

## Introduction

What does it mean to “find” yourself? To some, saying that you’re trying to find yourself is the same as saying that you’re lost. Well, I disagree with that statement. I don’t think it’s possible to ever lose yourself. Sure, you can become lost or “lose your way” in life... but you can never really lose yourself. You already have what you’re seeking and everything you need to succeed inside you... you just need to be shown where it is.

Knowing this, don’t you want to have a better life? I think we all do, regardless of our lot in life. Well, the good news is that if it’s possible to really lose yourself, you’re halfway to getting found again. Just by choosing to purchase these materials and work on positive change you have come a significant distance towards achieving your new life. So, give yourself a pat on the back because A LOT of people will never make the decision to help themselves out of their current situation. You’re not one of them.

One thing you may come to realize about me is that I have read a lot of books, listened to many audiotape programs, and viewed many instructional and motivational DVDs. This e-book is essentially a summary of all the material I have found to be useful in times when I needed to make a change or do something different with my life. I have written it in such a way so that you won’t need to read everything I’ve read to “be on the same page” with me. I’ve intended this e-book to be a primer on personal change so that when you read *Think & Grow Balls!* you’ll have a basic understanding of how the human mind works when I get into some of my own theory. Hopefully, these two e-books, together, can give you the mindset and skills to motivate yourself and encourage you to take decisive action in your life. Here’s to your success!