"> • Reframe stress as enhancing rather than harmful • Pay attention to self-talk and inner narrative
Relaxation	<ul style="list-style-type: none"> • Breathwork • Physiological sighs (two inhales + long exhale) to quickly reduce stress • Deep slow breathing to down-regulate the nervous system • Non-sleep deep rest (NSDR) protocols • Meditation • Mindfulness or other contemplative routines
Reenergise	
Diet	<ul style="list-style-type: none"> • Balanced intake of proteins, fats, carbs • Fiber and micronutrients for gut and brain support

	<ul style="list-style-type: none"> • Hydration daily • Mindful eating (timing relative to sleep important) • Eat whole foods, minimize ultra-processed foods • Consider timing for energy and circadian alignment • Hydration for saliva and digestive function • Include prebiotic and probiotic foods • Monitor gut responses to diet • Omega-3 Fatty Acids: Reduce inflammation and support brain health. • Vitamin D: Enhances mood and immune function. • Magnesium: Aids relaxation and stress reduction. • Multivitamins: Prevent micronutrient deficiencies.
Exercise	<ul style="list-style-type: none"> • Cardiovascular work (Zone 2) 180–220 min weekly • Brisk walking. • Cycling at a moderate pace. • Light jogging. • One high-intensity (VO2 max) session weekly • Resistance training per muscle group (to near failure) • Daily incidental movement (steps, walking breaks) • Balance cardio + resistance • Break up long sitting periods • Schedule rest days
Sleep	<ul style="list-style-type: none"> • Consistent sleep and wake times every day • Reduce light exposure (especially blue light) before bed • Avoid caffeine in the afternoon • Create a wind-down routine free of screens & stressors • Use darkness, cool temperature, and quiet for deep restorative sleep
Nature	<ul style="list-style-type: none"> • Get outdoor light within ~30–60 min after waking for 10–30 minutes • Avoid wearing sunglasses to allow natural light exposure • Light through windows isn't enough, direct light exposure is stronger • Red light or daylight lamps can help in low-sun conditions • Cold showers/immersion to strengthen stress resilience (hormesis) • Use the sauna 1-3 times per week. Aim for sessions of 10-20 minutes at 170-190°F.
Socialising	<ul style="list-style-type: none"> • Positive interaction as a buffer against chronic stress • Nurture close relationships • Maintain boundaries • Seek community engagement • Practical protocols • Regular meaningful connection • Reflection on how relationships impact stress
Other:	<ul style="list-style-type: none"> • Oral hygiene (brushing, flossing, supportive mouth microbiome)

	<ul style="list-style-type: none"> • Journaling or reflective writing • Gratitude awareness • Engagement with purpose-driven life goals • Find activities that foster connection to values • Emotional granularity
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☑ Pros

- Evidence-based lifestyle foundations
- Comprehensive preventive approach
- Clear guidance for long-term health
- Easy to teach and plan

✗ Cons

- Less explicit on cognitive distortions or thought awareness
- No mention of deep stretching for relaxation

Gary Brecka's Daily Routine

Gary Brecka’s routine is a physiology-first system built around science-backed, personalised protocols that target sleep, metabolism, oxygenation, and hormonal balance. Using simple, stackable daily actions and measurable tools, the aim is to create rapid improvements in energy, focus, sleep, and recovery — with the underlying assumption that mental health improves automatically once the body is optimised.

Three Keys Components	Gary Brecka's Daily Routine
Observation	-
Relaxation	<ul style="list-style-type: none"> • Mindfulness and Meditation • Practice diaphragmatic breathing, box breathing, or alternate nostril breathing at home. • Guided Sessions: Use free online resources or apps to guide your breathwork sessions. • Exercise With Oxygen Therapy (EWOT) • Wind Down Activities like reading or light stretching
Re-energise	
Diet	<ul style="list-style-type: none"> • Drink mineralised water with Celtic Sea salt or Baja gold sea salt or hydrogen water • Fish oil • Nutrient-rich breakfast that includes essential vitamins and minerals, focusing on foods that align with individual health needs identified through testing
Exercise	Full workout to keep the body active and healthy
Sleep	<ul style="list-style-type: none"> • Avoid Blue Light • Wind Down Activities like reading or light stretching • Consistent Sleep Schedule going to bed and waking up at the same time every day
Nature	<ul style="list-style-type: none"> • Walk barefoot on natural surfaces like grass, soil, or sand

	<ul style="list-style-type: none"> • Daily Sun Exposure: Spend at least 15-30 minutes outside each day, exposing your skin to natural sunlight. • Morning Walks: Incorporate a walk in the early morning sunlight into your daily routine. • Cold Showers: End your regular shower with a 2-3 minute blast of cold water. • Natural Bodies of Water: Take a dip in a cold lake, river, or ocean if you have access. • Cold Plunge Tubs • Outdoor Relaxation: Sit or lie down on the ground while reading or meditating to experience grounding benefits. • Pulsed Electromagnetic Field (PEMF) mat • Red light therapy panels
Socialising	-

Pros

- Strong focus on relaxation.
- Appeals to people who want rules, certainty, and discipline.
- His clear and simple daily structure can help build momentum

Cons

- No guidance on cognitive distortions
- No mention of socialising as an important step for maintaining good mental health

And the winner is...

If this were a competition, Dr Daniel Amen would arguably be the winner, as he is the only one who explicitly covers all major components of mental health. In particular, he recognises cognitive distortions, what he calls “ANTs”, as a central factor in emotional wellbeing. I found it interesting that, for something so fundamental to mental health, he was the only one to address unhelpful thinking patterns as a standalone component.

While Dr Amen has done groundbreaking work in advancing our understanding of the brain through imaging and neuroscience, his program could be improved by being reframed into a simpler, easy-to-remember mnemonic like the Three Keys. Although his BRIGHTMINDS framework is comprehensive, it is lengthy and offers limited practical guidance on how to implement everyday changes such as improving sleep, stopping binge eating, or starting and maintaining an exercise routine.

In second place, it would have to be David Goggins’ personal routine. While Goggins doesn’t actively promote any protocols for good mental and physical health, he lives every component of the Three Keys naturally and due to this, he has overcome major obstacles in his life and is able to push through unbelievable physical challenges. The only downside is that you have to dig to find a lot of the information on his diet, and social connection beliefs. It’s not clearly laid out neatly in his books (it’s not the purpose of his books anyway). He doesn’t state the importance of getting out into nature, it is just a side effect of his lifestyle and career choices. While it does seem like he holds a lot of anger, it is hard to say if he actually feels it or if he just expresses it to get his point

across. Goggins has posted directly about how people *don't know him* yet still criticize him, making it clear he finds it frustrating. On Instagram he's said things like "*They really don't know shit about me. But yet you despise me...*" expressing disbelief that people hate him without understanding him. He often publicly *acknowledges* that negativity and then flips the script by saying he uses hate as fuel, creating a kind of narrative where the anger becomes part of his motivational toolkit. He's talked about turning hate messages into a "mixtape of hate" that he listens to for motivation. So, the *emotion* he conveys is complex, it's frustration and irritation at unfair or uninformed criticism, but branded as energy he converts into discipline and performance rather than simple negativity.

Table that compares all with ticks and dashes

Finish comparison with call to action - donate to crowdfunding campaign. Link to website. Liking and sharing social pages with friends and family. - facebook and instagram - use indigogo description on my website

Support Mental Health (Crowdfunding Campaign)

The Mission:

We live in a world that's fast, noisy, and constantly pulling our attention in every direction. Our nervous systems are overloaded, our minds are restless, and our emotions often run the show.

I wrote ***Unthink***, and its illustrated companion, ***Unthink Illustrated***, to help people slow down, observe their thoughts, and rewire their stress responses using three powerful steps:

Observe. Relax. Reenergise.

These books use science, humour, and easy-to-apply emotional regulation strategies to make mental fitness practical for everyone. Up until now, I've funded this entire project myself, from writing, illustrating and design to printing and initial distribution.

But to take it further, to reach more people, spread awareness, and give copies to those who can't afford them, I need your help.

By backing this campaign, you're not just buying books, you're helping people regain calm, clarity, and hope.

Your donation helps fund:

- Advertising and outreach so the book reaches people struggling with stress, anxiety, and mental health challenges.
- Free and discounted copies for community reviewers, libraries, and support groups.

- Campaigns that encourage people to share their experiences and reviews to inspire others
- Every contribution, financial or otherwise, helps someone else find relief and improve their mental health.

Not everyone can donate and that's okay. If you have **Kindle Unlimited**, you can read **Unthink** for free. Your honest **Amazon or Goodreads review** counts as a donation. Each review helps the book gain visibility and reach more people who need it.

Your words can change lives.

Liking and sharing my [Facebook](#) and [Instagram](#) pages with friends and family helps spread awareness, support others, and is a free way to contribute.

SIDE BY SIDE COMPARISON

Three Keys Components	Dr. Daniel J. Siegel	David Goggins	Wim Hoff	Dr Amen	Chris Hemsworth	Dr Roger Seheult	Dr. Andrew Huberman	Gary Brecka
Observation	✓	✓	✓	✓✓	✓	✗	✓	✗
Relaxation	✓	✓	✓	✓	✓	✓	✓	✓
Reenergise								
Diet	✗	✓	✓	✓	✓	✓	✓	✓
Exercise	✓	✓	✓	✓	✓	✓	✓	✓
Sleep	✓	✓	✓	✓	✓	✓	✓	✓
Nature	✗	✓	✓	✓	✓	✓	✓	✓
Socialising	✓	✓	✓	✓	✓	✓	✓	✗

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