



Every day we wake and drive to work and we see people walking around smiling, giving the appearance of happiness. We envy them. We wish that our lives were like theirs. We drive home and turn on the television and we see people walking around smiling at their friends and spouses and we envy them and we wish we could live a life just like theirs. These thoughts bring misery into our lives because we believe what our eyes see. We accept what is in front of us as being true. We do not see the make up artist in the background making the final touch ups to the actor's face. We do not see the diet pills the actors shovel down their throats at night so they can avoid eating. We believe what we see. And what we see makes us miserable. We want to trade places. We begin to think, "Why could it not have been me? Why could I not have a car like that? Why could I not have a wife like that? Why could I not have a husband like that? Why could I not have a house like that?" On and on the questioning continues until finally we are dissatisfied with the world around us. "Why could I have not been born to parents like that?" All these questions force us to turn inward and we attack ourselves. We begin to say, "I thought Mary would make a wonderful wife when I married her now she has grown fat. She complains every day. She never stops. I wake in the morning and she complains. I drive to work and she calls complaining. I come home at night and she complains. Will nothing change?" Or you think, "I thought Tom would make a good husband. Now I know all he thinks about is the next woman he is going to take to bed. I am tired of watching him. I just don't care any more. If he wants to take the entire neighborhood to bed I don't care. How did I get here? Am I destined to live a life I do not want, a life I hate? Is there nothing going to change?"

Every day we make exchanges. We negotiate with ourselves. We make comparisons and we come up short and we become more and more unhappy. This is why you must take action. Otherwise your unhappiness will lead you to alcohol, drugs, petty feuds at work, extramarital affairs, obesity, then death. Yes unhappiness can lead to death. This is why you must take control over your life. No matter where you find yourself you must take control of your life. Taking control will not be immediate, but the more you work at reclaiming your life and restoring yourself, control will come. You must be careful when you start your reclamation process because others around you will not want you to change. They will want you to remain the unhappy person you have always been. If you decide to return to school keep it to yourself. If you decide to buy a new house keep it to yourself. If you decide to move out of state keep it to yourself. People have gotten used to the old you and the new you may have problems exerting authority over your life with others and putting a down payment on the future.

You simply may want to learn to play the piano. Do not listen when someone tells you, you are too old to learn to play. If you want to learn to play the piano do just that. Read the ads in the paper and find a teacher or contact a local school for an instructor and begin learning to play the piano. This is your life not any one else's. Have you noticed how mean some older people are? The meanness comes from dissatisfaction. They spent their entire life doing what was expected of them, doing what some else told them to do and now that they are 65 70 or 80 years of age they realize they never did what they wanted to do. Is that not enough to make one angry?

Communication is the keys. We spend a great deal of time learning to communicate with others. We should spend an equal amount of time learning to communicate with ourselves. We need to stay in touch with ourselves over the years. We need to ask ourselves what is next. "Am I following someone else's play book? Are there any changes I can make to my life that will make me happy?" After you determine what these changes are, you need to sit down and assess how easy or difficult these changes will be to achieve. The books *You Are The Prophet of Your Life* and *the Devil's Cauldron* give a different perspective on self assessment. Knowing how we relate to other is just as important as knowing how we relate to ourselves. You will be surprise at the reading. The books are not any other. The books are a good exercise for a reality check. The full compliment of books on this website was written at a great cost to the writer. Jealous, envy and even hatred was explored. You will find *Be Not Defeated in Hard Times* an acclimation to the human spirit. If you do not entertain defeat you will keep on walking, talking and working until you win. It is all a matter of goals and asking your self what do I want? You may say you want an F-150, but are you willing to work a second job to buy one. Are you willing to tell your wife why this truck is so important to you that you have to have one? It is all a matter of goals and self examination. Why do you have to buy a dress every week? Why are you always trying to get the attention of Betty's husband? Out of all the men in the state you have to try and attract someone else's husband. What does Betty have other than her husband that you envy so that you have to take her husband to bed? Why was it necessary for you to sneak a peek in her dresser drawers to see how many panties she had? Why does it make you feel better to humiliate others? Think about it! Why! Read and find your way out of the mess you are in. Reading and considering another point of view can insight you to a new idea or spark your imagination that will lead you to change.

Below are articles that will stimulate your thinking and give you insight for change.

- [Reading will Change Your Life](#)
- [Bring Change Into Your Life Male version Part One](#)
- [Bring Change Into Your Life Male Version Part Two](#)
- [A Better Life Awaits You](#)
- [What Are You Going To Do](#)

### [When You Smoke Your Next Joint](#)

[Bring Change Into Your Life Female Part One](#)  
[Bring Change Into Your Life Female Part Two](#)  
[Hands Across America](#)