

Thanks for checking out a few excerpts from my new book: Success is a State of Mind!  
I have titled a few brief excerpts below. Enjoy!

### **About Success:**

Success is defined individually for each person. We all must come to know our own “success.” My definition of success has to do with true happiness, a soulful peace, inner contentment, and outward rewards. A large part of such success has to do with knowing one’s self, and I mean truly knowing one’s self. Until each person has an awareness of self and a beginning love and honor and compassion of one’s self, then true success is still out of reach.

Beliefs and choices that were made far before we were aware of them are always operating under the surface. Some of these are what the beliefs we have been given about success as well as the beliefs that our parents handed down about our self-worth, and there are a myriad of others.

The definition of success by how many “things” we have is a much more common practice in our society. Most often this is associated with people’s worth as a person to themselves, their families, and their communities. The more commonly agreed upon definition of success is having a certain amount of money, a certain kind of clothes, a certain kind of education, a certain kind of haircut, a certain kind of skin color sometimes, a certain kind of gender. Such definitions often are associated with feeling better than or less than others. This “better than or less than” is just one set of beliefs that are given to us by our family, school, media, and culture at large.

### **About creating great moments, every day, and living the life you live.**

Living the life you truly want first starts with answering the question on a consistent basis, “What do I want?” while at the same time answering the question, “What have I learned that I wanted from parents, teachers, and society at large?” Said a bit more crudely, what are we doing to be good little boys and girls, good workers, good husbands and wives, good parents, good people? The more important question that I will continue to refer back to is: “What do you want? Go ahead and ask yourself, for any life area: “What do you want now?”

The questions what do I want, what feels good to me, what sparks my interest, and what tickles my fancy, are so rarely asked! I want my clients to regularly ask themselves, on a soulful level “What do I want?” Try it again, now, for your most intimate relationship, or your sexual life, what do you truly want? What do you desire? Knowing our true desires by asking this great question is key in getting what you want; it carries great gravity and power.

We create the world that we see every day. Every day I create intention and I encourage my clients to create intention about who they want to be, what they want to be in the world that day, how they want to feel, and the impact they want to have on other

people. So much of what I do has to do helping others consciously create the world that they want to live in—creating the moods and attitudes, the actions and the impact they want to have on others; because it is all up to each of us—it is all up to each one of us to create the life we want every day.

Moments of Truth are the moments we create—each and every moment we have lived and will live. When I refer to moments of truth, I am referring to the great ability we have to create excellent moments, over and over again—to create great moments of love and joy, peace and contentment, intimacy and connection, and presence and spiritual connection.

### **About how we got here and what to do ☺**

There is so much greatness in every person. People have just forgotten that this is so. They've learned to criticize themselves, to beat themselves up and chide themselves about how they live and what they are supposed to be doing. Many folks are trying to measure up to something and they're not even sure why!

I believe that people are naturally creative, resourceful, and whole, not ill and in need of being fixed. People learn over time how to “live in the world.” We develop adapted patterns of thinking, feeling, and behaving that at some time in our lives were useful—until they become no longer useful. These patterns of thinking, feeling, and behaving become “natural” and largely unconscious and end up “running the show” much like the man behind the curtain in *The Wizard of Oz*. Once aware of these often unconscious values, choices, and beliefs, we can work in changing the limiting beliefs and create new empowering choices that enable us to honor our values and live the life we truly love.

Two of my central themes in coaching and speaking are full acceptance and working with our shadow selves. We have so many parts of ourselves that we have marginalized over the years. These parts tend to show up in different ways if not honored.

My approach is in helping my clients to become observers of their own life—observing their outward behaviors and the impact they are having on others, observing the choices they are making each day, and uncovering the often limiting beliefs that determine those choices. I also use a great deal of time assisting my clients' in the discovery of their own values, their own gifts, what they truly love, and helping them to honor and incorporate these gifts and values into their daily life.

I wish for each person to live the life he or she truly wants. What that looks like for you or for any of my clients or for my wife and my children, I don't know. I know the life I want for me, and I know how to help you and other people like you to discover the life you want that is uniquely yours.

If you've enjoyed the excerpts, I invite you to [purchase your copy now of “Success is a State of Mind”](#) and receive a free PDF version of my first book: “Getting What You Want: The Art of Living On Purpose”