

My wish is for you to read and enjoy this book not as another “self- help” book as there are plenty of them around already. Most of them written by people with far more experience and skills than I possess. They are all great teachers and I love learning from them.

My wish is that you read this as a “self-acceptance” book and to understand and realise you are perfect as you are, if you honestly believe that to be true. It really doesn’t matter what anybody else thinks, it is how you think about yourself, when you are totally honest with yourself that counts. If you feel there are areas that are less than perfect, then have the courage and the same total honesty to admit and accept it. Not fight, resist or beat yourself up about it. Accept it honestly, then take an honest and truthful stand on what needs to happen.

Larry Winget, who I have quoted a number of times in this book, says that we need to learn to be more selfish. To be and do more of what we want to. It’s ok not to like something or someone; it’s ok to say “No.” In doing this, being more accepting of ourselves, being more true and honest with ourselves, we give more. We give up things or people that are making us unhappy, we can focus on what it is we want and can move forward to a happier more fulfilled life.

In doing this, we give more value to the world, as we are coming from a place that is true and authentic. Your experiences can support and guide others.

Clive Gott, who describes himself as an “Inspirational Humorist” and an “Entertrainer”, was diagnosed with clinical depression a few years ago. He was appalled. “ I’m a motivational speaker!” He told the Doctor, “I can’t be suffering from clinical depression!” He believes once he accepted that the diagnosis was true, his recovery was a lot quicker. He also had the courage to stand up in front of people to talk about the experience (not easy, given his profession!) and what he learned from it, to raise awareness in others, so they would recognise the signs and seek help before it became full blown. This has been so successful; it forms a huge part of his workshop entitled “How To Take Life By The Throat And Say I’m Not Done Yet.”*

In being honest with himself, he has contributed to the world in a big way!

Phil Johnson my web designer and business advisor, started in sales. He quickly realised there were few people willing to help him get started, as he did not have a huge budget to work with. Everything from web design, hosting, marketing and sales help. Did he give up? Definitely not! Instead, he worked hard to learn the necessary skills himself and started to help others new to business. He then took an honest look at what he was doing, decided to close his sales business and concentrate on PJ Biz Services. (Details of which can be found in the acknowledgements.) He has used his experience for the benefit of others. He works with businesses that have low budgets, charity and voluntary organisations and those “Most in need of help and advice.” More to the point, he is very honest with his clients and as a result his business is growing based on trust and honesty.

Had Phil not been honest with himself about what he really wanted to do, his clients would not be getting the benefit of the value he gives. Which is priceless!

I have often had to take a very honest truthful look at myself. I have experienced doubts, fear of failure, and feeling “in the pits.” When I began to really explore these feelings, I realised I was giving them more strength because I was fighting against them as I felt I shouldn’t feel that way. Once I let go of the resistance and stopped fighting, accepted myself for how I was feeling, I was soon on my way back up!

By being honest with myself, I am able to pass the value of that experience on to you.

I collect a lot of quotes and when I am feeling less than wonderful, I read through them. They are written by experts in their field, individuals who are successful and are willing to share the value of their wisdom and experience with others, so they may benefit and go on to great success in all areas of their lives. How generous and giving is that? How could you ever put a price on the value that adds to the world?

I believe I am honoured and privileged that these wonderful teachers are willing to share with me the secrets of their success and know they also want that success for me. That is the legacy they wish to leave. Know they want the same for you.

So indulge yourself, be selfish, enjoy. If some of the messages seem to speak to you louder than others, that’s great! Be honest in asking yourself why and accept the answer. That is what this book is about. The authentic, truthful you. Accept it!

* For more information on Clive and his workshop go to www.clivegott.com