

Simple Facts

“Our belief system is responsible for the results we’re having each and every day. Change our beliefs and we’ll change the results.”

- Murray Goldsmith

All my Doctors don’t understand why I’m not dead. They are beginning to understand that I live on a Stress-free diet and that’s important. What they’re not ready to learn that my Stress-free diet does not include any vegetables, fruits or salads. I very rarely drink water. And never did.

I will share with you how to choose and enjoy a Stress-free diet

Imagine if you had treated your body a little bit differently than me...

A most important part of my beliefs is that if my mind is kept at-ease, there’s no room for dis-ease. (Producing Endorphins)

What we know as a fact is that when we are in a negative mood is that, there are no positive thoughts or answers. That’s easy to understand because if your best friend was in trouble, no matter what mood you were in, you would change your mood to help your best friend with good advice.

Know that any time in a negative mood is without question...A waste of time.

(Now would be a good time to read the Stress Scale document)

Simple tip:

Become your own very best friend. Can you do it?

Simple tip:

People should laugh because when it hurts, laughter is the only thing that will stop it from hurting.

Un-common sense problem:

When in a negative mood, the last thing people want to do is ...be happy. It’s really a dumb decision. Stop it. It’s killing you.

Simple tip:

Nothing gets to your subconscious mind unless you consciously put it there. Be very careful what you say and think. Your subconscious believes every word you say.

Simple tip:

If you want to see health improvements, follow my favorite Doctor's advice... "From there, to here, from here to there, funny things are everywhere"

- Dr. Seuss. You just have to look.

What really got me believing there was a simpler way to lowering stress.

I met with Dr. Hans Selye about 45 years ago. He's known as the Grandfather of Stress. He wrote something like 32 books on stress. He wrote the list from 1 to 100 on how much stress we should have for different stressful events. Like changing jobs is 65, divorce is 80 etc. The numbers may be a little off but I am going to be 81 next year. At least that's what I told my subconscious.

Did he help guide your belief system?

"Peaceful thoughts release beneficial hormones while fearful ones let out harmful ones"

Dr. Hans Selye - Director
Institute of Experimental Medicine and Surgery,
University of Montreal.

When we met I asked him not to reply that my philosophe was just not that simple. We met for about two hours and he told me that it may be that simple but you'll never get people to believe that. (I didn't believe that, 45 years ago!)

Simple tip:

Change some of those negative beliefs you made when you were a young child that are holding you back today. You're smarter now and if you made a mistake back then and don't fix it...That's a mistake.

Simple tip:

Understand that you're not responsible for another person's mood. It's almost impossible for you to know what or who caused their beliefs. (Vive La difference)

Very important next step

Simple tip:

"Don't worry, be happy" Just get yourself into a good positive mood and think about some of your basic negative beliefs. Ones like...I'm a worrier, I'm tough on myself, etc.

Now is a good time to read the (One Liners document attached).

“You have Brains in your Head, You have Feet in your Shoes, You can Steer yourself any Direction you Choose”

-Dr. Seuss

Simple tip:

Time to start new habits

I don't think most people know how they started their habits. So this would be a good time to start new ones. The Goal is to develop a habit that automatically changes Negatives to Positives (Change it a few times and it will become Great Habit)... It becomes You!

Believe you can, believe you can't...Either way, you are correct!

Time to read (I Understand)