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INTRODUCTION

So when did life get so complicated?

As Dr Seuss said, 'Sometimes the questions are complicated and the answers are simple.'

It's as if it creeps up on us like a thief in the night, stealing away our joy, our freedom and our *joie de vivre* . . . Suddenly we are on one long merry-go-round, desperate to get off, to take a break, or even a breath.

We try to pinpoint a time when the overwhelm first took hold. Was it when we had kids, got a mortgage, a new job, a divorce . . .? But the truth is, we can't really find the exact time; we just woke up one day and there it was.

That sense of everything just being a little too much to manage all at once. Nothing seems simple any more. There are so many responsibilities and obligations. We don't know what to focus on first or where to direct our attention because everything and everyone is pulling at us.

We can't remember the last time we really switched off.

We wake up in the middle of the night to go to the toilet and the first thing we do is check our phone. We say yes to things we don't want to do out of obligation to people we're not even sure we're really that keen on. As a result, we never have enough time for the people who really matter to us. Crazy, isn't it?

We feel pulled from pillar to post. We're never quite holding it all together, at least not at the same time. If we're making our

career work, then our friends and families are suffering. If we've got our kids on track, then we feel like we're not focused enough on work. There never seems to be enough money to take the kind of holidays we really want. In fact, just finding the time or the money to go on holiday is starting to become a task in itself. As for our health - well, let's just say that seems to fall down our priority list. Or maybe not even make it on to the list.

Our dreams seem like a long-distant memory and today's reality is just getting through the week without a major upset or drama.

We feel that whatever we do, no matter how hard we work, we just can't get the needle to move in the right direction - or at least not for long enough for there to be lasting change.

If this sounds like you, you're not alone, I hear you - I've felt like that so many times - but I promise you, you can change things.

You see, if we are truly honest, most of us are guilty of simply doing the same thing, over and over again, and somehow expecting a different result.

You can either allow the situation to consume you OR you can use the situation as a catalyst for change. Sometimes it feels like being consumed might be the easiest option, but change is what you want, it's why you've bought this book, so let's do that. The best place to start? Right here. Right now.

As we grow up, we are told that anger isn't a positive emotion, but I tend to disagree: anger is a much more positive emotion than despair and, channelled in the right way, it can be an extremely powerful catalyst for change. Never take your anger or frustration out on others; instead, channel it into taking back control of your life and your future.

It's time to look at your neurological pathways because, at the moment, they are taking you down the WRONG path.

If you keep repeating patterns, nothing changes. If you're not willing to turn left instead of right, you will stay on the same path.

The truth is, what got you here won't get you there, the place where you want to be. If you want something to change, then you have to be prepared to actually change, not just rerun the same coping mechanisms that have got you exactly where you are right now. Which is not where you want to be . . .

All too often, the fear of what we really want from life is greater than our will to get it. So we keep wishing for it, but with no real hope of ever achieving it because we never really do anything different. It's not that you don't want to, it's just that you don't know how to. And if we are being honest, sometimes, you're a little scared to.

So, how do we change that?

It starts by being more self-aware.

Life doesn't need to feel so complicated and overwhelming. Bear with me, and I promise you, between you, me and this book . . . we're gonna change it.

WHO THIS BOOK IS FOR

This book is for you if . . .

- * you've woken up one day and asked yourself, *When did my life get so complicated?!*
- * you're not where you want to be. Or where you thought you'd be.
- * you know you can do more, be more and deserve more.
- * you feel like you've really tried to change things, but nothing seems to shift. At least not permanently.
- * you're exhausted. And frustrated. With life, but mostly with yourself.
- * you're fed up with making the same mistakes over and over again.
- * you've realized you don't know how to fix everything and you're ready to try something new.
- * you want your life and yourself back.
- * you know the past doesn't equal the future.
- * you're ready for more.

- * you want to live the life that you desire, not a watered-down version of it.
- * most importantly, you're ready to fix your shit.

This book is not for you if . . .

- * you think that there is a magic pill and it will all miraculously get better by itself.
- * you'd prefer your life to be different but you don't really *want* it enough to make any real effort.
- * you're not prepared to change what you're doing or how you're doing it . . . even though it's getting you nowhere.
- * you think that by reading this book alone, your life will change. It won't.
- * you suffer from 'poor me' syndrome (see page 63) and aren't prepared to accept it or do anything about it.
- * you're not ready to take responsibility for your own life.

If any or all of the above refers to you, please do not pass Go, do not read another page. Just send this book back for a full refund. You're not ready, and maybe you never will be.

If, on the other hand, you've been guilty of any or all of these in the past but you're finally fed up with listening to your own bullshit, then this book was written for you. Yes, you.

HOW TO USE THIS BOOK

I know this sounds a little like an instruction manual and, well, that's because it kinda is!

*You see, I want you to actually use this book,
not just read it. No shelf development.*

You need to work out what you need from this book and then take it, with both hands.

Dip in. Skip it. Do it.

You don't need to read this from beginning to end (although you can); you are free to dip in and out where you see fit. If you want to skip something and come back to it later, do so.

For most of you, not everything in this book will resonate with you, although, I'm sure if you read each chapter, there will be at least one thing that makes you go, *Oh, that's me.*

You might have your career sorted but your health sucks. Or maybe you have the best relationship in the world with your partner but you could really do with sorting out your finances. Or maybe you've run three marathons already this year but you've been wanting to run your own business but never actually done it.

NOTHING IN THIS BOOK WILL WORK - UNLESS YOU DO

It is my hope that this book will provide you with new ideas, tools, thoughts and techniques to start to fix your shit. Whatever and how much that may be.

However, I want to be really, really clear. If you don't do the work, nothing will work. But don't worry, it's going to be easier than you think. When you start to see results, you're going to want to do the work.

The best way to fix your shit is like eating an elephant: one chunk at a time. Not that I'm suggesting you eat an elephant, of course.

You are going to read things and nod your head in agreement. You will think to yourself, *That's me*, or *Why didn't I think of it like that?* As you read the book, I hope you will be inspired and motivated to make change, but motivation can be as passing as the night.

Even the best book can't compete with the day-to-day stresses you have in your life, or the curveballs it may throw at you, let alone any self-destructive coping mechanisms you may have developed over the years. You are going to need to take those in your stride the best you can.

What I can do is make you abundantly aware of what is likely to happen.

You will want to change, you really will. You will want to fix your shit and you'll start making steps towards doing so . . . and then life will get in the way.

Your old coping mechanisms and habits are way more persuasive than I could be this far away from you in a book, but remember, YOU are more powerful than them. You really are.

If I was sitting right next to you, I promise you, every time I saw your old habits sneaking up on you I'd kick them into touch. But I'm not, so you're going to have to do that yourself. The more you do it, the less they will appear.

I want you to be realistic and expect things to go wrong, expect to want to go back to your old ways, because that's your comfort zone. But your comfort zone will not get you where you want to go. It will not make you who you want to be. It will not give you the life you both desire and deserve.

Right, are we on the same page?

Whatever you are used to doing, however you are used to responding, you've got to learn to do something different. If you don't, nothing will change. I cannot make this any clearer. I promise you, NOTHING will change until you do.

I think you know that your old ways of dealing with things do not work, or at least not as well as you want them to. They're not making your life any better. They're not sorting your shit out. And that is why you are here.

Yes, you are going to fall, and you are probably going to fail, too, but you are also going to get back up and fix your shit. You're going to change your ways so when you fail, when you make a mistake, you are not going to retreat. You are going to get back up, take responsibility and go again. Whether it's in your business, your personal life or your fitness. Whether you want to give up drinking, start a business or start a whole new life, the same principles apply.

Turn the corner of this page over and, when you're in doubt, come right back here and read this again and again. As many times as you need to.

Discipline dominates motivation. Each and every time.

I got you.