

IS THIS BOOK FOR YOU? **An Overview by the Author**

Have you ever had conflict in your relationships? Attempted the geographic cure? Tried unsuccessfully to change others?

Have you had thoughts like: "Why Is This Happening To Me . . . AGAIN?! Why are they doing this to me... again?! Why am I doing this to myself . . . again?! Why can't life just cooperate?!"

This book presents practical tools for change. People who participate in our workshops report significantly improved relationships, creativity, finances and eating habits. Many say their health and energy levels are better and that their mental functions and emotional stability are enhanced. We are told that victimhood and addictions drop away, spiritual health increases, and peace of mind becomes their normal and natural state.

Please read the book for an overview before focusing on its subtle points. It takes time to build the brain cells for significant change to take place and to understand some of the ideas that will be presented in this work. Brain cells are the body's storage system for information and "Building Brain Cells" refers not to building physical structure but to storing information for future recall. Using the suggested tools will answer questions, fill in the blanks and open the far-reaching implications of this work.

Like any new language, this material may be confusing at first—it might be all Greek to you. A learning curve is normal with any new information. Unraveling old patterns and teaching your mind new ways to function takes time. Beware the tendency of the mind to reject what is inconsistent with your current beliefs. I suggest that you set aside anything that does not fit your thinking and see how those pieces work as you "build" new information into brain cells. Invest the time and you will be amazed at what you will comprehend from these pages. After intense interaction it will feel as if a mental switch is thrown and understanding falls into place.

To reap endless benefits from this work does not require belief, understanding or agreement! The skeptic who dares to simply put the pen to the paper and actually uses these tools will produce dramatic life-changing results!

THE CHALLENGE OF LIFE CONSISTS NOT IN EXPLORING
NEW LANDSCAPES BUT IN DEVELOPING NEW EYES.

Marcel Proust 1871-1922

As a result of completing this text, the reality structure in your mind will change; life will be seen with new eyes! This book will seem to change but, of course, it remains the same. Your perception of this material and of the world will shift as new levels of application and meaning unfold.

This book is designed to be a source of clarity and empowerment now and in the future. To receive full benefit from its design, customize this book by writing in it. Please:

Write Scribble EXPRESS YOURSELF FEAL!

THINK GET MESSY Be Elegant

CONTEMPLATE CREATE FABRICATE REASON

ANALYZE Compose DRAW PLAY

Love REFLECT gEt cRAzY Get Sane!

Surprisingly, as you use these tools, aspects of life that once seemed miserable will become enjoyable! For instance, if you have a pattern where it seems you have no choices in life, use of the tools transforms those times into an empowering opportunity to learn choice. For some, their rage, grief or fear seems uncontrollable. With tools, surfacing the uncontrollable becomes an opportunity to gain freedom and to develop joy, strength, and aliveness through the healing of destructive energies!

You may find yourself yelling at or arguing with this book (or me—please be gentle!). Talk or scream if necessary! It can be an important step into sanity. This manual is designed to bring up and support the healing of any energy in you that undermines aliveness. During this process you will encounter everything in your mind, including enormous Love!

Richard, the main character in this book, represents a composite of a thousand conversations with real people. Any resemblance to people you know, is purely intentional and highly probable. If he triggers issues or feelings in you that you would prefer to avoid—great! Be aware that your healing journey is about to take another step. If you identify with him, this text offers you ample space to look at yourself. Beware the tendency to think that he, or words on a page, could possibly be responsible for anything you feel; however, he may give you some opportunities to heal!

The dialogue between myself and the troubled Richard is fast paced, nurturing and enlightening. You will be gripped by the way he unravels the blocks that keep him from receiving the Love for which he yearns. You will cheer as he rebuilds his understanding of the dynamics of his life, his confused childhood, and his muddled, seemingly hopeless relationships. You will join him in learning step-by-step tools that will enhance your life—and you don't need to be in turmoil or upset for life to get better! People from all over the world, including those who have created wonderful lives for themselves, have benefited from refining their life skills by using these tools.

This process requires courage and will not always be "Dr. Feelgood," however, the rewards and results will impact you and your family in wonderful and beautiful ways—for eternity.

Blessings, Love and support on your journey! michael