

# Chapter 1

## A Small Book

This book is dedicated to you.

Written for you.

With you specifically in mind.

I have been fortunate to spend much of my life learning about how people get through their days. This has helped me understand what makes some journey's just a little easier; a little brighter.

If you find yourself trapped in a world of discontent, sadness, loneliness, anger, loss, confusion, frustration, lack of motivation, financial strain, ill health, lacking hope or just plain lost, the message in this small book may be exactly what you've been looking for.

If by chance fate has put this small book into your hands and you are now taking the journey to live the simple answer in its pages, it is my hope you will find guidance and relief from whatever darkness shadows your way, today and for many days to come.

These brief words may be used time and time again, in all manner of circumstance. Irrespective of who you are but mostly... because of it!

Notice your hands as they hold these pages. Do they feel warm, or are they cold? Are your eyes heavy or comfortable? Notice your shoulders. Are they tight and high or low and at ease? This is life happening to you. Right now.

You are the most important part of this moment, this reality.

My own reality finds me picking through a million words and the experiences of many to reach you through the print on this page. To help you hear one line. It is a line heard far too seldomly for the wisdom and chance for change it holds.

But this book is not just to be read. You play a bigger part in its existence than merely as its reader. Whether you choose to do nothing with the information I am sharing with you, or whether you do much, you have become part of its story from the moment you picked it up.

There is a personal price to pay for reading the words being shared within this cover, for letting their patterns take shape in your mind. The price is this: You cannot unknow them. While these pages cannot give you your answers, it can give you something much more timeless and powerful.

Questions and answers come and go. With every moment we change and confuse them with our clever words, excuses, perceptions,

assumptions and feelings. I want to offer you something far stronger.

I offer you ownership of this life, of your life.

A wise old friend once said to me, 'I can tell you, but know this, with all knowledge comes responsibility.'

If you are ready to take on that responsibility in return for the freedom wisdom brings...

Welcome, brave warrior... Read on.



## Chapter 2

### A Small Line



**YOU HAVE A  
CHOICE.**