

# Introduction



***Yes, this was really me after 25 days.*** This book is about finally understanding what had been keeping me from losing and maintaining my optimal weight. It's simple, yet not simple, as any time we are dealing with our excuses and personal weaknesses things tend to become a bit complicated.

I hope to show you in this book how I went from wanting a cosmetic change to how I looked to truly understanding that it's not about the weight loss but rather the mind set and what it takes to get there and more importantly how to stay there.

What started as a goal to lose weight has become an enlighten experience into the power of my mind over those things that have been holding me back from reaching my true potential in my life. At 53 I knew that if I didn't change some things in my life that I was doomed to continue down a path of physical destructive behavior, sound harsh? Well it was true, the poor nutritional choices I had been making for years had started to build up inside of me and slowly but surely they were taking their negative affect upon my body, mind, and soul, I have found that all three are intricately connected.

For reasons I am only now starting to really understand much of our outlook on life is nested in our outward appearance and perception of ourselves. Sound shallow? Perhaps, but for me true. I hope to resolve those issues along the way and more deeply root my personal belief in those things more important in my life but for now I must call it out for what it is.... And perhaps it may ring a warning bell in your soul as well..... My life up to this point had been a series of successes in life, great career as an entrepreneur, wonderful family, however my personal failures were rooted in my approach to my appearance, attitude and understanding regarding my health and physical fitness. Don't get me wrong I try not to center my life around the personal appearance or vain pursuit of youth but let's be honest with ourselves, how we look in the mirror does impact how we feel about ourselves and how we perceive our progression in this, our only life to live. Given the temporal nature of our time here on earth you would think we as mortals would spend more time on us and less time on the many other trivial distractions

that occupy our time daily, which turns to weeks, months and years of petty pursuits and distractions and so many bad habits and choices.

I did not realize that the root of my challenges in life were connected to the foods I ate growing up and into adulthood. Dieting or weight control seemed like a perpetual challenge as I seemed to have to work hard at the physical when other things came more natural and comfortable for me. What I was eating, when I would eat it and how much of it I would eat all played a critical role in my physical downward spiral that led me to the point where I had to step back and really evaluate where I was in life. At 53 (2014) I had hit rock bottom. Between 40-50 pounds overweight and in the worst shape, physically and therefore emotionally in my life. Our perception of ourselves affects every aspect of our lives, at least I was, for the first time in my life starting to realize that. So, as I started to take back control, or perhaps control for the very first time in my life I began to uncover critical insights into what had been holding me back from finally starting on my path to reach my full potential in this, my "LIFE". Some may scoff and say, "Really? This is just about losing some weight and eating better" but it's not that simple and thank heavens for 2nd or 3rd chances at getting this right, at least for me and perhaps for you as well.

You see I started to realize that the entire game is played out in our minds before our body reacts to anything we do, start a nutrition program, work on our dream, fulfill a lifelong promise to ourselves or employment, financial security etc. Controlling and patterning what's in our minds will manifest themselves in our lives if we work on it for good or bad. Too deep? Well as I started to transform myself physically during my Ten-Day Transformation the clouds in my mind started to lift and for the first time I started to pay attention to my feelings about "ME" and

where I was in life and what it was going to take to get to be somewhere better both physically and mentally. Every time I had wanted to achieve anything physical in my life my insecurities and self-doubts stepped in and took control, I allowed them to take that control. You see we have to give permission to those insecurities and negative thoughts and actions to take control of our lives and the outcome will be a cycle of failure and misery, and most of us “deal” with it with a variety of “crutches” and self-destructive behaviors, I am sure you can name a few yourself.

So while on my 1st Ten Day Transformation Cleanse I started listening and watching and reading, positive, character building tapes, books and videos. I turned off the TV, didn't listen to the news of the day and really didn't even turn on the radio, but rather I filled my day, for the first time with “Mental Nutrition” to complement the “Physical Nutrition” the cleanse was feeding my body. And as I progressed along, it started to make sense to me, little by little my mind started to keep pace with my body and as I dropped weight, gained energy and realized that I was starting to take control over my life physically, I also saw the increase in “Enlightenment” in my mind. I started to feel the power of positive energy in my own life. My life started to take on a new meaning and I started to “Dream” again of what my life work / potential could be and for me at 53 with a successful career as an Entrepreneur that was an eye opener. I thought I had experienced it all, but what I found out was that it was just beginning for me.

For each of us that will be different, but for me it started to gel and come together, at least in my mind. I saw myself, in my mind's eye where I wanted to be physically at 53 years of age and it wasn't as an old man! I saw the “me” that I had always intended to be but didn't have the

tools both mentally and physically to get me there. Where I take my life from here on out is up to me but for the first time in my life it was starting to make sense and I started to see the clear path forward. Even at 53 I realized that I wasn't done yet.

As I discipline my mind, my body follows, as I discipline my body, my body changes and takes the shape of who I have been created to be. As my mind realizes this and sees the transformation it opens itself to the many other possibilities that I am capable of and so on.

What else am I capable of? When we realize that our life is a series of events progressing to our outcome then perhaps we can step back and look at where we are going? And ask ourselves is this where I want to be and am I who I want to be?

When we take the final inventory of our lives will we be pleased with what we have accomplished, or will we be flooded with regrets and disappointment in ourselves, because "We" are the only person we can control and change in this life. Will our personal "Purgatory" be our regrets? There was a survey given to 100 elderly people who while on their deathbed were asked what the greatest regrets of their lives were, the answer wasn't the regrets of the things they had done, but rather those things they had not done in their life, the opportunities lost, the dreams unfulfilled.

We may influence others, but we cannot change them, when I understood that then my life took on new meaning and now I am nurturing that understanding. Now, I want to stretch myself to the physical limits and see how far I can physically go, my mind is clearer, I have more focus and I know that having strengthened my resolve I "CAN" change and improve myself. I have given myself permission to see that in myself, my Ten-Day Transformation was the catalyst or the vehicle, but I had to be the driver and with that control so much of my life is changing for

the better. So yes “My Ten-Day Transformation “ is much more than a Diet or Weight Loss Program, it is a lifestyle and a tool that each of us can use to possibly find that person deep within us who recognizes that change is good, change is necessary and most of all change is “POSSIBLE”. I am now becoming the person I am meant to be, you too can find that within you! So, in writing this book I am not really trying to sell you any one product, but rather an idea of how I changed both physically and emotionally in a very short period by doing the Ten-Day Transformation. Perhaps you have another program that works for you, here I will outline why the program I have used works for anybody who is ready and willing to change. In this book I will outline for you the steps I have taken to get the results I have experienced. I hope to show you the building blocks of success that will lead you to “the ultimate you” that is waiting, I mean really, the real you that has always been within you, is waiting for you to wake up and take control over your life. I have found the program that works and has given me the tools to succeed and that is what I would like to share with you in this book.