

**Living Your Glorious Life  
Program**

**Monthly Mentor #1**

**Ben H. Leichtling, Ph. D.**

Feel; free to share this Monthly Mentor one time by mail, electronically or in person with anyone you think could use it. Better yet, give me their e-mail addresses and what you'd like in a note, and I'll send it to them. But don't sell it.

To guard participants' privacy, all names have been changed; occupations, biographical information and the locales have at times been changed. Sometimes, participants portrayed in this book are composites of those who took part in actual coaching sessions and some coaching sessions are composites.

This workbook contains exercises to help you on your journey. Many people put their Monthly Mentors into 3-ring binders. Carry it with you and make it a faithful companion: highlight important sections, mark it, flag it, write your ideas and the actions you want to try.

The strategies, techniques and tips in the *Living Your Glorious Life* Program are offered as guidelines only. Each person is unique. Each situation is unique. What works in one situation may or may not work in another. The direction chosen by one person in one situation may be completely opposite from the direction selected by another person in what seems like the same situation.

These approaches work. If at first you don't succeed, call and we can develop new plans. Use good judgment and uncommon sense about what will work for you and what sequence of steps to follow, depending on the feedback you get at each step. Remember how you learned to walk – step-by-step, going one way and then the other, forward and back, sometimes falling but always adjusting to feedback.

**Give this program as a gift to help friends, family, partners and employees get unstuck and build rich, full, glorious lives.**

**Schedule an appointment for individualized coaching, advising and consulting.** To get help using these ideas, plans and tools more effectively, and to deal with difficulties before they become obstacles, contact me at 877-8BULLIEs (877-828-5543). I'll call you personally to set up your first session as soon as possible.

If you decide you no longer want to receive the monthly program, simply send a fax or e-mail and you won't be charged again.

On this journey together, please send your stories, ideas, questions or suggestions.

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**"The hardest challenge is to be yourself in a world where everyone is trying to make you be someone else."** e.e. cummings

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### Why the *Living Your Glorious Life* Program is Important to You

Many people have not been prepared to face what life throws at them. Most of us have not been taught with insight and wisdom. We've been taught *wrongly* that:

- It's OK to trudge through dull, desperate or meaningless lives – lives not worthy of our best.
- The world is too big and harsh for us – we won't make it.
- We are helpless victims of our genetics, upbringing and fate.
- We cannot choose our attitudes, beliefs, moods, emotions, rules and roles.
- All great, heroic action is useless and actually motivated by mean, selfish reasons.

We have been taught coping strategies that are not effective in the real world.

**"Listen, are you breathing just a little, and calling it a life?"**

**Mary Oliver**

In contrast, I have seen a tactical approach that can turn life into a joy, worthy of our best - a glorious, rich, full life. This monthly mentor will give you case studies, thought provoking mindsets, tips, techniques, tools and exercises to help you overcome your hesitations, destructive attitudes and outdated strategies. Some case studies may be about situations that are different from yours, but you may be surprised to see how useful the ideas and tools are for the issues you're dealing with.

If you want to have the richest, fullest, most glorious life you can, you will have to live with courage – minute-to-minute, day-by-day heroism. I don't mean heroism on the battlefields of war. I certainly don't mean celebrity. I mean the heroism it takes to live wonderfully in the day-to-day battlegrounds of love and marriage; of job and career; of doing your best for your children, family, friends and yourself.

### Special Bonus Offer for Members in the *Living Your Glorious Life* Program

Sign up a friend and get a month of free membership after their third month. Simply have them give me your name when they sign up.

## Love and Marriage – Should I Jump or Shouldn't I?

Mary had a thriving career as a therapist. She had been divorced a few years previously. She then met someone she had loved, who had loved her, years ago in school. But, back then, they had drifted apart. He was now getting divorced and had young children. They lived over 1,000 miles apart.

Since he had children and had to stay where he was, for them to be together she would have to move there and start her career over again. If she moved there and started seeing him, he would have to declare openly to his wife and children, during the process leading to divorce, that there was another woman he loved. He said he was ready and eager.

To see if their commitment was strong enough to overcome the obstacles, Mary took a temporary leave (long vacation) from her practice and moved. She was ready to face the difficulties and work out each problem. But she soon saw that he was afraid to have his children see her in public and to have his soon-to-be ex-wife know about her. He would not commit openly and wholeheartedly.

She returned home and started building her practice again. She told him that he had to make up his mind and act openly on his desire to be with her. He had to want it so much that he was willing to “move heaven and earth.”

Was she foolish? Should she have waited until his divorce was finalized? The question implies that there is a right-wrong, better-worse, objective standard of deciding by which you can derive the correct answer. But there isn't. You can't predict the future. Just don't go down a path that leads nowhere.

It's simply a matter of deciding how you want to live your life. The important question is really, what would make your life more glorious and are you willing to give your best to make it work?

Had Mary made a mistake? Well, it didn't succeed, so by that standard, she had made a mistake. But she thought not. She hadn't burned her bridges when she left. She learned by trying. The reality of her being there brought the truth to light – it was too soon, he wasn't ready and he hadn't known the depth of his fear.

But that's how she learned. She was a vibrant, lively, joyous person. She decided to live with the courage to open up, try and possibly fall (without letting go completely) - an integral part of the process of living a long and happy life with someone. She returned with the same zest for life she had when she left.

Six months later, after the divorce was finalized, he told Mary that he was ready ... he had an engagement ring and wanted to go house hunting. This time, she slowed him down, insisting that he process the divorce longer and then ask her again. He did, they did and they've been together since.

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Action counts. Conventional thinking says that you should study and discuss your dilemma with experts until you have the right plan with an answer for every possible eventuality - just in case. And you should judge yourself by whether you made the right guess. As if you could devise, memorize and execute a correct approach.

The idea that you can reason to a best-objective-way of living leads you to ignore the source of your passion and joy, and to vacillate, worrying if you're right, if you're certain, if you've thought of everything. That's a common mental approach and it typically leads to answers that are deadly to your spirit.

Conventional thinking says that you are also supposed to worry about whether you have the strength and courage to succeed. If not, don't try to be the hero of your life.

In our complex, organic, ever changing human world, if you pretend you can predict the future and hesitate until you're sure of success, you'll shrivel up in the same place waiting for the perfect moment to begin.

Shift from worrying about what's best or right. Take action to create or obtain what you want, what's most important for you. Along the way, improve your taste and mature your desires.

When you learned to walk you didn't use books and you didn't wait until you had a plan for every eventuality. You didn't study until you knew you had memorized the theory perfectly. You just went for it – over and over and over. Putting your energy and body into the act was essential. There's no other way to succeed.

Even when you were older, did you actually learn to drive by studying the driving manual? The first time you got behind the wheel, did you drive perfectly; shift without grinding; back out and not scrape the porch or a tree? Would you believe people who claimed they learned that well from manuals?

### **Ideas-Plans For Action**

What is the most important thing you want to learn, see or do from the depth of your spirit, not from the height of your ego? What actions can you begin to take to do that while still honoring the commitments that mean the most to you?

**“You may be disappointed if you fail, but you are doomed if you don't try.” Beverly Sills**

## Lose Weight – Put-Downs From People Who Matter

Jenny's mother is petite. She stayed slim by obsessing on food – her own and everyone else's. Her conversation focused on how much she had eaten, is eating and will eat; on exercise, the latest diets, percent body fat; on comparisons to other people ("More thin than I but I'll get that thin" or "Gross and disgusting"). She's still doing this into her 60s.

She has always been on guard for bad tendencies. Some of the destructive attitudes she beat into Jenny were: "If you relax, you're lazy and you'll become fat and gross. One false move and it's all over. If you blow it now, it's blown forever. You can't trust yourself. You don't have the strength, discipline and tenacity to be thin. Always demand more from yourself. You're fragile and weak; success is precarious. If it's not easy and instantaneous, you'll never make it. Feel good or bad about yourself depending on how you look and especially whether other people find you attractive. If you're thin, you'll get treated better."

Jenny's mother over-reacted to the slightest signs of problems as if she thought they were signs of onrushing catastrophes. She disciplined herself through fear and terror of what would happen if she gave in to even one temptation. She compared herself with other people who were more slender and beautiful.

Jenny bore the full brunt of these attitudes. Even though she tried to resist, they became a part of every cell in her body, as if they were absorbed with the oxygen she breathed.

How could Jenny resist? Her mother was absolutely right - you are judged and treated differently by how you look. Life is much easier for thin people. Jenny saw that attitude in her job, at high school reunions and socializing. She grew up in fear of people's judgments based on dress size.

Since her mother was right about that, how could Jenny not believe all the rest of her mother's attitudes? The world did seem too hostile and brutal. She felt so fragile and precarious.

Jenny had a big problem and it's a wonder she didn't become anorexic or bulimic. She was a big girl – built like a grandmother on the other side of the family. She'd never be a size 6. Growing up, she thought she was a big, fat girl. She still thought of herself that way. Looking back at pictures she could see that she hadn't been fat. But she still obsessed on how she looked and she felt good or bad about herself depending on the size she could wear.

Fortunately, Jenny had some experiences common to many people. A few years before, she had lost over 60 pounds and had started getting the kind of looks, comments and treatment she'd only dreamed about. But then she got pregnant and had a baby. During the pregnancy, she gained the weight back and even 4 months of dieting and exercise after delivery had not removed it all.

She felt miserable and thought she looked even worse than before. She had accepted her mother's destructive attitudes. She was weak. Losing weight was not easy or instantaneous. She had blown it forever.

When Jenny finally did a reality check, she realized how strong she actually was. She started to turn her life around. She had lost that weight over a long period a few years before, despite the difficulties. She had delivered the baby without drugs and despite intense pain. In both cases, there had been moments when she wanted to give up but she had rallied herself. She realized that she had endured because she had expected those tasks to be difficult, full of successes and failures. She'd begun those tasks knowing she'd just have to persevere and keep on track.

She stacked those situations together with other tasks she had persevered in, despite great difficulty. Her mother might be scared and weak but she wasn't.

She still wanted to lose weight again and realized that she just had to stop thinking and worrying about how it would turn out, and simply begin. She started again, thinking that the older she got, the more difficult it would be. But so what? She would persevere and endure.

Slowly she lost the weight she wanted. She was amazed to find that as she gained strength in her ability to face this difficult task, she was less afraid of facing a world that she could see was not always friendly and safe. The biggest surprise for her was that she began wanting more children even though she knew she would have to work hard at losing weight again.

Other people's opinions, especially her mother's, no longer stopped Jenny.

Jenny also got unexpected benefit. She decided not to train her daughter to be weak and fragile, to need coddling and protection. She would break the chain of destructive attitudes.

She would help her daughter build strength and resilience by encouraging and expecting her to endure disappointment, hardship, pain and defeat, and to bounce back. She would teach her daughter to have a perspective that rallied her efforts in the face of challenges and set-backs and encouraged her to become courageous.

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If people treat you disrespectfully or dismissively because of your weight, that tells you about them, not you. They are jerks and you don't want to be around them.

**Being treated badly is no excuse or justification for whining and giving up.**

You will have to work harder, smarter and better to overcome difficulties. So what? Think of what, for example, Helen Keller or people in wheel chairs have had to overcome. Have you convinced yourself that you are lesser or weaker than they or that the outside world is more hostile and powerful than it was then?

Are you so weak that the one time your parents or friends or teachers did something bad to you, or an unexpected reverse blindsided you, you were ruined forever?

To live your glorious life, find within you the source of determination, strength, courage and grit.

**Ideas-Plans For Action**

What have you thought was too difficult or dangerous for you, but you really wanted to do?

Why not do it now?

What would be your first steps?

**“The first step toward success is taken when you refuse to be a captive of the environment in which you first find yourself.”**  
Mark Caine

## Aging And Dying – Can You Live With Joy?

If you listen carefully for it, most people will tell you their reasons for being unhappy – why they have to be discouraged, depressed, angry, scared or moody. Their reasons make perfect sense to them. It's as if they have rules: If that happened or will happen, then they must feel and act that way. Their hidden assumption is that any reasonable person would do the same. For example, how can anyone keep their good spirits when they're dying? They may even think they're "normal" for feeling and acting that way.

Their excuses may make them feel justified, but the result is that they're missing a golden opportunity, at this golden moment, to be thrilled, to be full of life. No matter how many people may feel discouraged or depressed because they're going to die, I won't let that be normal for me. I encourage you not to let that be normal for you.

The proof that we have a choice about how we respond, even in the worst of circumstances, is that there are many people who live through the same experiences and have completely different attitudes toward them. They can even make a very difficult time into a joyous and awesome experience.

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Morrie Schwartz was dying of ALS, Lou Gehrig's disease. The progress and timing of the disease is usually predictable. Morrie could watch the paralysis slowly rise from his toes, inch by inch, up his legs. He knew when he would become unable to move his feet, then his legs and then he would lose bowel control - then he would become incontinent, soil himself, need diapers and, like a baby, need someone to clean up him and the mess. Day-after-day until he died.

Mitch Albom, writing about him in "Tuesdays with Morrie," was embarrassed and awkward. He didn't know how a cultured and proud man like Morrie, who had always been so independent, competent and vivacious, could stand the embarrassment. It would be mortifying. Mitch would rather die than watch someone have to do that for him.

But Morrie, independent, competent and vivacious, had a different outlook. He knew it would happen and he would watch as a caregiver cleaned up the mess he had made. That was the way it was. He had no problems with embarrassment. He would try to cheer up the person caring for him. He would chat and joke and keep being vivacious. And he did do all that.

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### **Watching himself become helpless and die was an event but not an ISSUE.**

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My wife's mother died at 88 of a fairly rapid cancer. It took about a year from first diagnosis to death. All through it, she kept her good will, good cheer, sense of humor and care for others. To the end, she said, "please" and "thank you." She parceled out to the appropriate people all the treasures she had collected over the years. She made sure her last words were blessings.

Days before the end, when she required around the clock care and couldn't get out of bed, she finally expressed what bothered her most, "This is really boring!"

How heroic and full of good spirit! What wonderful character! Don't you want to have parents that make it easy to care for them when they're dying? Don't you want to have that kind of character and strength yourself?

Judy lived her life that way – which, of course, made us all want to be there, taking care of her in her home. If you trivialize her effort and her whole life by saying that it was easy for her because, after all, she had lived to be 88; she had healthy children, grandchildren, great-grandchildren, and a great-great grandchild; her family wanted to take care of her at home; friends came with gifts and food; life had worked out well for her – then you miss the point.

She had come a long way from a sod house on the eastern plains of Colorado and through the great depression. She brought good will and care to everyone around her; she was a joy to be with. She clenched her teeth around her sharp tongue. She even grew to like and enjoy me – and you should have seen what I looked like when I swept her daughter off into our life together.

She was fabulous and an inspiration to us all. Good job, Judy

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I hope you can do as good a job with whatever you face.

**Joy is a choice. Make it a habit.**

**Ideas-Plans For Action**

When are you required to feel bad – grumpy, sullen, angry, discouraged, panicky?

**This Happens**      →      **I'm Required to Feel ...**

Challenge yourself. Where is it written that you are really required to feel that way?

Instead, how do you aspire to think, feel and act when that happens?

Who is a model for you in this area?

What can you do to model this person's attitudes, feelings and actions?

## Facing Bullies – Can You Win Them Over By Being Nice Enough?

Vickie had been raised to be a nice, good, caring person. Her guiding rules were that if she was nice enough to people, they would be nice in return. If they didn't like her or weren't nice to her it meant that she had not been nice enough to them or careful enough about what she said and did. It was her fault that they were upset or didn't like her.

Since she could control only her own thoughts, feelings and actions, changing them seemed the logical place to start in order to get people to like her and be nice to her. She believed that, before she could act, her motives and goals must be pure and her styles perfect. She should hold back if her feelings were tinged with anger, revenge, greed or selfishness,. Every action should be socially acceptable by everyone's standards, no action should be taken if anybody's feelings might be hurt or if there might be bad side effects or potential problems.

She was sure that if people didn't like her or weren't nice to her, she could review what she said and did, find the problem, explain what had gone wrong, apologize, seek forgiveness and try to reach a logical understanding. She was rarely perfect, so her second-guessing usually uncovered a number of things she could have done differently. She had to beat herself to do the analysis, but she assumed the pain was worth winning someone's admiration or affection.

Vickie was very reasonable and logical, but her premises were wrong. The best reasoning based on incorrect childhood assumptions put her in logical binds from which she couldn't escape by more reasoning. She was often stuck - like a deer startled in the headlights.

She hesitated to act until she had figured out exactly the right thing to do, but she could never figure out the perfect way because she was caught between conflicting values and possibilities. And what if the only way other people would like her would be if she did things that violated her most cherished values? How could she know what was right, anyway? Her constant second guessing left her paralyzed and depressed.

Vickie couldn't figure out what to do when she found herself stuck between her husband, Larry, and his family. She and her husband loved each other and wanted to do the best for their baby. But Larry's sister hated Vickie. His adult sister had moved back in with their mother and his mother catered to the sister's moods, whims and behavior.

Larry's sister thought that her brother had married beneath himself and she let everyone know why she was right. She made nasty, demeaning comments about Vickie and the baby. She refused to see Vickie and the baby. She insisted that, when Larry and Vickie came into town, he visit by himself – not even bring the baby because it was Vickie's. The one time he did that, his sister went into a long tirade about Vickie's faults and urged him to divorce Vickie. Larry's mother agreed with the sister's assessments and pushed that solution on Larry.

Vickie was hurt and furious. She couldn't understand what she had done wrong. How could they think that of her? She was a nice person. She had tried to take such good care of Larry. She was a good mother. She couldn't think of the right thing to do.

Vickie thought that family was very important. She wanted their daughter to grow up knowing and loving her father's family. How could she be the cause of a rift between Larry and his family? How could she ask Larry to avoid his mother and sister? But, on the other hand, how could she protect her daughter from the nasty comments of Larry's mother and sister? If only she could graciously accept their behavior and bow out of the interactions, then maybe she wouldn't be the cause of the problems.

Vickie tried to make peace with Larry's sister. Every time Vickie tried to apologize and justify herself to Larry's sister, his sister just yelled and stomped off. The sister didn't seem to be interested in negotiating to make peace.

Vickie tried to find out what she had done to Larry's mother that she felt the same way. But she couldn't get clear answers. She reviewed and reviewed her behavior and each time she thought she detected a fault in herself, she would call Larry's mother to apologize and explain. But nothing seemed to shift his mother's attitudes. His mother just excused her daughter and said she wanted them all to understand and overlook the tirades. Maybe they were right, Vickie thought; there was something really wrong with her and Larry was too kind or too stuck to say.

Vickie knew her motives weren't pure. She simply didn't like Larry's sister or mother because of how they treated her. Her family never would have acted that way. It wasn't logical and it wasn't right. Maybe they could sense her dislike and that was what caused the problems?

But it still rankled. How could they not understand how hard she was trying?

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As long as Vickie focused her analysis on her own faults, she was stuck. She decided that as long as she was married to Larry, she'd never be kind, understanding or forgiving enough to win Larry's sister. She'd never be able to communicate well enough to please Larry's mother or sister. The only way they'd be pleased would be if she just got out of Larry's life – and took the baby with her so he could start over again. Then she realized they'd find fault with her for doing that. She would be damned if she did and cursed if she didn't.

Vickie was able to break through her guilt and anger when she:

- Realized that while the ideal of a loving supportive family was important, the actuality of letting her family get criticized and bullied in the name of that ideal was neither important nor useful. The truth of the interactions was that Larry's mother and sister were not a loving and supportive family to her and their daughter. She didn't have to let their opinions and tastes run her family's life.
- Decided that she didn't have 100 percent of the responsibility to communicate perfectly or to please Larry's mother and sister. They also had responsibility to be nice to her and her daughter. They had a responsibility they weren't even trying to fulfill.
- Saw that Larry's mother and sister were the problem. She had tried to accommodate a lot but they hadn't accommodated one iota. If they wouldn't accept her and Larry's choices, that was his mother and sister's problem.
- Stopped obsessing on how to make the situations workable. She was glad when Larry blew them off and decided not to visit them. Either they accepted him and his family or he would cut communication to the minimum. She was glad they had moved far away.

When Vickie and Larry stopped trying to appease Larry's mother and sister, and started moving on with their lives, his mother's behavior started to change. His mother saw that she had a choice: build bridges with Larry and Vickie or not see her son and granddaughter. After repeated conversations in which Larry made that choice abundantly clear, his mother finally asked exactly what she could do to be allowed to have more contact with them. She was even willing to visit and enjoy herself without bringing her daughter.

Vickie was surprised at some of the other changes that she started making in her life. She stopped obsessing on trying to please other people. She began doing some activities she had put off because she had worried what other people would think. She changed an identical pattern she had with someone at work. As she worried less about doing exactly “the right thing” with their daughter, she began to enjoy her child more.

### **Ideas-Plans For Action**

Who tries to tell you what’s right or what you should or shouldn’t do?

What methods do they use – force, threats, manipulation, guilt, shame, fear, blackmail, bribery?

What relationships are very painful for you?

Do they get in the way of your living joyfully and gloriously?

What if you thought that good behavior counted more than blood?

Are you willing to tell the people they have one last chance before you give up on them and move on?

What specific interactions do you want instead?

**“To escape criticism -- do nothing, say nothing, be nothing.” Elbert Hubbard**

**“I know the secret of failure: try to please everybody.” Bill Cosby**

## Do You Have the Right Stuff to Thrive?

That's a common worry and there is an answer to it. The answer is, "Yes!"

**You are genetically engineered to thrive through earthquakes, collapses and tough times.**

- You have the genes of people who survived and thrived through far worse.
- You also have the heart, mind and spirit.

Think about your genetic ancestors. Like everyone else, you had two parents, four grandparents, eight great grandparents, 16 great-great grandparents, 32... 64... 128... and so on ... back through time. We know at last one thing about each of them. They each made it through whatever they faced long enough to make a baby, who grew up to make a baby, who grew up to make a baby, who grew up ...

That's an unbroken chain of growing up and making babies on both sides of you. If any one of those ancestors didn't make it, you wouldn't be here. Whether they did it in the bonds of holy matrimony or out in the cornfield, they did it. That's thousands and thousands of ancestors in an unbroken chain all the way back to the dawn of time.

Some of those biological ancestors were princes and princesses. Some were slaves. Some hanged horse thieves and others were the horse thieves they hanged. All of us have that in our make up.

You have another chain that must have been there since the dawn of time. The chain of people with heart, mind and spirit that gave those ancestors whatever was needed to get them through whatever was happening, long enough to make babies, who grew up ...

That additional chain of people took care of those babies when your ancestors couldn't – whether they were too poor or had been killed. There are other people who might or might not have come from the same bloodline, who took care of them, raised them long enough (and maybe enslaved them) so that your ancestors grew up to make babies, who grew up ...

Some of our ancestors were the strangers (who later became ancestors) who took care of those baby ancestors who were left at the door or by the side of the road or taken into slavery.

Again, an unbroken chain of people whose minds, hearts and spirits are your inheritance.

We know about the times our ancestors lived through. We know a lot of history back to 1,000 BC – that's 3,000 years. We know some history even back 2,000 years further.

We know about natural disasters like plagues that wiped out one-third to one-half the people in an area. We know about ice ages, floods, earthquakes, famine, pestilence and drought. We know about human-caused disasters like mass migrations (chosen or forced) of tribes of hundreds of thousands of people. We know about war, rape, robbery, slaughter, mass murder and slavery. We also know about the opulent, self-indulgent, decadent times that led to anarchy.

We know the details of recent history. The wars, depressions, rioting, looting and pillaging that make our times very tame by comparison.

You come from an unbroken chain of people who made it through all that. The weak ones and unlucky ones were weeded out by all those events. You have in you the genes of thousands of heroes in an unbroken chain who survived to make people, who made people, who eventually made you.

Those people, your ancestors who made it, came through much worse than what's happening to you now. Lost your mate, child, car, job, retirement; lost your looks, hair, a tooth; eyesight and hearing going downhill; have a hangnail; nothing new or stylish to wear; bad hair day; not treated nice enough by a boss or lover?

That is not the end of the world. Worse happened to your ancestors. And they didn't have credit cards, retirement plans, health and life insurance, unemployment or workers compensation to get them through.

This is nothing new. We've been here before. We tighten our belts. We make appropriate plans and we go ahead and do it.

Most babies are born fierce. They have to be fierce in order to survive. They have to be taught to be weenies. Don't teach that and don't learn that weakness. Keep that fierce flame of determination, strength and courage burning brightly.

Your job, your job as the hero for your family and friends and employees is to take those obstacles that are out there and convert them into speed bumps. They're only speed bumps – you can deal!

You were genetically engineered with the right stuff!

### **Ideas-Plans For Action**

How would your body feel (muscles, breathing, self-talk) if you truly thought you have the right stuff? Which of your Heart's Desires would you do? Pick one and make a plan.

**“Security is mostly a superstition. It does not exist in nature, nor do the children of men as a whole experience it. Avoiding danger is no safer in the long run than outright exposure. Life is either a daring adventure or nothing. To keep our faces toward change and behave like free spirits in the presence of fate is strength undefeatable.”** Helen Keller

## Effective Coaching and Consulting

Here's a comment from a person who got individualized coaching which working her way through the Living Your Glorious Life Personal System. As usual, the name of the person, living in Denver, has been withheld.

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"While I was carrying out the action plan we created based on the LYGL system, I decided to go back to the beginning of the books and CD set to make sure I hadn't missed anything. It was a revelation. I had learned so much the first time through, that I saw much more this time and was able to develop a more effective plan.

Your coaching kept me on track. Now, I see why I used to be so hurt by bullies at work, but I don't anymore. Now, I can plan much more effective strategies. I've given up trying to be accepted by jerks I don't even like or respect. I've also given up trying to be liked by everybody. Now I seek out only good, quality people as friends and allies. They have really helped me become successful.

Even though I had been using the program to focus on bullies at work, the biggest revelation was that I'd been letting my husband bullying me for the whole 16 years we've been married. I had actually thought of running away while I was walking down the aisle and many times since. But I never could put my finger on exactly why I was feeling that way. I had minimized what he was doing. He could always make me feel that things were my fault. Also, he could talk me into doing what he wanted.

I wish I had read the bullies program 17 years ago; it would have saved me from wasting so much of my life."

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As you can see, the self-help exercises and coaching that are part of the system were critical for this person. As much as written information is helpful and important, using the exercises for yourself and getting my feedback are critical for opening up new awareness, new "ah-has" and for making plans you can carry out successfully.

**Learn how to eliminate the high cost of low attitudes in your life**

**The goal is simple:  
Take Charge of Your Future, Achieve what's Possible and Live Your Life  
Gloriously**

**Remember, everything in the program has been tested and used in the real-world!**

## Membership in Dr. Ben Leightling's *Living Your Glorious Life* Program

"I never subscribe to monthly publications but after I tried yours, I'm convinced. I never thought I'd be able to change my old habits. I thought I'd always be afraid. But now I can see my progress, step-by-step. It's like the world has opened up in front of me. Your reminders have been life savers." Name withheld by request

The rest of the components of the LYGL Personal System, if purchased separately, cost **\$124.85, plus shipping:**

1. "Bullies Below the Radar: How to Wise Up, Stand Up and Stay Up," Softcover, 2<sup>nd</sup> edition – \$19.95, plus shipping
2. How to Stop Bullies in Their Tracks," Softcover – \$19.95, plus shipping
3. Parenting Bully-Proof Kids," Softcover – \$9.95, plus shipping
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Price for purchasing the rest of the system as a unit is **\$99.00, plus shipping**

In addition, you will receive:

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