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The Gmail app is no longer just for Gmail. After adding support for IMAP, POP and Exchange, as well as tons of functions for managing and managing email, we recommend that Gmail manage all email accounts - even non-Google-Y of them-on Android.GmailPlatform: AndroidPrice: FreeDownload PageFeaturesSupports IMAP, POP, Exchange/Outlook, Yahoo MailUnified InboxArchive, Star, and MessageBlock labels and unsubscribe from email addressesMute threadsArchive, delete or reply emails from notificationsSort messages on the importance of Release ResponseeerOnly allow you to download attachments via Wi-Fi to save mobile dataWhy it ExcelsIn the early days of Android, Google had a separate email app for all your non-Gmail emails. Now, however, the Gmail app supports IMAP, POP and Exchange, so you can add almost all email accounts to your device. You can even view all your mailboxes in one place. Of course, it's Google, so it also comes with a few handy bonus tools. You can block the sender if you are harassed by a person, or unsubscribe from the mailing list if you get harassed by the company. Both are available as regular menu buttons, so they are easier to access than creating a filter or digging for a unsubscribe button in tiny text at the bottom of the email. You can also turn off streams so you'll still receive emails, but you don't have to receive notifications every time. Gmail also lets you reply or archive/delete (you can choose which app settings) from the notification. Where it falls ShortGmail has become popular for a reason, but it is still not perfect. You still can't remind yourself of email later on as you can with Boomerang (which unfortunately doesn't support POP or IMAP). There is also no integration with apps for the calendar or to-do list. While Gmail can do some smart things, such as adding events to your calendar when you get hotel information or travel, it seems limited to Gmail accounts. CompetitionO man. Is there ever competition in the field of mail customers. How you deal with email will be pretty much up to the preference. Boomerang is the best alternative choice if you can only live with Gmail and Exchange accounts. This allows you to quickly set reminders to check your email again at a specific time or place. You can also customize the gestures of the napkins to get through your inbox faster. Boxer was a close contender for the first place. It has a built-in to-do list, supporting the most common types of e-mail and more action notifications than Google. Unfortunately, Exchange support is not free and you need to pay extra for some basic features such as custom quick replies or signatures. Dropbox mailbox is another attractive option. You can defer email until later, disable conversations and a built-in to-do list. It can even find out over time what actions you take from certain senders, so you can always swipe to postpone the postponement from your boss, but the archive is one of the retailers. One of the drawbacks, once again, is that it is only available for Gmail and iCloud accounts. POP, IMAP and Exchange are not available. Microsoft has also entered the arena with Outlook. The app supports most Outlook, Exchange, Yahoo, iCloud, Gmail and IMAP, and you can integrate storage from OneDrive, Dropbox and Box, which is pretty impressive. You can schedule an email to come back later and integrate with your calendar. Provided that your Outlook calendar, of course. If you're more concerned about Microsoft services, Outlook may be the best way to do it. The last option that doesn't technically belong here is the inbox on Gmail. Inbox only supports Gmail accounts, so it's not exactly the right email client at all. However, it encourages a completely different approach to email, turning your email into a to-do list rather than a messaging system. It can also pop up important information like tracking numbers, reservations, destination calendar, and tons of other useful features. Google polarized the Gmail crowd when it released the inbox. For some, it was confusing and useless.... MoreLifehacker's App Directory is a new and growing catalog of recommendations for the best apps and tools in a number of these categories. There are many reasons to use Google Podcasts, with one of the main ones being its direct connection to Google Home/Google Assistant. In addition to the Google Podcasts app on your phone, you can also tune in to your favorite shows by simply asking for Google Home. And, because everything is tied in your Google account, your home speaker will pick up where you stopped listening on your phone. For example, let's say you started listening to Android Central Podcast on Google Podcasts on your phone. You listen for a few minutes on the way to work, but have to stop before heading to the office. When you get home, just say, Hey, Google, play Android Central Podcast and your Google Home will say: Sure, Android Central Podcast, that's where you left off. Also, if you start listening to a podcast on your Google Home, the episode should resume in the Google Podcasts app right where you stopped listening. Kicker about all this? You don't need to manually set up anything to make it work! All the synchronization is done in the background for you, which means that all you have to worry about is which podcast you're going to listen to. Download: Google Podcasts (free) We can earn a commission for purchases using our links. Learn more. Last updated October 14, 2020 When you learn how to be sure, you can use it in your daily life to solve all your goals and objectives. However, not many people realize that gain self-confidence as building muscle- it grows in response to the level of performance required of it. Here I'll give you you proven ways to overcome a lack of self-confidence and achieve greater confidence1. Learn something NewSign for this evening class and enjoy it. Also, read a book (or take an online course) on a topic you've always wanted to learn more about. Learning new things stretches your abilities, keeps your mind active, and certainly improves your confidence in your ability to do new things. Ask your partner or friend what you can do for themIt may be something as simple as helping them with work they don't like or have little time for. By helping them, you will find that you feel better about yourself.3 Hit GymThe physiological effects of going to the gym will leave you feeling great. Countless studies have shown that regular workouts in the gym can boost not only your sense of well-being, but can boost your self-esteem, too.4. Go to the EventRather network than get nervous about your own things, focus on how to help others. Instead of going along with the goal of trying to sell yourself to others, why not change your approach and just go along to see how you can help the people you meet? By doing this, you will come across as calm, self-confident, and someone that people will want to turn to over and over again. Get clear on the things that are important to youIf these things are not in your life, you will need to bring them in, for example, if your daily routine is now as boring as a cookware, but you want it to be fun, then do something about it. Turn data entry into personal speed contests, paper flow into free-to-screen time, and interaction with colleagues into pleasant conversations.6 Remove negativity from your lifeSize a list of things you tolerate and put up with in your life, and then write down how you can remove, minimize, or reduce each one. Personally, I would do this with pen and paper as it feels a little more real and definite than the screen. It's also a good idea to put priority items at the top of the list so you can start solving these first.7. Celebrate your big and small WinsLook for big or small goals that you have completed, and give yourself credit for your role in it. Talk to new peopleGo and talk to someone you don't know. By doing this, you may be pleasantly surprised by what or who-you discover. You can also extend this line by breaking out of your normal social situation in the workplace. It will work wonders when you learn to be confident.9 Do something you usually say no toNext once you say yourself out to do something (invitation party, complex project, etc.), go and do it anyway. It's a great way to boost Do one thing every day that makes you smile It can be something as simple as sending thanks thank you a colleague who has been helpful to you, or leave a surprise gift to your partner that they will discover when they wake up. It shouldn't be a hard life, and we should all make an effort to keep it easy, loving and fun.11 Give yourself good adviceWatch on patterns of thought that take you to a place where you start second guessing or overthinking. Now imagine that your best friend went through exactly the same thought process and ended up holding back himself - what would you like to tell them? This is known as the Soloman paradox - we often solve other people's problems quite well, but not our own. Call it up and take your own good advice next time. Ask someone on DateIf you are single and have met someone that you are definitely attracted to-go-go and ask them. Even if they turn you away, it will help you learn to be sure that you have been decisive and have made an effort. What's the best thing that can happen? They could just say yes!13. Write down 20 things that make you feel goodThink this as a thank you list. Typical things you can include are: your partner, your kids, your parents, your pets, etc. I recommend writing this list at least once a month. And most importantly, make sure you give 20 things enough space in your life.14 Stop playing different roles to play different roles and squeezing yourself into boxes based on what you think people expect of you. Be your authentic self, someone who knows what to do and loves what they do. It is easy to find this part of yourself as it is inherent in your hobbies and your close friendship. If you can bring this authenticity into your working life, you will be surprised at how positively others will react to you.15 Develop a positive mindsetLearn to catch yourself every time you tell yourself that you can't have, don't get, or aren't good enough to get what you want. Instead, tell yourself what you can have, will get, and are good enough to get what you want. Thinking is everything. Make sure yours is positive and dynamic.16 Connect yourself with Auto-PilotMake's deliberate decisions about what really matters to you. For example, if you usually work from 9 to 5 but find yourself spending hours getting to and from work, why not negotiate with your boss to mix your hours up a bit? You can also offer a day or two of work from home. Sell this to your boss by reminding them that the time and stress lost to commuting can be neatly transferred to productive working hours.17 Listen carefully to what you say to yourself The next time you come up against risk or challenge, listen to what you say to yourself, and look for a way to improve your inner If you usually find that your internal dialogue is negative, then break out of it by asking yourself questions such as: What would make it easier? Is there another way do it? Can research help? 18. Laughing at yourself The family looks stupid? It doesn't matter, so don't let it stop you. Whenever we try something new, there's a chance we'll make fools of ourselves. But you'd be a big fool to let that stop you. Instead, laugh at your child's steps and watch your confidence soar as you begin to master your chosen activities.19 Listen to your doubts Sometimes your doubts are there so you know that you need to prepare so that you can use them to your advantage as you move forward. Other times, they just have doubts. The trick is to quickly determine if your doubts are legitimate. If they do, use them to shape your decisions. To illustrate this, imagine that you had a tempting job offer, but you doubt that you are capable of doing this job. Spend a little time analyzing your doubts to see if they reflect reality, or whether they are just negative thoughts that try to hold you back.20 Think back to the time when you did a great JobThink at the time when it felt like a whole bank of switches in your head clicked on the position and you were shooting at all the cylinders. What did you do, and why was it so great? Can you emulate that passion and drive that you had?21. Breaking your BookYou rule may not know, but you've almost certainly got a whole bunch of outdated rules that determine what you do and don't do. These rules limit your thinking and your behavior. It's time to change them. To break this subconscious book of rules and throw it into the fire. Once you've done that, you'll immediately notice how free you feel to make complex and exciting decisions.22 Ask yourself what you got when you LoseDo you get annoyed with yourself because you didn't make the most of something or backed away from the opportunity? First, don't beat yourself up because it's only going to make you feel worse. Instead, be brutally honest and ask yourself what you got from the situation and what you lost on. Based on this win/loss, what other choice can you make next time?23. Don't let people put you downIf you if there's someone in your life who puts you down or makes you feel small, you have a duty to do it for yourself to let them know that you expect something different from now on. Trust me, as soon as you contact them, they'll change, and so will you. Inevitably, you will stimulate both your trust and happiness by taking control of your life in this way. Learn how to get out of toxic relationships in this article24. Showing a little bit of real YouRelationships can be difficult. They can also lose their zest and become obsolete. If it happens in your Then it's time to add a little magic to the mix. Try to reveal something interesting about yourself or your past that your partner currently doesn't know when to learn to be confident. Sure. You never mentioned to them that you played in a rock band and you still have records to prove it! By adding new things to your relationship, you'll deepen the bond and keep the spark alive.25 Be your own HeroRecognize that you are more than a match for any situation you may find yourself in-no matter how tough going gets. We all love movies like Die Hard, where ordinary people are driven to super-ordinary feats. But here's the thing: you can be your own action hero. Whatever the situation, meet his head and overcome it. Keep in mind the classic phrase: Where there will be, there is a way. 26. Don't give up on an instant pay-off! I had to offer you \$100 now for a day job tomorrow or \$110 for the same job, but I won't pay you for the week, what would you choose? Well, I can't read your mind, but I know that research using a similar question to this has found that most people choose an instant, smaller payment on the latter, more payment. It seems that we are wired for instant gratification. However, if you want to be successful in life, always look at the bigger picture. In the example above, if you could only wait another seven days, you would be \$10 richer!27. Instead of screaming I deserve better, say: I can be better Too often I hear people complaining about their personal circumstances but refuse to do anything about it. Don't be like them. If something goes wrong, find solutions and implements. Your courage and determination will increase your confidence and help you quickly climb the ladder of success.28 Admit that you WrongIt may not be easy, but you should always be prepared to keep your hands up and change your mind if things go south. Not every idea you will have is winning. The trick is to know when things clearly aren't working. You can try to get them back on track or kill them completely (sometimes that's the best way).29 Trust your instincts We all have our guts and intuitions, but many people prefer to ignore them and rely only on facts, facts and more facts! While this may work for many scenarios, there will be other times when you will need to rely on your instincts.30 Imagine your confident future Of SelfImagine you have visited a successful, confident, attractive and bright version of you from the future, a version of you who are all you hope to be. What do they want to tell you? They can praise your efforts, but they can also criticize your lack of planning and weak goals. Fortunately, if you listen carefully to what they tell you, you will be able to quickly shift gears in your life and become you in the future!31. Ask for helpIt is a common problem. We take on too many responsibilities and end up burning yourself or just doing a bad job! The secret is to put huge huge your energy and effort into what you are doing well. Give things you don't do well for those who gift for it. Sometimes the most confident and effective thing to do is to seek help.32 Be around people who make you feel like youDo it, spending more time with people who support and encourage you and less time with those who undermine you. At work, don't be destroyed by negative, petty people. Instead, make sure you surround yourself with colleagues who make you laugh and feel good about yourself. 33. Take part in the world Around YouAsk itself this question: What can I participate in what is important to me? Typically, it can be your church, sports club, or even just a weekly get together with your best friend.34 Develop skills to work on things that are important to youWhat can you practice that would radically improve your chances of winning? If you want to climb the corporate ladder, for example, then develop the skills you need to do so. These can include: effective project management skills, powerful presentation abilities, and superior goal-setting skills. Of course, don't forget that imitation by those who have already achieved your goal is one of the quickest and most reliable ways to achieve your goals, too.35 Act Until You Make ItThe body is a mirror for the mind, so moving your body language to a confident state can have unexpected results. It's all about acting. If you want to come across as tough, act tough. If you want to come across as successful, act successfully. And if you want to come across as confident, act confidently. Try to do these things and you will be amazed at the results.36 Click when you want to give up Don't get frustrated or demotivated when you get up to 90% with something you work on. Push through, and you'll see that the last 10% is the place where the magic happens.37 Stop Comparing Yourself to OthersKeep Comparing Yourself to Others? Stop it. If you want to learn how to be sure, don't try to test yourself through comparison- you're just peachy like you. Social media often makes it difficult. Try to move away from your Facebook page for a few days and reconnect with the great things in your own life. You can get started with this guide. Speak when you can do DifferenceSpeak, if there is something you think can be improved, or if you have an idea, you think of the legs. Have you noticed that quiet people at work rarely get shares? It's not that they are incapable or lacking talent, but their abilities are usually overlooked because they don't know how to interact with others or how to sell themselves. Get out of your comfort zone and make sure you're an active player. Performing at the offering ideas and offering constructive critique.39 Stop fighting and start taking if there's something you've struggled to for a while, stop trying to figure it out. Accept it for what it is, completely and completely. All life offers endless secrets. If you try to solve them all, you will drive yourself crazy. Instead, let some secrets remain, and keep your mind focused on your goals and dreams.40 It's okay to be ShyThere there's nothing wrong with being shy, and that doesn't mean you're not a confident person. If you suffer from shyness, you may think that this is your main weakness. However, introverted people have an advantage in many ways, such as: they are first speed listeners, they have excellent surveillance skills and they are easier to trust. Cleaning the environment your environment directly affects your self-knowledge. So if you're surrounded by clutter, paperwork, and trash, put the morning aside to clean your stuff and get organized.42. Write a list of things that you would like to doWrite yourself to list the amazing things you would like to do in your life and start by just looking at the first one or two things that pop up on you. This will help you get started as you learn how to be sure if you currently don't have the means to live your dreams, you can at least start. The best way to do this is to write what you would like to do. These can include interesting things such as traveling the world, learning a new language, or climbing a mountain. Once you've added items to your list, don't stop there. Start exploring and preparing ways to turn your dreams into reality.43 Make your Self-Worth regardless of others' Check Don't make your happiness or self-esteem depend on whether in a relationship or be tested by someone else. While it's hard to admit, we often find ourselves rating our self-esteem by the cost other people put on us. For example, you may have a super-positive boss who is always reassuring and supportive. They make you feel optimistic and confident at all times. However, imagine if they were gone and your new boss was the complete opposite. They are constantly looking for flaws in your work and regularly criticize you. Do you still feel confident in these circumstances? If you say no, you need to re-evaluate your self-esteem because it shouldn't depend on checking others.44 Use your strengths, we all have our weaknesses, but they only undermine your confidence if you let them. He never let it hold him back or destroy his trust. Today he is one of the most successful people in the world, with a net worth of about \$5 billion.45. Complete the to-do list The longer you leave that big thing in your affairs, the more it will drain you, and the more it will seem. Do it and free yourself. If you have a big goal, break it down into smaller tasks. Tasks, for example, instead of writing a whole chapter of your book in one go, how about just writing the first paragraph?46. Treat your body WellWhen to learn to be confident, our body image matters, because if you have a bad relationship with your body, you will not feel confident in yourself. What's one of the first things most of us do when we get up in the morning? We look in the mirror. If we don't like what we see there, then our day starts with a negative conversation. If, on the other hand, we look in the mirror and are proud of our appearance, we start the day off in an optimistic, positive way. If you are unhappy with your body and looks, do something to improve them. Exercise, diet and styling are common ways to improve your body image and your confidence.47 Learn to say noDon't say yes to take on the task simply because you don't want to rock the boat. You can politely reject requests that you cannot satisfy without having to create excuses. Saying yes to anything that comes your way can feel like you are being helpful and in demand, in the long run, you will burn yourself. Learn from confident people to look at people you respect who seem confident. Don't copy them, but determine exactly what they do differently, which conveys confidence and what you can learn from it. Watching people is not only fun, but it can be informative, too. Look closely at the successful people you know or those who are interviewed on TV, and over time you will begin to notice the commonalities, beliefs and behaviors they demonstrate.49 Follow through on your plansMost people easy to write plans. The hard part, of course, is seeing them through. To stand out from the crowd, make sure you know exactly how to complete your plans. If you need to, write down a step-by-step guide and start following it. This will not only lead you to the completion of your plans, but experiencing progress will also give you a continuous boost to your self-esteem.50 Shift focus when you doubt yourself, when you feel the emphasis inside and becomes paralyzed with doubt or fear, switch to focusing outwards on what you can engage with. This is sound advice, as it is very easy to catch up with our thoughts and emotions and be unable to make progress.51 Never beat yourself up for Failing!Life guaranteed there will not always be barrel laughs. Instead, it's a lot more like a roller coaster. There will be ups and downs, so ride them. The art of living is to know how to handle what comes your way. the way to achieve this goal is to develop an iron core that is unhindered by the topsy-turvy of the outside world. Final Thoughts Here I gave you 51 different ways to start Self-confidence Take action on how you are drawn to. For their work, you have to take them into your daily life. Do this and you will begin to feel your confidence soar. Read more on Tom,as to be confidentFeatured photo credit: Mateus Ferrero via unsplash.com unsplash.com

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