

The Passage Way

By Gloria G. Lee

TOUCHED BY THE LIGHT PUBLISHING

“Inspirational books, which are changing the lives of women, one book at a time”

THIS BOOK WAS WRITTEN TO START YOU TO THINKING NOT FOR YOU TO REACT TO THE THOUGHTS POPPING IN AND OUT OF YOUR HEAD. YOU ARE TO SIT DOWN AND CONSIDER OVER AND OVER WHAT IS BEING SAID TO YOU THIS IS THE MEAT OF THE MATTER. WHAT ARE YOU GOING TO DO WITH THE INFORMATION THAT IS BEING GIVEN TO YOU BY SOMEONE WHO DOES NOT KNOW YOU BUT CARES GREATLY THAT YOU SURVIVE AND TRULY ENJOY YOUR LIFE. YOU OPENED THIS BOOK BECAUSE THE TITLE AND THE COVER ATTRACTED YOU. NOT TAKE THE NEXT STEP AND PURCHASE THIS BOOK AND LEARN WHAT YOU NEED TO DO TO MAKE YOUR LIFE BETTER. IT IS THAT SIMPLE. TAKE A STEP TOWARD SUCCESS BY PURCHASING THIS BOOK AND LISTEN TO WHAT SOMEONE ELSE HAS TO SAY ABOUT SUBJECTS THAT ARE IMPORTANT TO YOU.

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Other books by Gloria G. Lee

The Wall
Murdered Voices
The Devil's Cauldron
God's Encouraging Word to Heal Your Mind, Soul And Body
Women of Courage
Do This In Remembrance of Me - Series

Volume One The Deadliest Moment Parts One and Two
Volume Two Murder In The Family Parts One and Two
Volume Three The Career Rapist Parts One and Two
Volume Four The Recidivist
Volume Five The Ultimate Punishment
Volume SixAnd Suddenly
Volume Seven The Silent Killer

There is a very important message from the author at the end of this book. She believes it is one of the most important messages anyone can receive in a life time. She believes it is the key to success in life. She said she did not learn this lesson until late in life. If this knowledge had been available to her earlier during her life time some of her trials and tribulations may have ended differently.



Shirley Chisholm (November 30, 1924 - January 1, 2005)

“I want history to remember me not just as the first black woman to be elected to Congress, not as the first black woman to have made a bid for the presidency of the United States, but as a black woman who lived in the 20th century and dared to be herself.”

Shirley Chisholm represented New York's 12th congressional district for seven terms from 1969 to 1983.

“You were born with potential.
You were born with goodness and trust.
You were born with ideals and dreams.
You were born with greatness.
You were born with wings.
You are not meant for crawling, so don't.
You have wings.
Learn to use them and fly.”

Jalaluddin Rumi (1207 – 1273)

A 13th-century Persian poet

Preface

This book is about developing confidence. A lot of people are confused about how to live their lives to the fullest. So they end up living a life of mediocrity. Sometimes in life, we covet the successes of other people while feeling let down by our own failures. Sometimes we get to a point, a dark end and we feel all hope is lost and victory appears elusive. At such times, we feel like we're not good enough. Depression and despair set in. In times like these, we don't just need encouragement and motivation; we need practical and workable steps on how to forge ahead, how to move above the disappointment and of course, how to win. This book will not only help you quieten your mind but it will help you become what you have always wanted to be, a success. "If you want peace of mind, stop fighting with your thoughts." This book was written to help you build stronger lasting thoughts that will not only get you through the day but help you forge ahead to success. You need a foundation for your mind. That foundation is provided in the book, The Passage. We are going to take you mind on a journey to self-renewal and self-discovery establishing a foundation for your future successes.

How do you develop yourself? You have to start by believing in yourself and changing your negative mindset. You should stop paying attention to the loud voices in your head telling you that you are weak, worthless, a failure, and all sorts of negative thoughts that put you down. You can develop your power by focusing on your positive traits. This is because what you think about yourself influences the results you are getting in every sphere of your life. In the book The Passage, we provide you with information to help you develop a mindset that will carry you into the future that you desire. The Passage was written to boost your mental and emotional strength which can help you scale through hurdles, setbacks, and adversities in more effective ways. A Chinese proverb says the best time to plant a tree was 20 years ago; the second best time is now. You should never be afraid of taking the bold step. Take the first step toward you future and read The Passage

Fly - Nicki Minaj

I came to win, to fight, to conquer, to thrive
I came to win, to survive, to prosper, to rise
To fly
To fly
Uh yo, yo,
I wish today it will rain all day
Maybe that will kinda make the pain go away
Trying to forgive you for abandoning me
Praying but I think I'm still an angel away
Angel away, yeah strange in a way
Maybe that is why I chase strangers away
They got their guns out aiming at me
But I become Neo when they aiming at me
Me, me, me against them
Me against enemies, me against friends
Somehow they both seem to become one
A sea full of sharks and they all smell blood
They start coming and I start rising
Must be surprising, I'm just surmising
I win, thrive, soar, higher, higher, higher, more fire
I came to win, to fight, to conquer, to thrive
I came to win,...

Lyrics: Phur (Fly) Bhukunkha64 Anu Rinlhuk **Please go to Youtube or search google for the remainder of the lyrics**

Introduction

This book was written to help you examine the way you think and the way you are living your life. We do this by giving you disjointed information for you to consider with respect to yourself. A self-examined life can lead to success and happiness. An unexamined life can lead to failure and unhappiness. You have seen how negativity can ruin a beautiful life. You have seen it in your neighbor, in your coworkers and even in your family. Negativity has sent men and women to prison some times for the rest of their lives. The Passage Way was written to prevent this devastation. Negativity is a force that we all must fight against throughout our lives. The Passage was written to give you the tools to counter negativity. By living positively, you can solve a number of personal problems that could stand in your way of a happy and successful life. Think of your life as a new building, for which you are the architect. You can decide how many bathrooms or bedrooms to put in there. Think of your life as a vehicle, for which you are the driver. You can decide when to stop or accelerate. Think of your life as a ship on a stormy sea, for which you are the sailor. You have to sail to safety otherwise the ship will capsize. Only you can determine your course. Only you can decide what direction you want to go. Everyday life throws different challenges at us, how we choose to handle them could make all the difference in our lives. You can decide what happens in your life. You should never be afraid of taking the bold step.

You want a change of career at 40? Go for it!! You need to acquire a new skill to boost your income? Go for it. You love someone but scared to tell them, come on do it now. No one would kill you for that. It's the story of your life, do not let anyone else but you be the writer. You can look beyond the façade of whatever despair and disappointment you are currently facing. Don't ever look down on yourself. If you ever have to look down, make sure it's your shoes you're admiring. You need a companion to help you through life. You need a companion to help make your decision making a lot easier. That companion is the book The Passage. The passage was written to help you develop power and belief in yourself.

Everything we need to achieve our inner power and inner peace is within us, but on our own we struggle to tap into it. We have so much power deep within us, and it goes untapped for days, weeks, years, or most of our life. This power can change your life. It can make you more confident, successful, and give your life a new meaning. What we need to learn more than anything, is how to quiet our mind and how to truly connect with ourselves as we seek to tap into this energy that can make us the best possible version of ourselves. As a society we are struggling with an anxiety epidemic. You may feel awkward or uncomfortable during social situations. Maybe you slink down into your chair or you bite your fingernails. You avoid being a part of the conversation. You hide from your friends because you are uncomfortable. Maybe you pass up an opportunity at work because you don't want to step on anyone's toes or speak up in a meeting out of fear of saying the wrong thing or being repudiated by a supervisor. Falling victim to your anxieties and fears weakens your standing within yourself. It prevents you from becoming the best version of yourself. You have to stand up for yourself, to yourself. You have to know that you are stronger than the urges you are feeling in the moment; that you have something to contribute; that you deserve happiness and success. You need to be able to communicate with yourself honestly and completely. Your self-confidence has to be stronger than your self-doubt. You got to this point in life, you know what you are capable of. It all depends on teaching yourself how to handle your anxiety and how to reestablish who you are in the face of a problem that is rapidly grabbing a hold of so many people.

The first step in tapping into your internal power is quieting your mind so that you can properly conduct an internal dialogue. This is going to take some time to do well. Your mind is going so fast with all of the ways things can go wrong, and you just need it calm down enough to present to it the way things are going to go. The right way, the successful way, the way you have been planning for, the way that you deserve on your road to happiness. To quiet your mind try taking a few deep breathes. Hold it for three to five seconds before exhaling. This is a tried and true way to relieve anxiety and slow your body down. Your body needs oxygen and it will slow everything down based on your breathing. When your breathing is under control, you are under control. Once you have regulated your breathing you have regulated the rest of your bodily

behaviors. Once you can hear yourself internally, start to explain the way you want this meeting to go; the way you want this presentation to go. The way you imagine being with your friends.

The book, The Passage Way, shows you once you walk yourself through the success and you visualize where you want to take this circumstance, you can begin to act on your plan. Slowing everything down will help you feel in control of the situation. Once you feel in control, your anxiety will fade. This is you tapping into your power and growing your self-esteem. You are beginning to live the life you were destined too. You are becoming your truest self and your truest self was designed for success. You work hard. You are deserving of respect and success; to live a life full of meaningful friendship and love.

The author of The Passage Way wants you to know that when speaking to yourself in your internal dialogue, not fall back into the discussion of what is wrong and what anxieties you should be feeling. Speak confidently and assuredly to yourself. Use your experiences in which you have succeeded previously; the memories of great work and tremendous events with friends. How everyone appreciated your work or your company. If you aren't positive, you are going to be trapped with the negative feelings you have been trying to avoid. Stay positive. If you are able to slow down your mind, like I know you are capable of, and if you are able to speak to yourself with kindness, as we all can, you will be able to tap into the energy that makes you who you are; the energy that can build your self-esteem and your self-worth. You can shed this anxiety and work toward your goals and achieve the relationships you covet. You will learn about your truest self and become the happiest and most fulfilled you have ever been.

So take a breath, regroup, and join us in our battle to tap into our energy and grow to our best selves.

This is a picture of Misty Coleman. Misty Copeland rose to stardom despite not starting [ballet](#) until the age of 13. She believed in herself. On June 30, 2015 Misty Copeland became the first [African American](#) woman to be promoted to [principal dancer](#) in ABT's 75-year history. Misty Copeland represents the life that one can lead when one fights against negativity.



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Here is the Crux of the Matter

Ok, here is the crux of the matter when you go through life it is either fight or flight and fight. There are no two ways about it. You either stand or fight for your life or you let society and your friends and family members frighten you so that you take flight and run away from life. Now what characteristic of your character determines whether or not you fight or take flight it is your self-esteem? Fight or flight is determined by your self-esteem and your will to persevere.

Self-esteem really needs to be investigated and understood. Apparently upon analysis self-esteem explains why we find unmarried women with four and five children all have different fathers and the males are often referred to as my baby's daddy. Self-esteem also explains why a woman will repeatedly have sex with a married man, why women sell their bodies for a man, and why women allowed their children to be raped by their boyfriends. Upon examination we see all sort of evilness spouting from the lack of self-esteem. Murders are committed every day because of the lack of self-esteem. There are women who date men for 15 years and refer to these men as their fiancés knowing these men has no intentions of marrying them.

Again what is self-esteem? Self-esteem is how you feel about yourself. Self-esteem means feeling good about yourself, that you are happy with yourself. Self-esteem is not a fixed characteristic, meaning our feeling of self-fluctuates throughout our lives. We should note under what circumstances our esteem change significantly. Making note of these changes in our wellbeing will help us determine when a situation is not good for us. When does your self-esteem dips low. Who makes your self-esteem dip drastically. What challenging situations lower your self-esteem? Your goal is to establish a foundation of healthy self-esteem that is consistent steady and unwavering across all areas of your life. You need situations in your life to build you up not tear you down.

Make a list what affects your self-esteem throughout the day coworkers, job, school, home, hobbies activities club, organizations friends etc. When are you comfortable and when are you not comfortable. Never - sometimes - always. When do you like

yourself with these people? when do you not like yourself when you are around certain people. Why can't you speak your mind? Are you afraid to speak my mind because you are afraid to be laugh at or rebuffed.

Self-esteem reflects an individual's overall subjective emotional evaluation of their own self-worth. It is the decision made by an individual as an attitude towards the self. Self-esteem encompasses beliefs about oneself, as well as emotional states, such as triumph, despair, pride, and shame. Self-esteem is viewed two ways either you like your self and have high or good self-esteem or you dislike yourself and have low self-esteem. Problems enter the picture when an individual has low self-esteem. Then their behavior is predicated on making others like them. When a person has low self-esteem they torment themselves by always thinking they are less than others they need to greatly improve or must do anything so people will like them or love them. These are very dangerous thoughts that can instantly lead to disaster. Self-esteem is intrinsically linked to self-confidence low self-esteem low confidence.

Now people with self-esteem like themselves, they accept themselves. They accept their shoe size, the size of the head and ears. There is not a lot of internal dialogue about what they must do to fix themselves. They are confident in their decision making. They do not constantly ask other what they should or should not do in various situations. These people ask for what they want. Many tend to be leaders where as People with **low** self-esteem: feel bad about themselves, are hard on themselves – they constantly criticize themselves and think they are not good enough.

Self-esteem is developed during earlier childhood during a person's interrelations with their parents, teacher's siblings and other relatives and friends. The people in our lives can affect how we feel about ourselves. When they focus on what's good about us, we feel good about ourselves. When they are patient when we make mistakes, we learn to accept ourselves. When we have friends and get along, we feel liked. But if adults scold more than they praise, it's hard to feel good about you. Bullying and mean teasing by siblings or peers can hurt self-esteem, too. Harsh words can stick, and become part of how you think about yourself. These

words become part of our internal dialogue, the **voice in your own head**. The things you **say** to yourself play a big part in how you feel about yourself. Thinking, "I'm such a loser" or "I'll never make friends," hurts your self-esteem.

There are other ways to think about the same things. "I didn't win this time — but maybe next time." "Maybe I can make some friends." That voice is more hopeful. It helps you feel OK. And it could turn out to be true. Sometimes, the voice in your head is based on harsh words your mother or father has said. Or on bad times we have faced like losing a job or having a date refused. Sometimes, the voice is just us being hard on ourselves. But we can change the voice in our own head. We can learn to think better of ourselves.

One way to boost your moral is to learn to do things. We feel good when we learn to read, play tennis, swim or build a deck. Learn to play a sport, play music, write an essay, or ride a bike. Read a book on how to set the table, or what fork to use at a formal dinner. Help a friend or a neighbor. Each time you learn to do something new is a opportunity to feel good about yourself. You can look at your accomplishments. You can feel happy with yourself.

When you are too hard on yourself, you begin to say negative things to yourself. You begin to think I am not good enough. No one will like me. I will never succeed. All this is rubbish. You must fight against these thoughts. You do not need to beat yourself up there are enough people in society who are willing to do that.

We repeat what is self-esteem? Self-esteem is confidence in one's value as a human being. It is the most important factors in life. A high self-esteem causes achievements, good relationships, and satisfaction. When a person has little self-regard for themselves these people can become depressed, they fall short of their goals. People with low self-esteem tolerate abusive situations and relationships (wife abuse). Too much self-love can be a sign of clinical narcissism, where an individual may behave in a self-centered, arrogant, and manipulative manner.

Now let us take a look around your life. What do you see when you look in the mirror and what do you see in your mind. What you see as yourself in your mind is your self-image. Self-image is how you see yourself. This may be how you see yourself physically or your opinion of who and what you are which is normally called self-concept. It is important as it affects your self-esteem and confidence. Self-image includes:

- What you think you look like - do you hate your big ears
- How you see your personality – you are afraid all the time
- What kind of person you think you are – timid and shy
- What you believe others think of you – stupid looking
- How much you like yourself or you think others like you
- The status you feel you have – none at all

What does self-image have to do with self-esteem?

Self-esteem is how you feel about yourself. Image is about how you see yourself and how you believe others see you. They are closely connected because if you have a poor opinion of yourself your self-esteem will be low.

When was the last time you were happy? When was the last time you made a new friend? How long have you been envious and jealous of the women around you? How often do you take a drink just to give yourself a pick me up? How often do you smoke marijuana just before going to work? It is just possible that reading a book might help you. In fact it is possible that reading the series Women of Courage might change your life for the better. Maybe reading these books might help you to stop lying to yourself. Maybe reading these books might help you stop blaming other people for the poor decisions you made in your life. Maybe reading this series might help you restore your life where you will be proud of the person you are. Sit quietly for a second. Take a look in the mirror do you like the person you see. Are you satisfied with your accomplishments or are you ashamed of yourself, and wish you could be better. It is painful to admit to oneself that one's life is a mess. But this admission can be the beginning of a new and better life. You really don't have to prostitute at home or at work just to live a better life. You should give your vagina a rest and read Women of Courage. Stop trying to manage your life on the

information you learned in high school. The world has changed it is time for you to change. The lives of your children depend on your ability to compete. You cannot compete if you do not read often or cannot read. Pretending you are successful is a lie. Painful but true! You can turn your life around by reading books. Reading is Oxygen To The Brain

You need to read the series **Women of Courage** and What You Must Do To Win and learn what you can actually do with your life. You do not have to be a failure. You do not have to live a life of self-loathing. You can be successful, but first you must be honest with yourself. You need to face the fact that you have not spent your life seeking knowledge. Knowledge is not only power knowledge is freedom. Knowledge frees you from fear, insecurities, and self-hatred. If you can't read find someone to teach you because you are not hiding from anyone but yourself. Stop thinking you are hiding your inabilities you are not. Any competent thinker after a five minute conversation with you can diagnose your thinking patterns. Poverty can make your fearful. Verbal abuse can make you angry and physical abuse can make you kill. So read and change your life. Reading Can Cause a Massive Change in Your Life and the Lives of Your Children God said chose Life. To do this you must believe and you must stand up. Do not let negative people and toxic relationships keep you from realizing your dreams. You can be a better person.

You must stop doing what you are doing and decide on a better life. The drinking, the smoking, the snorting coke, lusting after someone else's boyfriend or husband and the sexing every chance you get signifies you have no respect for yourself or your children. You have given up. You do not know how to manage for your life.

How low are you going to go before you change? Your children will not survive if you do not change. Take a good look at your children. They will not have a future if you do not change. Are you not tired of envying other people, saying to yourself I wish that were me? Stop fantasizing stop being ashamed because you are poorly educated and afraid. Stand up and change your life. Change is hard but why die expressing regret.

You can change regardless of your age if you so desire. You are not getting anywhere doing what you have always been doing. You need to change what you are doing. Find out what you must do to win. The first thing you must do to win is to start reading and never stop reading. The second thing you need to do to win is to get rid of all the toxic relationships in your life. The third thing you need to do is start building yourself up. If you find this difficult seek professional help.

There is nothing wrong with sitting down with yourself and review your life. Write down how you experienced life with your parents your siblings etc. Appreciating and liking yourself is not always easy, especially if your sense of self was seriously undermined in your youth, toxic relationships, negative cultural influences or major life changes. Don't let these experiences determine your sense of value, instead resolve to get to the truth of who you are and form your own view of yourself.

Assess what might have damaged your self-esteem. Get a clear picture of the influences and events that have affected you. If this stirs up painful memories be strong, breathe and stay with the feelings until they become less intense. View the experiences from a position of acceptance: they happened and there is probably nothing you can do about it now. Those experiences are in the past. What are you going to do about today?

Become very clear about what is within your control and what is not within your control. Work on the situations that you can control and affect. Try to develop yourself so you can meet the challenges of the day. Ask yourself what is important about you. When you answer this question do not join in with the choir by speaking negatively about yourself. What is most important to you? What would make your life successful? Beware of comparisons and unrealistic ideals and goals.

I Am Going to Work To Take Care of My Family

When you get up in the morning after you have brushed your teeth and put on your clothes to go to work have you ever asked yourself exactly what were you doing? Seriously, have you ever asked yourself exactly what you are doing? What are you trying to accomplish? Exactly what are your plans for yourself? How are you going to accomplish those plans? Did you tell yourself, I am going to work to take care of my family? That may be so but there is something missing in that explanation. The answer is too simplistic. It lacks definition and continuity. Any morning of the week you can say that to yourself but you would be missing the point. Repetitive behavior is a sign of discontinuity. Could your purpose be disjointed and lacks direction.

What you need to do is to examine your behavior. Because without an examination you may not realize that you are seriously off track. The answer trying to take care of my family is too broad. It is without specificity. When did you begin taking care of your family and when will you end taking of your family and where are you during all these events. Your answers encapsulate years of time. And when you finish with all of these years of time where will you end up. What will be the results of your going to work to take care of your family?

Have you considered that maybe you have not given enough thought to what you are actually accomplishing? What do you mean taking care of my family? What does that praise entail? You need a plan you need a road map telling you exactly where you want to go. You need clear cut objectives and a system of how to evaluate your failure or success. What will help clarify the situation is if you start putting your thoughts in order. You need to segregate your thoughts and behaviors into two camps. Are you winning or losing. What are you doing to win and if you are not winning what are you doing to lose.

First of all lets us look at several definitions. What is winning and what is losing. And what do you consider winning and what do you consider losing.

The dictionary defines winning as an adjective: **winning**; superlative adjective: **winningest** gaining, resulting in, or relating to victory in a contest or competition. Winning means being victorious successful, triumphant, vanquishing conquering. Unbeaten, undefeated. The opposite of winning is losing. The dictionary says the word losing as an adjective meaning suffering, resulting in, or relating to defeat in a game or contest the losing side.

The dictionary gives us an objective opinion of the words winning and losing but what is your definition of these two words. Have you notice there is something about these two words. There is something emotional about these two words more so than the words adultery and hate. These two words carry a connotation that is not only unpleasant but one that causes a great deal of emotional upset. There is an emotional attachment to the use of these two words when the words more than any other word in our language. One of these words most people want to avoid. No one wants to be a loser. If a person is not a winner most people retreat to a grey area rather than to be called a loser. These two words imply a personal evaluation of our self-worth. If you are winning then you are a winner and if you are losing you are a nobody.

People say to themselves, "I want to run as fast as I can so I will not be a loser." I want to do my absolute best I do not want to be a loser. Losing is an undesirable condition. People are afraid of this term. It is a label no one wants to wear. It is an awful feeling for someone to call you a loser. Years ago, and maybe even now women use this term to berate their husbands for failing to buy them a large house of a mink coat etc. The use of this word makes most people uncomfortable.

In the book What You Must Do to Win we explore the word winning. We do not pay any attention to the word losing. One of the reasons why we do not pay that much attention to the term loser is because we believe you can't be a loser until you have given up the fight to try and win. Think of Thomas Edison, Dale Carnegie and President Abraham Lincoln. They had to tell themselves over and over again, I am not a failure. I am not a loser. These phrases are what helped them get up in the morning. These men persisted through mounting failures. You have to consider that after each failure that these men had doubts to the

outcome of their future. Just because they eventually ended up doing something great does not mean that they were happy that they did not kick themselves at every failure or that they did not question their decisions to pursue the course of their lives. For years these men were failures to those living around them. These men were not living on Fifth Avenue, they were not driving fine cars, and they did not have fat bank accounts. All of them were living on the poor side of town. So the question is, after such failures how did they survive and go on to win.

One of the most effective ways of getting ahead in life is by learning from the mistakes and successes of other people. This way one can avoid the mistakes other people made and possibly achieve success faster. Here is a quote by Ralph Waldo Emerson who said, "When a resolute young fellow steps up to the great bully, the world, and takes him boldly by the beard, he is often surprised to find it comes off in his hand, and that it was only tied on to scare away the timid adventurers."

There are ordinary men like all of us, but they were determined to do extraordinary things. They worked and developed themselves. From the story of their lives, you will learn how to stop living a mediocre life and start conquering your world and living on your own terms. For them failure was not an option, rather it was an opportunity to refine and reach for their goals again. They show tremendous courage so much that their lives could easily serve as a template for men and women to emulate. Your primary starting point is believing in yourself and encouraging yourself even in the face of failure and naysayers. Thomas Edison failed numerous times but he kept going finally he won and invented the light bulb and other inventions. The same with Abraham Lincoln, Abraham Lincoln failed at politics many times he even ran for dog catcher and lost but he kept running for public office until he was elected president. One thing about these men they challenged themselves. They inspired others with their courage and they pushed ahead. Remember, "A man is what he thinks about all day long." Ralph Waldo Emerson.

We believe that one can be a loser if he or she does have a clear cut path to winning or just gives up. People do not necessarily lose because of lack of effort they lose for lack of

planning, self- development and lack of focus. One's path has to be well thought out. Our behavior must be focus on the tasks of winning. Before Dale Carnegie went to bed at night he reevaluated his day. One must have clearly defined goals and distinct thinking. Inherent in winning must be the words fight and resistance.

The best way to talk about winning is talk about what not to do if you want to win at life. There are men who for all intents and purposes are supposed to be a loser at life. These men were born poor. They were born black. They could not tap dance, play an instrument, sing a song, play football or basketball. Their parents were not educated, and as a child he went to a school with little resources and he was born of a different sexual persuasion yet he won at life. I ask you now who was this man and why did this man win. The man I speak of is James Baldwin.

When you ask yourself the question what am I doing you need to look at the dynamics of your thinking. How does one win? What are the tools these people used to win? What do I need to do to win?

Earlier in the book I showed you a **picture** of Misty Copeland to show you the results of the effort Misty Copeland put in developing her life. To achieve these result she had to develop a plan of action, she had to stay focused. She did not let naysayers keep her from her goal. This is what you must do. You need to ask yourself what did she do to win.

Are you afraid of laughter? Do you sit at home, or on the bus or in your car wringing your hands with your stomach tied in knots worried about what someone will think or say about you if you try something new and fail? Don't'. There is no need to worry because if you don't try you can't fail.

That Day is Now

You must understand the day to change is now. Right Now! The day you decide what you want out of life, who you want to be is now. Not tomorrow right now. Stop going to work every day saying to yourself I am going to work to take care of my family. The day is now that you consider exactly what you are saying to yourself. What do you mean by that phrase take care of my family? You need to stop saying this phrase to yourself because it is not true. You want more than just to take care of your family. Start examining what you are saying to yourself. That Day is Now. The day You Promised Yourself the changes you were going to do better. That day is now. That is correct that day is now. That day is no longer tomorrow. That day is now. What I am saying to you is that day is now. Hear me, that day is now. That is Right. That Day is Now!

All the Days That You Promised Yourself Change That Day is Now.

That is Right. That Day is Now.

The Day You Were Going to Learn to Ride a Horse That Day is Now

The Day That You Are Going to Learn to Play the Piano That Day is Now

The Day You Learn to Fly an Airplane That Day is Now

The Day You Learn to Play a Guitar That Day is Now

The Day You are Going to Take a Helicopter Ride That Day is Now

The Day You are Going Mountain Climbing That Day is Now

The Day You Learn to Ski That Day is Now.

Keep Repeating This Phrase to Yourself, That Day is Now

Put a Note on Your Refrigerator That Day is Now

Put a Note in Your Car That Day is Now

Put a Note on Your Mirror That Day is Now

Now Walk into Your Future with Change on Your Lips

I am going to give you 13 days to make a difference in your life to seek your dream beyond just going to work to take care of your family. You must learn that day is now.

The Day You Learn to Ride a Horse That Day is Now
When You Learn to fly a plane That Day is Now
The Day You Lose Weight That Day is Now
The Day You Return to School That Day is Now
The Day You Learn to Be a Pastry Chef That Day is Now

You Have 13 Days to Make a Difference in Your Life
What Are You Going to Do?

You must learn it is not too late to try something new to seek your dream.

This is the Day You Fly The Plane
This is the Day You Ride a Horse,
This is the Day You Take That Helicopter Ride,
This is the Day You Go Mountain Climbing,
This is the Day You Learn to Ski.

This is the Day – That Day Is Right Now!

Let No Man or Woman Tell You
That You Will Never be a Nurse
That You Will Never be a Judge
That You Will Never Command a Starship
Because These People Do Not Know Any Better.
They Are Speaking From The Disaster They Made of Their Lives.
They Believe You Can't Do Any Better With Your Life Than
They Did With Their Life.

You must learn if your dreams never came to anything it time to Revive Them

This is the day

This is it