

***Overcoming***  
**Life's Challenges**  
**And**  
**Difficult Times.**

***Global Speaker & Trainer &  
Best Selling Author,  
Tim Connor, CSP***

## Overcoming Life's Challenges and Difficult Times

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Serenity Prayer.

*“God grant me the serenity to accept the  
things I cannot change, the courage to  
change the things I can and the wisdom to  
know the difference.”*

*“What lies behind us  
and what lies before us  
are tiny matters compared  
to what lies within us.”*

Ralph Waldo Emerson

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## **Introduction** –

*“The one thing God is after is character.”*

Oswald Chambers

Sooner or later everyone regardless of age, gender, position, nationality, economic status, race or religion experiences some form of adversity or trouble. It is as much a part of life as every other circumstance you will ever experience. Life is a neutral concept. It doesn't pick on certain people and shower others with only blessings. Some people could look at others and say, “Those people are wealthy; I'll bet they have never failed or felt despair or discouragement.” I have news for you.

No one is exempt from life's trials and tribulations!

Life is nothing more than the ebb and flow of circumstances and conditions. Yes, some people may seem to get more than their share of bad times while others seem to get more good times or circumstances than they deserve. But be careful not to judge.

There is one underlying theme in this short booklet; You can't always control what comes into your life but you can, if you choose, to always control how you respond to it or act because of it.

Adversity, problems and failure, no one wants them but everyone gets them. How you choose to see them or define them will have a great deal to do with how they impact your life. If you fear failure and choose not to stretch, try, experiment or reach because of its consequences, then the

fear of failure now rules your life. If you fail and learn, then you are in charge of your life and its outcomes.

I was fortunate that my parents let me fail often and hard when I was growing up. As a result I have never seen failure as final but a part of a longer life process. I learned to fail often so I could succeed sooner. One of my mentors and heroes Norman Vincent Peal always said, "Problems are good as long as you learn from them."

No one likes the sting of discouragement or despair. I've been there, many times but I can tell you that there is always learning in each of life's situations if you will only stop seeing yourself as a victim and find the lessons and learn from them.

If you are discouraged, troubled or afraid I hope you find some answers or solace in the words that follow. For the record, I wrote this booklet when I was in one of the most challenging times of my life.

Another of my mentors and heroes, Eric Butterworth always told me, "No matter what is going on or how difficult times may seem, use your pain, discouragement, loneliness and despair to get in touch with who you are, what you believe and your creative potential. Get busy."

I've been fortunate that my path through life has been guided by many people who have helped me see the light instead of the darkness, the joy rather than the sorrow and the blessings and not the sadness.



I've been told by many of my friends that I have spent far too much time in the valleys of life rather than on the mountaintops. My answer to all of these people is simple - my time in the valleys has helped weather life storms and difficult times as well as taught me not to become arrogant when I did get to view life from the top of the mountain. But more than this they helped write with compassion, humility and courage.

I don't know why you are reading this booklet. Maybe you are at the end of your rope. I call it – hanging by a thread. Maybe you know someone who is troubled or afraid and you want to help them through these difficult times. Regardless of where you are, in the valley, coming out of the valley or crashing and burning, remember that where you are is not the issue. It is what you are doing about it and how you feel about yourself in the process.

Don't ever let anyone else tell you how to live your life. We all make mistakes and the people who are often good at giving advice might do themselves a favor and take some of their own counsel.

In this booklet I'm not telling you what to do. I'm only asking you to think and if in your thinking you come up with answers, solutions or inner guidance than my effort will have been worthwhile.

## **Part One - Causes**

*"If matters go badly now, they will not  
always be so."*  
Horace

### **What is Adversity -**

*‘Change your thoughts and you change your world.’*

Norman Vincent Peale

Adversity - an extremely unfavorable experience or event.

Adversity either brings out the best in you that is hidden deep in your soul or it will bring you to your knees with a variety of debilitating emotions or responses. Whether it is a financial, emotional, relationship business, health or career challenge, it doesn't really matter, the consequences are the same; uncertainty, fear, panic, temporary loss of hope, an abandonment of goals or desires and a loss of confidence and trust in yourself, your God or those that are close to you.

Adversity is necessary to build character, courage, strength and the will to persevere. If you are to enjoy the successes and achievements that life offers you and will cross your path, it is necessary to experience loss, pain, grief or fear during these challenging times. If your entire life was filled with nothing but success after success you would certainly become very arrogant and ego dominated neither of which are favorable life approaches. Adversity is necessary to soften your humanness so that you can have compassion not only for yourself but others.

We are all here for a short time and during our journey I believe one of our critical purposes is to serve others, especially those in need. If you are too full of yourself filled with superiority and pride because you have never been

brought through the darkness, then what value are you to those people who cross your path who are in pain?

Adversity is designed to humble us not to break us. I believe God only allows that which we can handle into our life. But, He allows it so we can be of greater service to Him and our fellow travelers.

See adversity for what it is – a test of your will, your courage, your resolve, your faith, your trust and your purpose while here. See it as an opportunity to grow, learn and how to be of value to those that come into your life needing compassion, guidance and love.

**What is failure -**

*“There is the greatest practical benefit in making a few failures early in life.”*

T.H. Huxley

No one escapes this life without failures. I have had them. You have had them. Everyone has had them. The only way to avoid failure is to spend the rest of your life in some log cabin in the woods away from all human contact, expectations and the need for achievement.

I know of no one who has reached adulthood who has not had some form of adversity or failure in their life. Neither do you. Why then are we so afraid to fail?

Failure:

1. Gives you an opportunity to regroup.
2. Is a necessary tactic of life to help you learn?
3. Can make your successes or achievements taste so good.
4. Gives your enemies something to talk about.
5. Forces you to take another look.
6. Tests your resolve.
7. Gives meaning to your successes.

So go out there and fail. Stretch. Push. You have nothing to lose and everything to gain. A dear friend, who I will not mention, has a philosophy of 'fail often so you can succeed sooner.' She is a living example of how overcoming failure can strengthen your character, soften your ego, and give you the right to enjoy your achievements. All success requires you to be tested on the anvils of life.

**What is discouragement -**

*"A man can get discouraged many times, but he is not a failure until he begins to blame somebody else and stops trying."*

John Burroughs

Discouragement defined by Webster – to deprive of hope or confidence. Dishearten, dispirit or to be dismayed.

Discouragement defined by me – The feeling of the loss control of your life and its circumstances or conditions.

Fortitude – Strength of mind that enables a person to encounter danger or bear pain and adversity with courage.

Discouragement is when you feel you have no options, your back is against the wall and you don't know which way to turn, what to do or who to turn to. It is this hole in the pit of your stomach and this fear that fills your every waking moment that says, why bother, what's the point. Ever been there? There now? Don't quite know, keep reading.

### **What are problems -**

*"You have problems. This is good. Problems are a sign of life. Problems are not good or bad, but opportunities."*

Norman Vincent Peale

One of my hero's, the late Norman Vincent Peale once said, "There is only one group of people that don't have problems and they are all dead. Problems are a sign of life. So the more problems you have the more alive you are." My addition to Norman's quote would be, "if you don't have any problems today maybe you are on the way out of here and you don't know it yet."

This can be perceived as a tong-in-cheek philosophy of life; however it is closer to the truth than you might think. One thing you and I have both learned is that everyone has problems. Some have relationship problems, others financial, some career, others health, some social, others business. No one is immune to adversity in life.

The key is to accept the issues, negatives, problems, situations (I don't care what you call them) as a part of the life process of becoming. Failures, whiners or victims see

problems as life picking them. Winners, regardless of their position, status, age or circumstances see problems and adversity as a catalyst to becoming better, stronger, wiser, and more aware of the reality of their life.

Problems are not positive or negative they are neutral. It isn't what is happening in your life that matters it is how you choose to see it and what you do with it.

Learn to see the negatives as loving teachers in your life bringing you the opportunity to get a clearer vision of where you need attitude adjustments, improved thinking or better skills.

#### **What is despair -**

*"In all things it is better to hope than to despair."* Goethe

Despair - a profound feeling that there is no hope.

Hope - a chance that something desirable will happen or be possible.

Given up? Just can't hold on another minute? Don't believe that things will ever get better? Ready to throw in the towel and just let life have its way with you without a fight? I've been there and I know the tremendous confusion, anxiety, frustration and stress that come with it. However, I have also learned that when you give up hope and into despair that you have pretty much decided that it will NEVER get any better no matter what you do. So we have a choice.

Hope to me is the opposite of despair and it tells me that no matter how bad things get, they are worse for someone else, somewhere. So, it's time to end the pity party and do whatever I can, something, to hang on another minute, another hour or even another year. The alternative, giving up is no longer an option. Unfortunately, many of us have to be brought to our knees before we will surrender to God and His will for our life. Once you do that, things will begin to change not because they have changed but because you have changed. And, this is the key.

Despair is a response to life and its circumstances, disappointments, unrealized expectations or failed attempts to fix or change things.

People who live in despair seldom accomplish much with their life. People who have experienced despair and decide that they don't want to spend any more time in this mental state have accomplished miracles. The choice is yours.

#### **What are their causes -**

*"This is life! It can harden and it can exalt."*  
Henry Ibsen

There are numerous causes to the mental or emotional states of despair and discouragement and the circumstances of adversity, problems and failure. There's just too many to list here. But I would like to share a few of the major ones that contribute to this emotional malaise that ultimately if not overcome or addressed will create a life filled with no; hope, positive anticipation, inner peace or



happiness. More could be said about each topic but since space is limited in this booklet I will only cover a few key points. But, if you want more information on these and other self-improvement subjects I would encourage you to purchase one of my many best selling books or CD's on these subjects and others.

**Un-managed expectations** – A major cause of disappointment is the unrealized expectations you have of others and circumstances. Other people's lives do not revolve around you. Life isn't just about you. When you are blindsided by an unrealized expectation look first at your expectation and not the circumstance or person. I'm not suggesting you not have expectations, only that you manage them given the realities of life and the people in your life.

**Self-defeating attitudes** – Some people don't believe they deserve success, happiness, love or many other positive life outcomes. They just don't feel worthy whether it is grounded in their upbringing or the circumstances or people that have come into their life. When disaster strikes, and it will sooner or later, these people's response is usually, "See, I told you. It's what I knew would happen."

**Wrong mindsets** – Mindsets are created or formed by a number of circumstances and people. Teachers, parents, bosses, siblings and more have all contributed to your mindsets. A mindset is a way of looking at life. Circumstances and situations have also over time contributed to your mindsets. If you feel that people can't basically be trusted, you will tend to treat everyone in a way

that shows your general lack of trust. These mindsets ultimately become etched in your consciousness.

**Emotional immaturity** – When blame, guilt, jealousy, regret, anger, resentment, bitterness or hatred become fixed in your emotional makeup these will determine how you look at each of life's experiences as well as the people who cross your path. These emotions do you nor anyone else any good whatsoever and as long as you harbor them you will live in a lonely prison of defeatism.

**The lack of a spiritual foundation** – I'm not talking here whether you are a Christian, Jew, Muslim or any other religion. I am talking about your belief in a higher power that guides your life and circumstances. People who lack a spiritual foundation tend to blame God when things go bad and take the credit when things go right.

**Poor planning** – Most people spend more time planning a 2 week vacation than they do their life. They will make reservations, decide on activities in advance and prepare for uncertainties. Why do people spend time planning 2 weeks and don't spend time planning 60 years and what they would like those years to look like and create? I don't have a clue.

**Not taking responsibility** – Life, the world, your parents, the government, your spouse and your employer owe you nothing. Yes, parents educate their children, spouses love each other and bosses give you an occasional raise. But, if you go through life feeling entitled, I guarantee that sooner or later you will experience, heartache, disappointment and

anger. Your life is in your hands and your hands only. So, if things don't work out stop blaming others.

**Pessimism** – It's a proven fact that pessimists; get sick more often, live shorter lives, have more adverse effects from failure and adversity and generally are less happy, fulfilled and contented. Optimist's accomplish more, are more resilient and have greater resolve and persistence. Who do you think will do a better job of weathering adversity, problems and failure?

**Life outlook** – This is how you view your world. People are good or bad. Life is fair or unfair. Things work or they don't. People disappoint you. Circumstances are oblivious to your needs, desires or concerns. Once you start to realize that your life is not the result of others but your decisions, choices, actions, beliefs and behaviors you will go a long way in overcoming your adversities.

**Poor choices** – Every choice has a consequence. Some are negative while others produce positive outcomes. Some are short term and happen quickly while others may take years to play out on the tapestry of your life. But, all choices have consequences. The thing to remember is that these are your choices not the choices made for you by others or the ones you let them make for you.

**Low self-esteem** – If you don't feel worthy or like yourself I'll guarantee that life will be a constant battle for you. Self-esteem says either I can do it or I can't. I'll overcome or I won't. This will work out or it won't. Self-esteem is formed very early in life generally before you reached the age of

ten. But, if you have low self-esteem you are not doomed to degrade yourself until your dying day. You can learn, change and grow.

**Self-limitations** – The only limitations we have are the ones we place on ourselves. This doesn't mean that we can fly. What it does mean is that generally if something is holding you back or preventing you from overcoming difficult times it will usually be something in your own consciousness; some fear, limits, boundaries or restrictions that you believe hold you back.

**Old emotional baggage** – Was it something someone said to you 30 years ago? Something someone did to you that you just can't let go of or forget? Is it some unrealized expectation that didn't happen sometime in your past that you keep focusing on? Was it a failure or time in your life when nothing worked and you keep replaying it over and over again in your mind? This is old baggage and it will in no uncertain terms prevent you from successfully emerging from challenging times.

**Unwillingness to learn** – When the student is ready the teacher appears. Are you willing to let go of old paradigms, attitudes, opinions, prejudices or thoughts that no longer serve your purpose or may even be sabotaging your health and inner peace? Do you consider yourself open minded or is your mind like a steel trap, nothing that doesn't match your current beliefs or attitudes just doesn't get in? Life offers solutions and opportunities and they don't always come when you need them or believe you deserve

them. But you have to be willing to let go of mental images, attitudes or knowledge that just is no longer appropriate.

**Lack of clear goals** - Goals are not about their accomplishment, contrary to popular teaching and opinions. The purpose of goals is for one reason only, they give you direction. So if you have no goals what direction are you travelling? I'll bet your mantra is 'same stuff different day'. Less than 5% of the population has clear, focused and written goals. Is it any wonder why so few people achieve success and happiness? Want to get through these challenging times faster and easier? Start setting some goals and then develop some plans to achieve them.

**Fear** – Fear is the number one reason why people fail to achieve happiness, success and inner peace. There are just too many fears to list here. Some of the common ones however are; the fear of success, the fear of failure, the fear of rejection, the fear of the unknown and the fear caused by uncertainty. Fear is an inner reaction to what is going on in your life. If your fears are not managed successfully they will manifest into exactly what you feared. However, research indicates that many of our fears are irrational and just a knee jerk reaction to situations and circumstances we can't control.

**Resisting change** – Change is constant. Change is increasing at a faster pace than at any time in history. You have no choice, you either embrace it, prepare for it, deal with it or you perish. No one likes change and yet change is at the heart of everything we do in life. Change is as much a part of the human experience as the weather. When you resist

change you keep yourself stuck in old beliefs, opinions, attitudes, mindsets and actions.

**Inaction** – Inaction - to wait and see – is caused by a variety of beliefs, various attitudes and emotional convictions. Failure to act because of fear, uncertainty or arrogance will ensure that you remain stagnant and dormant, both of which will guarantee that things will not improve. Leaving your life up to chance and luck might sound idealistic and even romantic but luck is nothing more than preparation meeting opportunity followed by action.

**Un-managed stress** – Stress will kill you. Stress will determine how you respond to life's threats and circumstances. Stress is cousin of panic and when in panic you will seldom make wise choices or take intelligent actions. Stress is nothing more than your inside-out reaction to outside-in circumstances, events and people. If you want assurance that you're negative circumstances don't last any longer than necessary and don't kill you in the process, better find ways to reduce the impact of situations on your stress level.

**Uncontrolled thoughts** – The only thing that separates people who emerge from adversity and problems is not the circumstances themselves but how they process these conditions minute by minute in their minds. Thought-control is a vital and necessary skill to ensure that whatever you are facing doesn't become permanently etched in your consciousness thereby creating a pre-conceived probability that will remain with you long after the negative circumstances have disappeared.

**Worry** – Research over the years has suggested that over 90% of the things people worry about never happen. So why do people worry? The fear of the unknown and the lack of faith and belief in themselves or the ability to accept what they can't control. Women tend to worry more than men. Pessimists tend to worry more than optimists. Worry doesn't solve anything. All it does is keep you stuck in the problems and prevents you from focusing on solutions or actions.

**Regrets** – Regrets cost tons. Discipline costs ounces. You either pay the price of discipline or the price of regret. There is no reason to have any regrets if you are doing the best you can at any given moment or time of your life. Regret is an emotional state caused by things in the past that causes pain and immobilization in the present therefore contributing to stress and negative feelings about yourself and the world in the future.

**Seeing failure, adversity or problems as negative** – None of these are negative nor are they positive. They are all neutral concepts. What causes them to be either negative or positive is not what is happening but your attitudes about what is happening. You never really fail until you give up. Just because you have failed doesn't mean you are a failure, just that you tried and it didn't work. Failure is nothing more than a signal to begin with more planning, discipline, belief and passion.

**Losing hope** – Hope is the most important emotion or feeling to have during any crisis. When you lose hope in the middle of adversity, there is no place else to go. This is the

last stronghold that you can maintain if you want to get to the other end of the darkness and distress. Hope is nothing more than faith in the unknown. That with time, energy and belief that sooner or later this too will pass and the light at the end will once again shine in your life.

**Lacking courage** – Fortitude is the strength of mind that enables a person to encounter danger or bear pain and adversity. There is physical courage and then there is emotional or psychological courage. Adversity, problems or failure seldom require physical courage but overcoming them will almost always require emotional courage. If you lose your courage due to a lack of control over your life and its conditions or the circumstances that present themselves you will ultimately have to admit that you just can't handle this stuff.

**Losing patience** – Patience is the ability to endure waiting, delay, or provocation without becoming annoyed or upset, or to persevere calmly when faced with difficulties. People who lack patience need to be in control at all times. Well I have news for you, that is impossible. Life's circumstances don't always happen the way we want them to or when we want them to. Patience says you believe that you will triumph It says, I will overcome. I don't know how now, but I know I will prevail. I will not let this time or these circumstances win the day.



## **Part Two – Cures**

*“The man without a purpose is like a ship without a rudder –  
a waif, a nothing, a no man. Have a purpose in life, and,  
having it, throw such strength of mind and muscle into your  
work as  
God has given you.”*  
Carlyle

### **Life is perceptual –**

No one looks at life its events, conditions or circumstances the same. We see life not as it is but as we are. Each of us has a mental filter through which we interpret other people's behavior, events and circumstances. Ten people can look at the same piece of art, auto accident, movie or sunset and see it differently. This gives life its diversity and its relationships their challenges.

There is no right or wrong, only differences. This is one of the biggest issues in life that causes stress and frustration. The need to change what is happening so that it is right in your view. Acceptance and letting go are two of the biggest hurdles people face in life. They are also major issues when it comes to motivating ourselves to overcome difficult challenges on a consistent basis. If we fail to perceive life and its events and people clearly we will tend to fall into a number of de-motivating traps such as, guilt, blame, resentment, anger and any number of other negative emotions or feelings. These negative responses will color your use of talent and how you respond to life's circumstances.

One of the best indicators of someone who is happy, successful and living with their world in a harmonious way is how clearly they are in touch with reality, not theirs but REALITY. Truth is. It is not our interpretation of it and yet so many people believe that their truth should be everyone's truth.

Where are your perceptions about life, people, events, circumstances, your past, present or future clouded? Where do you need a clearer vision and more accurate perceptual integrity? Each of us brings unique knowledge and experience to every relationship and situation. We are all right in our own mind. Truth for us is what works for us as we move down the highway of life. Truth is no respecter of opinions, fads, arrogance or ignorance. We do not manipulate truth to fit our own sense of values or beliefs. Truth is. Reality is. Whether we choose to see it or not does not deny its existence.

**Pick it apart –**

*“You can overcome anything if you don’t bellyache.”*

Bernard Baruch

So, you’ve got a problem. Nothing is turning out or working the way you want it to. What’s next? What can you do? Well, a good place to start is to objectively analyze what happened and why. You must stay emotionally detached during this process or you won’t make much progress. Relax, sit down, grab a legal pad and start asking yourself some hard questions and then write down your answers. When you have finished this step now look at each answer and ask yourself either - why or how - did this happen. Again, write down your answers. Honesty here is vital. If you can’t bring integrity and vulnerability to this process you may as well go watch TV. Now take a blank sheet and one at a time come up with as many options as you can for each issue. Don’t judge, edit or hold back, just write them

down as they come to you. Finally, pick the best options, those that are realistic that you can do and develop a plan or strategy to act.

**Learn from it -**

*“There is no such thing as failure, only feedback.” – Patrick Porter*

Before this day ends I guarantee life will give you the opportunity to learn something about yourself.

A comment I often hear from a wide variety of people is, “if I just learn one thing from this person, seminar or life experience it will be worthwhile.

Life is an interesting and fascinating series of events, processes and growth opportunities. It is what happens to us as we plan the outcomes of our life existence. Life is truly a classroom. In a sense class begins the day we are born and ends the day we pass from this world to the next. There are no vacations, recesses and you never graduate.

There is no final exam and there is no pass or fail. You can however repeat a grade again and again until you learn the necessary skills or attitudes that the teachers in this class are trying to help you learn.

Each of us is traveling through our very unique lives toward a variety of circumstances, events, people, and outcomes. We are bringing these outcomes and people into our lives both unconsciously and consciously. Some people are good students and learn the necessary lessons the first time they

appear while others are stuck in the same old patterns, life dramas and situations because they fail to bring the learning back to themselves.

You can't quit school and you must complete each assignment before you get to move on to the next one. There are however a number of pop quizzes. Some people refuse to see the learning as theirs. They continuously point their fingers outward toward the other person or event and blame, resent or feel a number of negative emotions such as guilt, jealousy or anger. Life is a neutral experience. It doesn't care whether you are poor or wealthy, happy or unhappy, educated or ignorant, good looking or ugly, afraid or courageous, from Boston or Atlanta, are a Catholic or Jewish, single or married working or retired. It doesn't have opinions. It doesn't judge. It just is.

Class is not about what comes into your life, but how you handle it that matters. Success comes to many people. Some handle it well while others do not. Adversity comes to all of us sooner or later. Some people give up while others use the struggle to get better, wiser or stronger. Everyone has problems whether in their career, relationships, businesses or with children, customers or spouses.

The opportunity for personal growth or learning can be found in each of life's experiences or teachers. The key to success is to learn to bring all of the learning back to yourself and not to point your finger or blame others or life. You and I don't always get to choose the curriculum in our lives or the lives of others, and we certainly don't get to

choose how or when other people should learn their lessons. One way to know if you have not yet learned one of life's particular lessons is to observe that which is still in your life. For example if, you are having a relationship problem there is most likely a relationship lesson that you have not yet learned. If you struggle with a financial lesson, then you have not yet learned a lesson in connection with this issue.

**Have patience and relax –**

*“Nowhere can man find a quieter or more untroubled  
retreat than in his own soul.”*

Marcus Aurelius

Everyone today seems to be in a rush to somewhere else. They can't wait to graduate from college, get married, start a new position or career, and get on vacation or home from vacation. Can't wait for Friday, Monday, summer, winter or the BIG GAME. Life is lived in the now. People who are impatient tend to live in the future. You can not rush the timetable of the universe. If you try, you will live with frustration, anxiety, and stress. Ultimately things happen when they are ready.

Only an idiot would plant his or her garden on a sunny Saturday in May, and expect results on Sunday morning. I can just hear this individual now, “Grow plants, and grow. Hurry up and grow!” All things take time. Some take more time than others. Some things take a lifetime while others, years to reach maturity, fulfillment or success.

Patience can be easily seen on the faces, and in the demeanor of happy people. They are at ease with the process of their life. They are not in a rush to retire, find a life mate, fulfill a dream, or achieve their life's purpose by age 25. Successful people love life, every day, one day at a time.

Adversity or problems can appear to come up on us quickly but generally they have been stewing or developing for days or even months while we are oblivious to their signals or warning signs. Rushing through difficult times, problems or adversity may not be in your long term best interests.

#### **Live in the present –**

*“Ruin and recovery are both from within.” Epictetus*

Life is lived in the present, one moment at a time, not, in the past or future. Our futures and memories are created in all of our NOW moments. Living in the present means staying focused on what is happening now, not what happened yesterday, or may happen tomorrow. People who focus on past: mistakes, errors in judgment, words that were said with innocence, omissions, and disappointment tend to bring a great deal of negative energy into the present.

People who focus on the future: expectations, desires, hopes and 'some day dreams' tend to miss the value, joy and wonder of their present moments. Everyone has stuff, you, nor anyone else will ever rid of it all. The key is to

understand that you can't fix what happened yesterday, and you can't fix anything tomorrow. You fix everything NOW.

Your soul wants for you what is your ultimate highest good. Your ego wants to look good, control, and protect itself. The ego tends not to like vulnerability and/or realness. This sets you up for hurt, pain, and rejection. Learn to stay focused in the now. What you can do now. What you can say now. How you are feeling now. What you believe now. What you want to happen now.

Most people are rushing their way through life. They fail to take the time necessary to nurture their relationships, feed their mind, relax their body or get in touch with their soul's desire for freedom and peace. Life moves relentlessly forward one day at a time, and there is nothing any of us can do to stop it or slow it down. We are all getting older every day, but we don't have to grow older every day. Taking time to day dream, visit a friend, watch your children grow, or just play in your garden is time well-spent.

Take time today for yourself. Take time to breathe in life, all of it: its color, splendor, smells, tastes, and sounds. From the smallest most insignificant event to the things you have taken for granted.

Tomorrow will be here before you know it. Today will be a distant memory before you realize it. Go through today conscious of your surroundings.

Today is a gift of life. Live it with gratitude and don't let the sun set today without seeing it, hearing it, and enjoying it no matter what may be going haywire.



### **Manage your expectations –**

*“Circumstances are the rulers of the weak; they are but the instruments of the wise.”*

Samuel Lover

One of the biggest causes of frustration and disappointment in life is the unrealized expectations of what life should give you and doesn't. It never will give you everything you want when you want it, so relax. You can never be happy attached to the expectation or outcomes you have in life.

To manage your expectations means, that you understand that life is just what it is. Yes, you can set goals, plan, work and hope but in the end although these would seem to make sense, often life just doesn't cooperate. We are all learning every day, either by accident, design, or on purpose, but we are all learning what life wants us to learn now. So why not just flow with what is and learn to accept it all as a part of your unique journey through life. I don't mean that you should become a vegetable but that fighting only adds to your frustration.

### **Surround yourself with the right people -**

*“The secret of success in life; is for a man to be ready for his opportunity when it comes.”*

Disraeli

One of my mentors, Jim Rohn, is fond of saying, “Be careful who you are around because they are influencing the way you think, what you believe, how you feel and how you act.”

There are some people in life who after you have left their presence make you feel better about yourself and then there are those people who either consciously or unconsciously tear you down with every word or look. The world is full of people who tear you down or what my friend, Jay Cater (The author of the best seller, Nasty People) calls invalidators. Got any in your life? Get them out of your life or get out of their life. They are not doing you any good and they certainly make it difficult to weather challenging times with their constant disapproval, shoulds, negativity, condemnation or criticism. Life is hard enough without having to be around people who make you feel unworthy or worthless thereby lowering your self-esteem, optimism and self-belief.

**Say thank you –**

*“Faced with crisis, the man of character falls back on himself.”*

Charles DeGaulle

Have you ever noticed that some people have more things than others? More fun, stuff, friends, success, money, influence, achievements, wisdom, peace, harmony, freedom, just to mention a few. Why is this? During the years I have observed hundreds of people in all walks of life. As a speaker I am privileged to meet thousands of people each year in my programs. One thing I have seen is a wide ranging array of attitudes, feelings and beliefs. It is interesting to note that of the people I have met that have the greatest degree of peace, joy, harmony, life balance, friends and success (no matter how you chose to define

success) are people who live with a great deal of gratitude in their lives.

Some of you might believe that you have nothing to be grateful for. Life is just –same stuff different day, or just a bowl of pits, or not fair, or whatever.

Here are a few things we have to be grateful for that many people take for granted.

1. Air to breathe.
2. Food to eat.
3. People who care about you.
4. Hearts that pump 2,500,000 beats a month.
5. Minds that can think.
6. Work that is satisfying.
7. Friends who are there when you need them.
8. Pets who love you no matter what.
9. The right to believe what you want.
10. The ability to control what you feel and think.
11. Water to drink.
12. The ability to express love and receive it.

Why not add some and create your own – I am thankful for – list. Refer to it often. Refer to it when: you are feeling sorry for yourself, you have failed, been let down, lost your way, you feel like quitting, you are feeling good, you are feeling bad, you are sick and when you are healthy.

**Improve yourself -**

*“Circumstances do not determine a man; they reveal who he really is.”*

Allen

If you are not learning and growing every day you are most likely dissatisfied with your achievements and success. Happiness is not a goal but bringing a happy life outlook to all experiences. Success is not a goal but a byproduct of learning and growing. Inner peace is not achieved outside-in but inside-out. If you will develop the life philosophy that no matter how long you live you will dedicate yourself to improving something in you, every day, I'll guarantee that sooner or later this effort, study, dedication will pay off in some way. Oh, it might not always add to your net worth or bank balance but it will improve your wisdom. Knowledge is information learned. Wisdom is the ability to use what you have learned in a positive and appropriate way to improve some aspect of your life.

During difficult times is an ideal time to get busy reading, growing, contemplating, questioning and asking. If life is constantly changing and you are not constantly growing, guess what? You guessed it you will fall behind.

And please keep in mind that the only purpose of your learning is not just for you but to share with others as they cross your path and would benefit from your knowledge and wisdom. You don't have to be an author to contribute to the lives of others. All you have to do is have a mindset open and receptive to new knowledge and then the willingness to offer it to those who are seeking it or ready for it.

### **Reflection -**

*"Never be afraid to sit awhile and think."*

Lorraine Hansbury

Silence is where self-discovery takes place and all discovery is self discovery. You learn when you are ready and willing to grow or change. It doesn't have to be a daily meditation session or praying three times a day. It just requires that you find a quiet place, devote adequate time to the process and then just start asking yourself questions and then listening to your inner guidance system for answers. If they don't come right away or if the answers you receive are not the ones you want, relax and listen and learn.

You will be amazed at the insight, counsel, and understanding you will receive if you will only get your ego, demands, expectations and agendas out of the way for just a short time. Everyone has an inner guidance system but not everyone either asks for help or when they receive act accordingly. Your inner being has all of the answers you need to get through difficult times but you must ask, listen and act.

### **Get creative -**

*"I find the great thing in this world is not so much where we stand, as to what direction we are moving."* O.W. Holmes

Everyone has creative ability. Unfortunately most people stifle this trait to avoid the rejection, disapproval and criticism of others. During challenging times it is vital that

you stay calm, centered and tap into your inner creative talents to find new and different approaches to your solving problems and overcoming their emotional side effects. Creativity is the ability to use your imagination to develop new and original ideas or things, regardless of the situation or circumstance. It is the ability to look at the same things in new ways. It is the willingness to set your prejudices and opinions aside while you dig deep for new approaches, techniques or answers. As Einstein once said, "You can't solve a problem while you are immersed in the problem. You must focus all of your attention on the possible solutions." And, while you're at it, don't be overly concerned with other people's opinions of your ideas.

#### **Control your thoughts -**

*"Great men are they who see that the spiritual is stronger  
than any material force, that  
thoughts rule the world."*

Emerson

The most important thing you can do that will guarantee your happiness and peace in difficult times is to learn to control your thoughts. At first glance, this might seem an easy task, but just think of how many times today you were pulled out of your own thought patterns by the actions or words of someone else or circumstances. Thought control is the one trait of all peaceful people whether they are professional athletes or business leaders, artists or musicians, and everyone of us no matter what our station in life.

Most people live their lives in reverse. Most of their thinking is nothing more than recycling old information, over and over again in the mind. It is replaying hurts, joy, memories, dreams, desires, and information that is essentially of no value.

Real thought control permits you to decide what thoughts will be permitted access to your unconscious mind. Most people think about what they don't want, can't have, won't become, or would like to change. Peaceful people accept the mind as a tool that can be used to create happiness or unhappiness, success or failure, joy or pain, and productive now moments or wasted time in the present.

To control your thoughts means that NOTHING gets in that you don't want. If a thought does sneak in while you are not looking, you dispose of it quickly and easily without getting yourself all worked up into a lather. What thoughts are filling your mind today? Happy ones? Sad ones? Positive ones? Negative ones?

**Focus** -

*"Success is going from failure to failure  
without loss of your quest."*

Winston Churchill

You tend to bring into your life whatever is consistent with your focus. You can either focus on what is not working or what is; what you don't have or you do; what you want or don't want; what you believe in or don't. There is a great line that states: Be careful what you ask for, you might just

get it. One of my favorite quotes is by Arthur Ashe. He said, *"True greatness is: starting where you are, using what you have, and doing what you can."*

Most winners in life are grateful for their blessings, and focus on what they want, have, and can do. By the same token, most losers focus on what is missing, where they are not and on what they can't do. Winners, on the other hand, learn to work with what they have. They improvise, innovate, adjust, or compromise – whatever it takes to get the job done with the tools they have.

Whining about what is missing or can't be done keeps you stuck in the past. You have three options in any situation or circumstance: Change it, accept it, or leave it. Whining or complaining doesn't change things or fix them.

A key ingredient in all peaceful people is focus. What is your focus today? Is it on what you can or cannot do? Have or don't have? Be aware that you can't focus on both. You can't focus on what is and on what isn't at the same time. It is simply impossible.

Here are a few ways to help you control your focus.

**Affirmations** – An affirmation is simply a positive statement of action or intent. It is designed to keep reminding you of how you want to feel, what you want to do, or what beliefs you want to reinforce. For example, "I will get through these difficult times with calm and poise." or, "I am attracting positive circumstances into my life now."



**Anchors** – An anchor can be an affirmation but it is usually some external \_ that reminds you to repeat an affirmation. For example, every time I have to stop at a red light that's a reminder (an anchor) to restate one of my affirmations.

**Visualization** – Visualization is also a form of affirmation but instead of words or statements it's a visual affirmation such as a photo of yourself when you were thinner on your refrigerator or a \$100. bill taped to the dashboard of your car.

**Prayer** – Prayer is what you choose it to be. In essence it is you connecting with what you believe is your higher power or God and thanking Him, listening to guidance, asking for something or whatever your spiritual beliefs recommend.

**Meditation** – Meditation is quiet time spent alone with no distractions or interruptions. You just sit, relaxed and quiet your mind. Once a day for 5-30 minutes. You don't have to be a Yogi, Guru or spiritual advisor to meditate. It's not a complicated process but you do need to find the time once a day to do it.

**Goals and plans** – Goals and plans are just that, they are not outcomes. Not all of your goals and plans will be realized or successful but that is no reason not to have them. Setting goals is nothing more than writing down the way you want things to be and what you will do to achieve them. But, it is also not having attachments to them. Things change, people change, and there are uncontrollable situations that may interrupt your goals. They are guidelines, a roadmap nothing more.

So why not start taking some positive action on one or all of the above. And start now.

**Laugh –**

*“Life does not cease to be funny when people die any more  
that it ceases to be serious  
when people laugh.”  
George Bernard Shaw*

People who laugh a lot live longer than people who don't. People who can look into the eyes of adversity, failures and problems and smile have a far better chance of dealing with them successfully than those who get depressed, angry and scared.

People who laugh a lot have less negative impact from the stressors in their life than people who always wear a scowl or frown during challenging times. You have to decide. Are you going to let your circumstances take away your spirit and life outlook or are you going to take the wind out of adversity essentially saying to it, “You will not prevail. You will not change who I am. I will never let you determine my attitudes or my life outcomes. I am in charge of my life not you.”

When you can achieve this kind of control, there isn't anything that can come into your life that you won't be able to handle.

**Use your pain –**

*“No pain, no palm; no thorns, no throne; no gall, no glory;  
no cross, no crown.”*

Penn

Emotional pain can be more devastating than physical pain depending on its causes. Physical pain can be overcome with drugs, therapy or rest, but emotional pain can only be overcome with time, patience and acceptance.

Emotional pain, if seen as an opportunity for growth or change, can be a positive tool that can help you overcome your despair, discouragement or adversity if you will only look at your pain with a different perspective. Emotional pain is caused by uncertainty, fear, loss, grief or anger all of which if harnessed can guide you through your uncharted waters with new growth and learning. It can also be the catalyst for creativity.

I know, some of my best books were written in the midst of agonizing emotional pain. Why? Because when you are in pain you are forced to deal with the hard realities of life and their consequences. During these times your mind is alert and ready to come to your aid if you will only let it. You do this by looking at your pain and its causes as an outside observer.

If you will allow your pain to help you get in touch with the real you and your dreams, fears, hopes and frustrations it will give help you see the value of the circumstances that have contributed to your pain. The loss of a job, relationship, business or a loved one through death can be a dramatic experience. But it can also be a wonderful learning opportunity. To learn to love better, work harder, care more, live in the present or it can direct your life into

a whole new direction, one that you might never have discovered had you not gone through the experience and then the pain.

Learn to see problems, failure and adversity in a new light that is offering you the opportunity for growth and new learning about yourself, your world or your life.

**Face your fears –**

*“Fear is the mother of foresight.”*

Taylor

Years ago I read a great line that has been one of my ‘watchwords’ ever since. If you want to overcome your fears you must face them head on. This is often a lot easier said than done but in the end failing to face them only ensures that they will tend to dominate your thinking, behavior and your decisions. What exactly is facing your fears? First let’s define fear. An unpleasant feeling of anxiety or apprehension caused by the presence or anticipation of danger. Many of our fears only get worse if we fail to act quickly on them. Procrastinating doesn’t make the source of our fear go away it can only exacerbate them therefore infecting other areas of your life until you take some action or make some decisions. Fear that is prolonged without pro-active action will have tremendous impact on your mental health. In fact fears that are not dealt with are a major stressor. So, when you fear something; listen to your inner voice, contemplate, decide and act. Don’t wait for a better time, place or circumstances.

### **Simplify –**

*“Our life is frittered away by detail  
... simplify, simplify.”  
Thoreau*

The more stuff you own the more stress you will have. A couple of cars, a vacation home lots of bills and debt and guess what, as soon as things get tough you are in a corner with no easy way out. Clutter, stuff and more possessions than you need is really unnecessary but most people don't realize this until it is too late.

Maybe it's time to let go of the need to satisfy your ego by owning more stuff than you will ever need or use. Letting go of clothes you don't ever wear, toys you never use or a cabinet full of CD's or DVD's that you never listen to or watch.

I am amazed at how much stuff people own that they don't even know they have. But what they often don't realize is that all of these 'things' will never give them peace, happiness or contentment. All they will do is make them feel uneasy when failure or adversity strikes.

### **Re-discover your passion –**

*“A strong passion for any object will ensure success, for the desire of the end will point out the means.” Hazlitt*

One way to get through life's challenges is to keep your passion alive and at the center of your being. Passion is the great equalizer. It can make up for a lack of experience and knowledge. Passion is different than enthusiasm. The old cliché says, "Act enthusiastic and you will become enthusiastic."

Passion is not an act. It is a way of believing. It is woven into your cellular structure just as much as you're DNA. Passion—real passion for who you are, who you are becoming, where you are, and where you are going, what you believe in and stand for.

Are you in love with where you are, where you are going, who you are becoming, and what you are contributing? If you have lost or are losing your passion for life, your career, or a relationship, do whatever is necessary to get it back.

**Trust the process of your life -**

*"Self-trust is the first secret of success."*

Emerson

You are where you are supposed to be. You are doing what you are supposed to be doing. You are with who you are supposed to be with or you are alone for a reason. You are faced with what you are supposed to have in your life so you can grow, learn, let go or discover the true meaning and purpose of your life. Pushing, pushing always pushing is not the answer to a peaceful life.

Getting your way, hurting others, expecting life to give you what you believe you want, now, is to add to your stress and keep joy and peace out of your life. Learning to let life flow, to just be is the only way to truly have happiness. Letting life come to you rather than going after it is the way to inner harmony. By this I don't mean you should sit on your deck wishing and hoping. What I am saying is that why not just accept with grace what life sends you day by day year by year and just say – thank you. And then move on.

**Let go and let God –**

*“All I have seen teaches me to trust the creator for all I have not seen.”*

Ralph Waldo Emerson

Letting go is one of the most difficult things for people to do—whether it is letting go of an old hurt or unkind word, or letting go of a dream or way of life. One of the biggest things people have a problem letting go of is their ego and its need to control, look good, manipulate and appear successful. Surrender is really about leading with your heart in all situations. One of the hardest things for people to surrender is the idea of losing control. Surrendering your life to God is a very difficult decision for many because it means giving up control of their actions, thoughts, deeds and outcomes. Surrender means total acceptance of whatever comes your way. It is admitting that you need help guidance, counsel, or advice. It is also a willingness to accept that guidance, even though you don't know or can't be sure of the consequences of your surrender. As humans we want to know. We want evidence. We want proof.

### **Stop trying and allow –**

*“A person can grow only as much as  
his horizon allows.”*

John Powell

There is a psychological principle that says you bring into your life what you resonate out to your world. In other words, whatever fills your mind you tend to magnify and attract. Some would call it the law of attraction. Others would imply it's a secret. But it's not a secret at all it's a principle that is thousands of years old. The key to a peaceful, successful and contented life is to ask, say thank you in advance and then accept with gratitude and grace what arrives. Allowing is the simple task of unconditional acceptance. To just be filled with gratitude for whatever comes regardless of what meaning or agenda you choose to attach to it.

We have been taught for years to try, push, work etc. but in the end all of your pushing and trying only creates more frustration and anxiety when what you thought you wanted does not show up. So, relax and allow and say thank you.

### **Listen to your inner voice –**

*“If you do not ask yourself what it is you know, you will go on listening to others and change will not come because you will not hear your own truth.”* Saint Bartholomew



God put enough sense in a Squirrel to gather nuts in the fall so it won't starve in the winter. Do you think He wouldn't put something even better in a human? He did and it's our inner voice or the voice of our soul or spirit guiding us as we travel life's highway. The question is do you listen to it? Do you heed its warnings or guidance? Or, are you so busy, stressed and worn out that you can't find a few minutes each day to tune in to your inner guidance system and just listen? It knows what is best for you in good as well as difficult times. It knows why you are here and what you are supposed to be doing with your life even if appearances seem contrary to your plans, goals, hopes and dreams. Prayer and meditation are just two ways to listen. But you have to be willing to leave your ego out of the process and just be with your inner self in the quiet of your own spirit.

### **Kill your ego -**

*"The flocks fear the wolf, the crops the storm and the trees  
the wind."*

Virgil

Your ego wants and needs you to be right, be in control and to look and be successful. The ego has caused more failure, distress, adversity and problems than any other aspect of human life. Why? Because our ego wants to be in charge of our life, it's present and its future. I can't be wronged or wrong. It can't accept defeat or mistakes or failure. It must be in control of everything at all times. Sound impossible? Yes, but the ego doesn't really care, it just keeps on keeping on trying to satisfy its every irrational need. If you want a life willed with stress, disappointment,

struggle, adversity and problems let your ego have the control it wants. However, if you want a life of peace and happiness no matter what is going on around you, you must learn to either turn your ego off or to kill it altogether.

The ego boasts brags and dominates, not an option if you want harmony and inner peace.

**Do not judge appearances -**

*“Whoever undertakes to set himself up as a judge in the field of truth and knowledge is shipwrecked by the laughter of the Gods.”*

Albert Einstein

Faith is trusting what is not apparent. It is accepting what you can't prove. Many people only judge the quality of their life and future by what they see or what is happening in reality now. The problem is that yesterday you couldn't know what would happen today but today you got through whatever life threw at you and you survived. While you have read this short section your heart has beat at least 120 times. You can't feel each beat or see them, but you know it is working. What is not apparent today is that what is happening today may be nothing more than preparation for tomorrow. If you judged a cake before it started to bake in your oven you needlessly be disappointed in its progress. Think of your life as unfolding each minute of each day without your force, involvement, prodding and guidance. It still moves forward in those unconscious moments leading you, guiding you.

**Get busy -**

*"The Road to triumph is built on adversity."*

Ovid

So, we're almost finished. We have covered a lot of ground. We have discussed what adversity, despair, failure, discouragement and problems are. We have looked at a variety of ways to overcome, control, deal with or handle these and their consequences. We have talked about values, beliefs, attitudes, dreams and hopes.

We have looked at who you are and what you believe. So what's left?

Start, get busy, do something, start now. Don't quit, don't give up or in. Keep at it no matter what. I do suggest however that you go back to the beginning and re-read this entire booklet. Why? One pass will not give you the inner answers you desire or are searching for. You need to let your mind stew on many of these ideas and concepts and your mind needs more than one exposure. So, why not spend a couple of hours in the next week and read this booklet again in its entirety.

**Do you know someone** who is struggling in any area of his or her life—relationships, finances, career, health, or spirituality?

**Do you know someone** who is angry, unwilling to forgive, living in fear, blame, or guilt?

**Do you know someone** who has given up, has settled; is discouraged or depressed?

**Do you know someone** who is alone, in pain, or desperate?

**Do you know someone** who is successful, but not fulfilled with his or her success?

**Do you know someone** who is unhappy or looking for happiness in all the wrong places?

**Do you know someone** who wants to help others in their life in some way?

### **Some Great Books:**

- The Bible
- Life Beyond Living, Dapper/Kendrick
- Driven by Eternity, Bevere
- Forever, Tripp
- Relentless, Bevere
- All In, Batterson
- The Reason Why, R. Laidlaw
- The Science of Success, Wattles
- Outwitting The Devil, N Hill
- The Four Agreements, M. Ruiz
- The Greatest Miracle in the World, O. Mandino
- Wake-Up Calls, Allenbaugh
- The Richest Man in Babylon - Clason
- Think and Grow Rich – N. Hill
- My Reason For Hope, B. Graham
- Fully Human, Fully Alive, Powell
- Unconditional Love, Powell
- As A Man Thinketh, J. Allen
- Waking Up in Time - Russell
- Transitions - Bridges
- Acres of Diamonds - Conwell
- The Complete Reader, Goddard
- Life is For Living, Butterworth
- The Prophet - Gibran
- Brain Rules, Medina
- Man's Search for Meaning - Frankle
- What Happy People Know, D. Baker
- Mind Monsters, Gerald
- Unfinished, Stearns
- Optimism – The biology of Hope, Tiger
- He Chose Nails, Lucado
- Power of Awareness, Neville
- The Way of the Peaceful Warrior, Millman
- Nasty People, J. Carter
- Everything Happens for a Reason, Kirshenbaum

- The Voice of Knowledge, M. Ruiz
- The Power of Patience, PJ. Ryan
- In the Flow of Life – E. Butterworth
- The Choice, O. Mandino
- Why am I Afraid To Tell You Who I Am, Powell
- Reset Your Life, Walker
- Corporate Lifecycles, Adizes
- Second Wind, T A Wheeler
- Prayer, AW Tozer
- Resilient, Luce
- The End of Me, Idleman
- The Power of The Subconscious Mind, J. Murphy
- 100 Bible Verses, Morgan
- All the Places to Go, Ortberg
- Mastering Life, Morgan
- Ask it, Stanley
- Ageless Aging, Winter
- Life Without Limits, Vujkic
- The Obstacle in The Way, Holiday
- Space, Time & Medicine, Dossey
- Innovations Dirty Little Secret, Osborne
- Walking with God, Eldredge
- The Untethered Soul, Singer
- True Success, Morris
- Life is Tremendous - Jones
- The Seasons of God, Blackaby
- Healing And The Mind, Moyers
- Super Brain, D. Chopra
- What Am I Supposed To Do With The Rest of My Life, Moore
- Setting Your Heart on Fire - Cushnir
- 9 Things You Must Do in Life, Matte
- The Faith Link, Fleury
- Don't Waste Your Life, Piper
- Lost Virtues of Happiness, Moreland
- Psycho-Cybernetics, Maltz
- The Bumps are What You Climb on, Wiersbe
- Who Do You Think You Are, Driscoll
- The Thunder of Silence, Goldsmith
- Convictions, Borg

- Unstoppable, Christine Caine
- The Gift of Years, Chittister
- You Matter to God, Prince
- The Power of Humility, Kendall
- Moving Forward, Worthington
- God is in Control, Stanley
- The Eternal Now, Tilich
- Why God, Why, Jensen
- The Journey, Graham
- The Search For Significance, McGee
- God Speaks, Comfort
- In a Pit With a Lion, Batterson
- How God Changes Your Brain, Newberg
- How to Listen to God, Stanley
- Enemies of The Heart, Stanley
- A Grief Observed, Lewis
- The Mercy Prayer, Gelinas
- My One Word, Ashcraft
- Your Divine Fingerprint, Craft
- Prosperity - Fillmore
- Live Before You Die, Kolenda
- Mindsets, Dweck
- The Future of the Mind, Kaku
- Lord change my attitude before it's too late, Macdonald
- The Power of Right Believing, Prince
- Wild Goose Chase, Batterson
- Knowing God, Packer
- Be Real, Bezet
- Living on The Edge, Ingram
- The Principle of The Path, Stanley
- How Full is Your Bucket, Rath
- Waking the Dead, Eldredge
- Falling Upward, Rohr
- Reinventing Yourself, Puig

### ***Tim's Services and Products***

To hire Tim Connor for an upcoming meeting or convention, to discuss his custom in-house training programs on management or sales, to give a motivational keynote address, to discuss using him to facilitate a strategic planning event, or to participate in one of his public programs *and/or*;

To order any of his best-selling books, CD's, manuals, or personal and career development materials, contact him at:

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