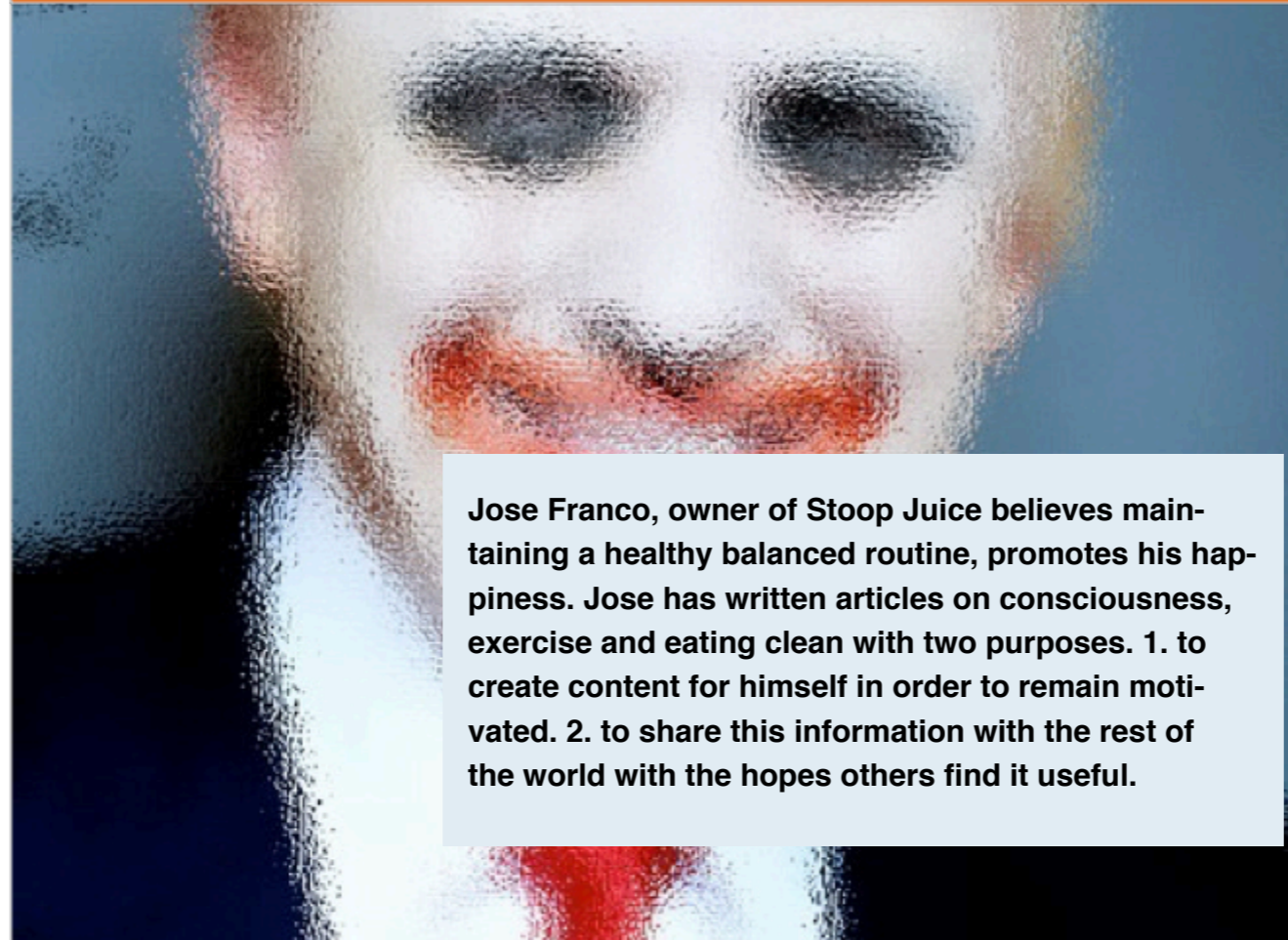


# [ self-awareness ]

*"The ability to take an honest look at your life without attachment to it being right or wrong."*



**Jose Franco, owner of Stoop Juice believes maintaining a healthy balanced routine, promotes his happiness. Jose has written articles on consciousness, exercise and eating clean with two purposes. 1. to create content for himself in order to remain motivated. 2. to share this information with the rest of the world with the hopes others find it useful.**



CONSCIOUSNESS

## EXERCISE & EATING CLEAN IN 2019

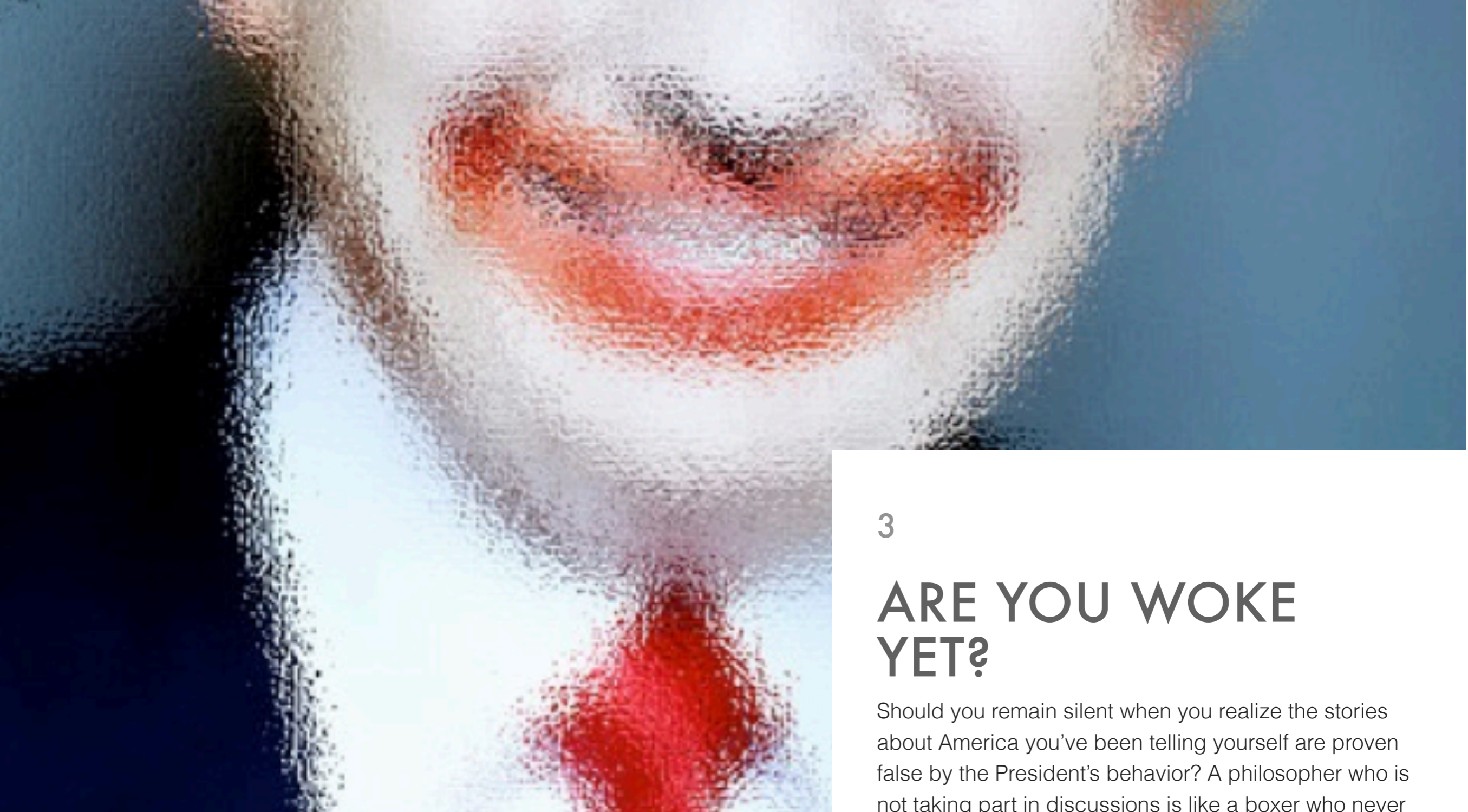
Jose Franco, owner of Stoop Juice believes maintaining a healthy balanced routine, keeps him happy. Jose has written articles on [consciousness](#), [exercise](#) and [eating clean](#) with two purposes. 1. to create content for himself in order to remain motivated. 2. to share this information with the rest of the world with the hopes others find it useful. Additional opinion articles on [business & politics](#).



KEEP PAYING IT FORWARD

## REST IN PEACE NIPSEY HUSSLE

Despite the best of intentions, any advice given to a person has limitations regarding perception and enlightenment. How much you reveal to the person from whom advice is sought and the advisor's capacity to conceptualize the best course/s of action/s has a vital bearing on the usefulness of the advice. [Continue reading](#)



3

## ARE YOU WOKE YET?

Should you remain silent when you realize the stories about America you've been telling yourself are proven false by the President's behavior? A philosopher who is not taking part in discussions is like a boxer who never goes into the ring. Once awakened, the worst case scenario may prompt you to think "life sucks". If this sounds like you, recognizing other people lead productive lives while your life continues to [Continue reading](#)



4

## THE DILEMMA

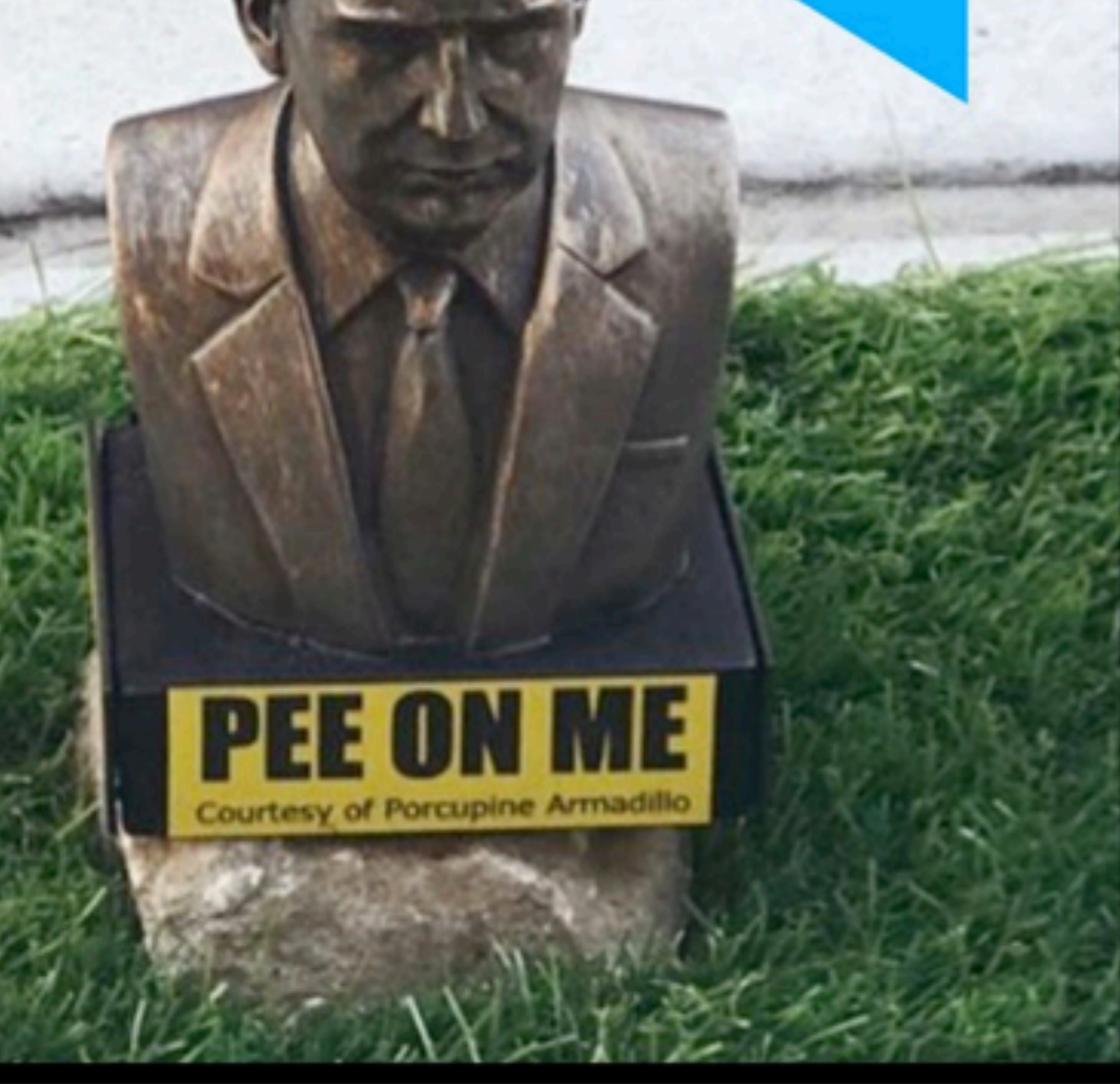
In an attempt to lose 15 pounds, I've started going for longer walks in my Park Slope neighborhood. As I walked by the Brooklyn Museum, I noticed a sign which states the opposite of what my wife wants me to do. ("Do Not Disappear Into Silence"). My biggest [Continue reading](#)



5

## HUMAN ACTION

Every time you find yourself complaining about the current political situation in the world while watching reality tv, take action instead of feeling somber. Envision yourself pioneering folkways sharing an ideology that combines the approach and lessons of Marcus Aurelius and Ludwig Von Mises to enable individuals a [Continue reading](#)



# Vs Freedom Of Tho In The United States Of America

6

## THOUGHT VS SPEECH

American citizens and US residents who illustrate disagreement with Trump's policies by posting offensive pictures like (above: bust of the President with a "pee on me" sticker on a patch of grass), have to avoid being reluctant to work or be unreliable. If you're undependable, it doesn't matter what your values are, no serious person is going to trust you. Exercising [Continue reading](#)



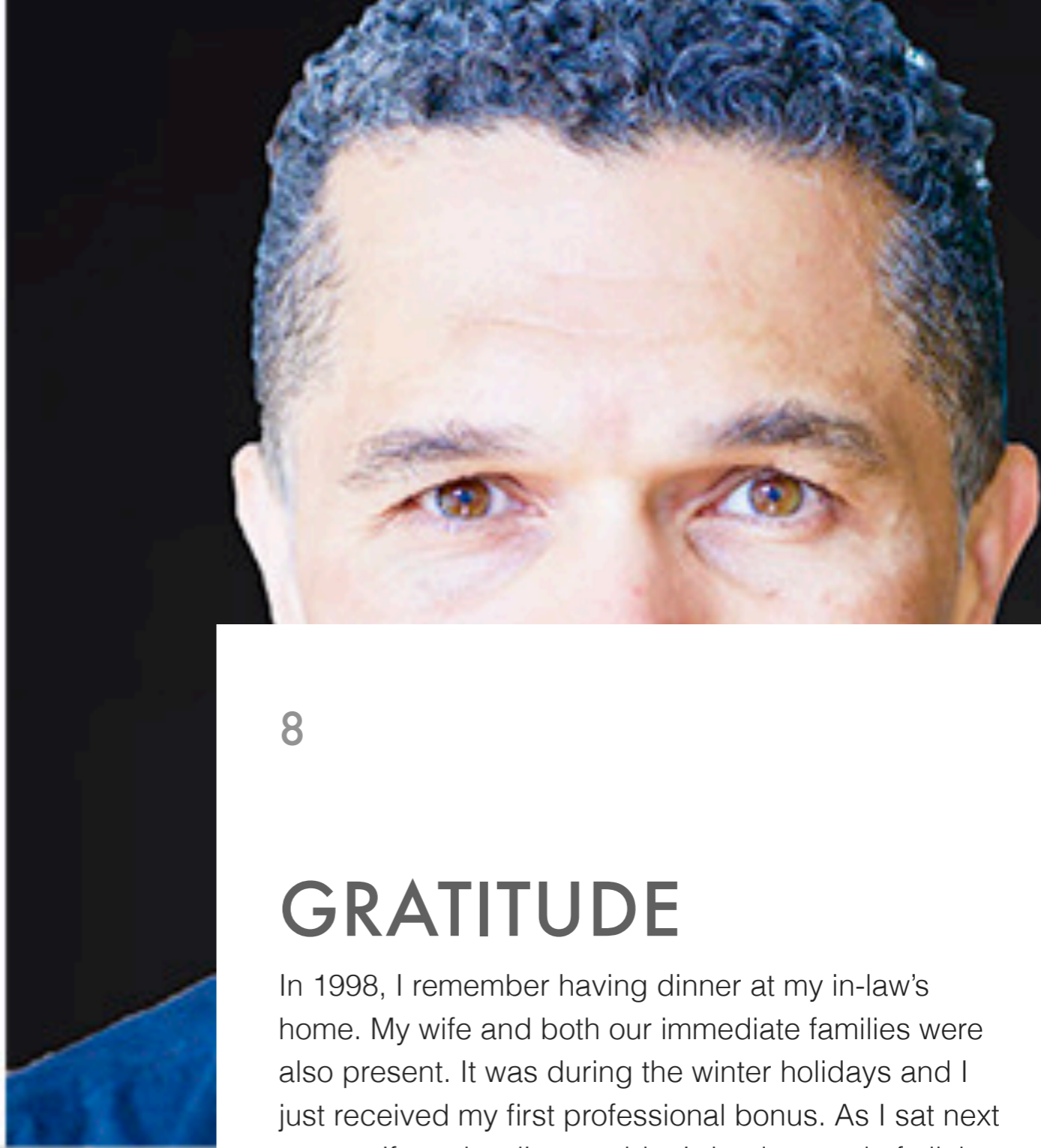
7

## WORLD'S BEST STORYTELLERS

The world's best storytellers and the Brooklyn juice man (Jose Franco) were walking around Prospect Park this morning. Each explained to Jose why their religion, political party, beliefs and cultures were desirable. Each one highlighted what they perceived as their strengths while Jose questioned inconsistencies [Continue reading](#)



thankful  
grateful  
blessed



8

## GRATITUDE

In 1998, I remember having dinner at my in-law's home. My wife and both our immediate families were also present. It was during the winter holidays and I just received my first professional bonus. As I sat next to my wife at the dinner table, I daydreamed of all the additional [Continue reading](#)

# self-awareness ]

*'The ability to take an honest look  
at your life without  
to it being right*

9

## SELF-AWARENESS

In the past, fear of public reaction to published materials considered unfavorable to those in power had little to no circulation because openly publishing controversial ideas led to reciprocity or death to both reader and author. Prior to the printing press, teaching [Continue reading](#)

The New York Times

The Opinion

Submitted

10

## OPINION: SELF REFLECTION

This summer, I've been collecting signatures at Brooklyn's Prospect park in a bid to be the Independent candidate for President of the United States in 2020. My name is not important but my story is. I think the current President is anti enlightenment and regularly contradicts himself with [Continue reading](#)



11

## WRITING MISSION STATEMENT

Despite growing up in a pragmatic family with fiscally conservative values, I've become more spiritual over the last eight years. Since opening Stoop Juice in 2012, I've met scores of customers who you wouldn't expect to use the label of spirituality open to concepts such as finding their life's purpose and trusting of their own intuition. I believe [Continue reading](#)

# STRENGTHS FINDER

12

## GALLUP'S STRENGTHFINDERS

If you want to keep growing both personally and professionally, seek out messages that highlight your strengths more than obsessing about your weaknesses. Self-talk can have a great impact on your confidence. The effect can be good or bad, depending on whether your self-talk is [Continue reading](#)



# Know Your Circle Of Competence

**It's  
“ I D**

13

## CIRCLE OF COMPETENCE

When I decided to make a career change in 2011 you could have given me \$100 million worth of stock in an IPO and I wouldn't of felt financially secure since I don't understand stocks. [Continue reading](#)



ecture 1



14

## CONSCIOUSNESS

The brain is designed with blind spots, optical and psychological, and one of its cleverest tricks is to confer on us the comforting delusion that we, personally, do not have any. In a

[Continue reading](#)

# For Jose Franco In 2020? If Yes, You Must Read



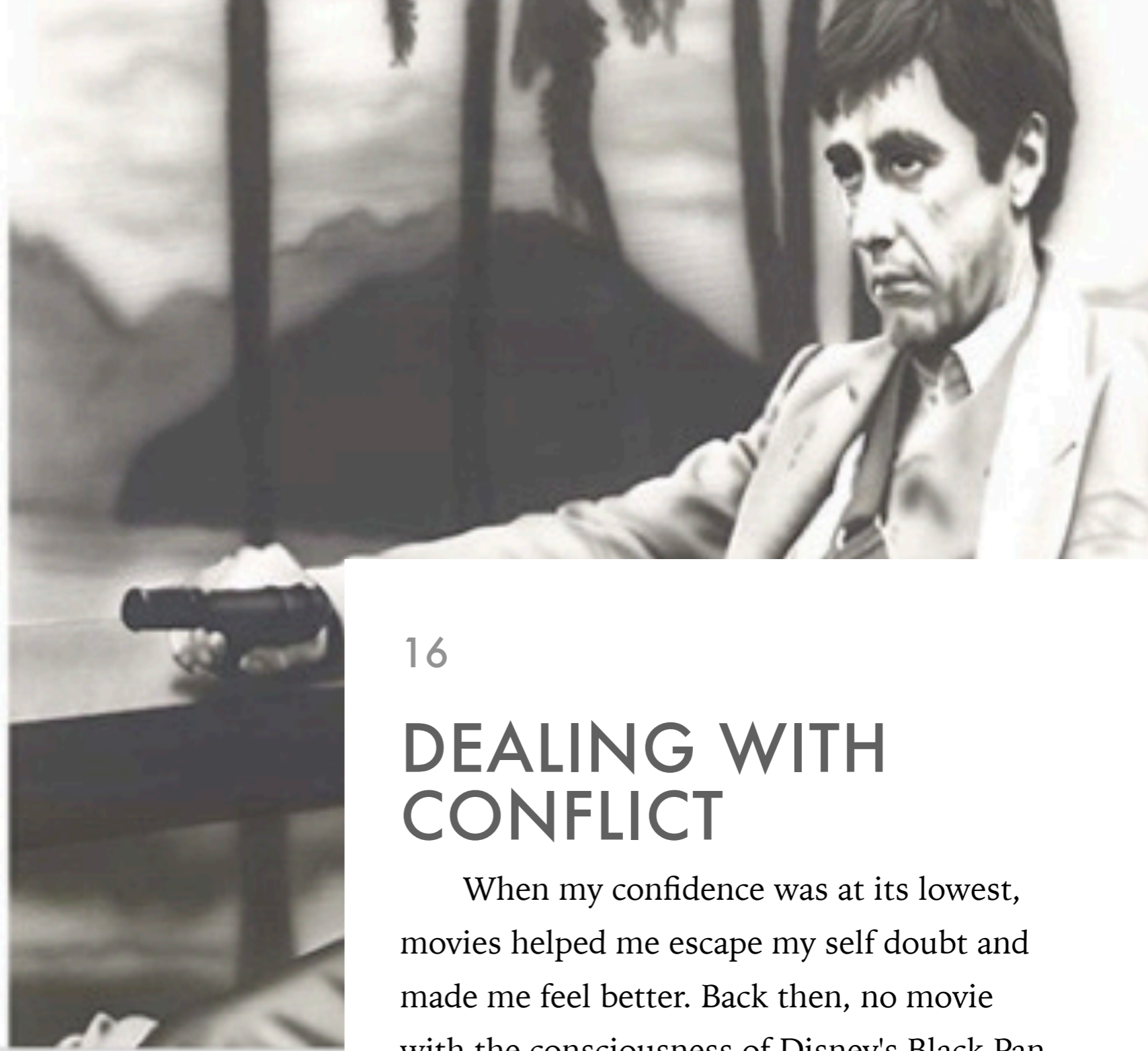
15

## 23 THINGS THEY DON'T TELL YOU

Economics is a discipline that impacts everyone, yet it is also a subject most people don't understand. This is surprising since most people want to understand and engage with the economic decisions [Continue reading](#)



How do you  
deal with  
internal and  
external  
conflicts?



16

## DEALING WITH CONFLICT

When my confidence was at its lowest, movies helped me escape my self doubt and made me feel better. Back then, no movie with the consciousness of Disney's Black Panther were [Continue reading](#)

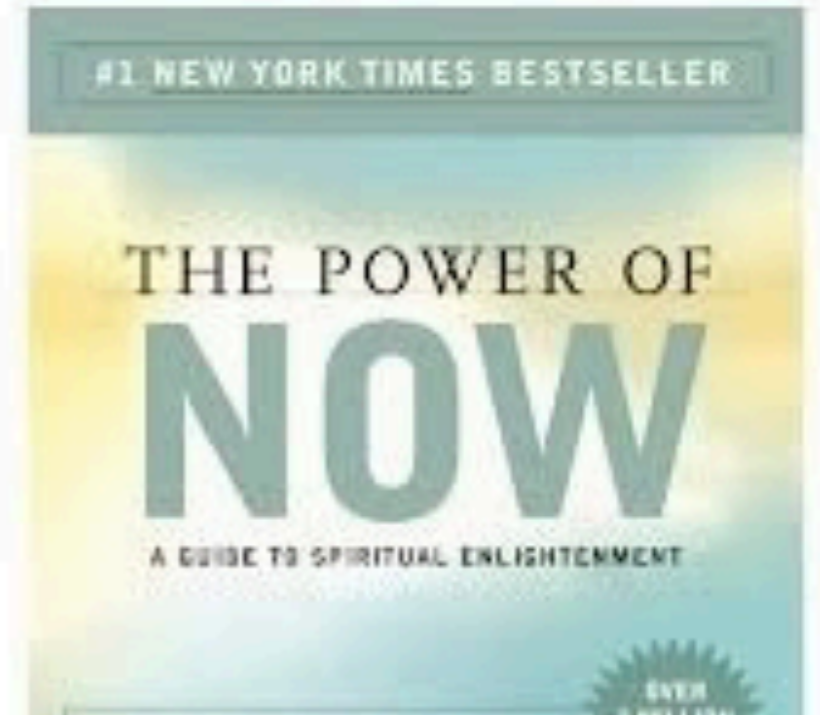
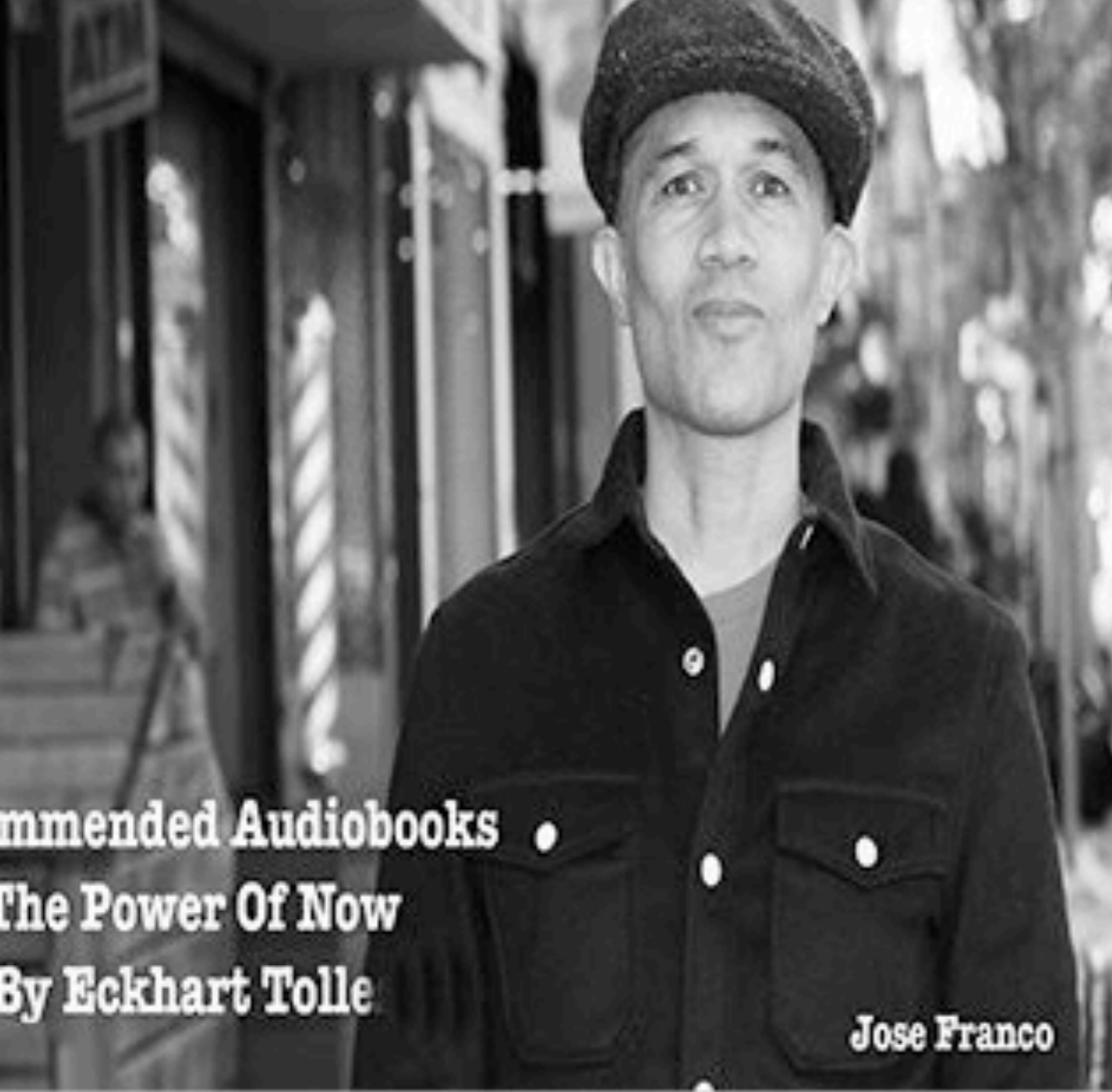


# Unsolicited Advice From The Brood Juice IV

17

## UNSOLICITED ADVICE

Have you ever gone shopping only to find a shopkeeper full of unsolicited advice? To escape this scenario it may be wise to remain quiet after you order. But [Continue reading](#)



18

## SURRENDER: THE POWER OF NOW

“Surrender is the simple but profound wisdom of yielding to rather than opposing the flow of life.” [Continue reading](#)