

道

The Tao of You

Dr J. Kyle Howard

THE TAO OF YOU

**The One-Day, Do-It-Yourself
Miracle Manual Designed to Make
You an Overnight Success**

Warning: Read this book at your own risk, if you want to risk getting outside the box and having everything you want!!!

"The most important transformation this book has shown me is that I could let go of the 'process' details of life and instead move completely and wholly into being, knowing that to be is to have the life you create. The TAO of YOU unlocked the door to my future! I thought the keys were long gone, but I learned how to own my stuff and be true to myself. As a result, I have the courage to be true to others. I more love now, more conscious now, and absolutely free now."

L' Nora

"J – You did it to me again! Just when I think my number one 'Renaissance Man' has run out of new territories to conquer, you go off and write a book, and a damn good one at that. It was tough enough for me when I found out you were Baltimore's best make-up artist, and then a natural as a personal trainer who whipped my old body into shape. By that time, I wasn't surprised how close you came to having a career as a professional football player. I do admit to some skepticism when you told me you were going to go out and learn all about computers. I should have known better as I watched you fly up the ladder as one of the top technicians for the company. So what's next? Please don't tell me you plan to design an automobile that gets 200 mpg, because I know you could do it if you put your mind to it."

Barry Glassman

"The manual that I received from you, aptly named THE TAO OF YOU, focusing on the value of self-evaluation, comprehensively sums up the ideologies that you have so thoughtfully conveyed to us. It is much more than motivational concepts and deals with the basics that can make all things possible. You have shown us the road to perform miracles."

P.L. Friedman

L' Nora said ----

"The TAO of YOU comes along at a time in history when we all must contemplate what the next step of development for humanity is. The TAO of YOU provides each individual with an opportunity to act, to shift, and to transcend our predominately fear-based cultures into cultures predicated on unity and peace. No longer can we or should we, the people, continue to stand up for or tolerate perceptions that promote and fuel current ideologies of separateness and war. We owe it to our common humanity to change ourselves and thus the world at large. The TAO of YOU provides the catalyst for personal transformation thus we collectively elevate mankind to the highest ideals in life -human dignity, unity, and peace for all."

Jesus said –

"Don't worry about things... food, drink and clothes. For you already have life and a body and they are far more important than what to eat and wear. Look at the birds! They don't worry about what to eat... they don't need to sow, reap, or store up food for your heavenly Father feeds them. And you are far more valuable to Him than they are. Will all your worries add a single moment to your life?"

And why worry about your clothes? Look at the field of lilies! They don't worry about theirs. Yet King Solomon in all his glory was not clothed as beautifully as they. And if the Father cares so wonderfully for flowers that are here today and gone tomorrow, won't He more surely care for you, O men of little faith? So don't worry at all about having enough food and clothing. Why be like the heathen? For they take pride in all these things and are deeply concerned about them. But your heavenly Father already knows perfectly well that you need them, and He will give them to you if you give Him first place in your life and live as He wants you to. So don't be anxious about tomorrow. Your heavenly Father will take care of your tomorrow too."

Live life one day at a time

**Many thanks and much love to "I AM"
And Big Love to All**

爱

THE TAO OF YOU



COPYRIGHT 2010 by Arizen Phoenix Publishing, LLC. All rights reserved. No part of this work may be reproduced or used in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, taping, or by any information storage and retrieval system, without permission in writing from the publisher with the following exception: Purchaser of this work may use quotes and excerpts for their own personal use when such material has been specifically and expressly provided for the purchaser within the limits that its use was intended by the publisher.

FOREWORD...

An undeniable exuberance comes from the thoughts and challenges that the future is yours to excogitate. Yet, somewhere between the influences of friends and family and the constant demands of employment, the exuberance fades into a memory. This is a critical moment of enlightenment. This is the moment when you must step back, rise above the oppression, distraction, and routine of everyday thoughtlessness, and inspire a new vision and destination for your life. In the pages that follow are some insights and perspectives to help you bring this new vision into better focus. With seasoned insights and perspectives, this manual can help you maximize your current opportunities and prospects. More importantly, you will discover the means to create, develop and nurture the next generation of opportunities for your life's greatest successes.

Excogitation and Creativity: What are they? Where are they found? How do you get them to work best for you? It is nothing more than finding some things surprisingly well hidden within the routine and mundane activities of your daily life, stepping away from conventionalism and its habitual concern with ceremony in life, then taking that life and stretching it; flipping it upside down; and turning it inside out until you have found insights and perspectives that are a little off kilter from your normal life. This is where you will find what you truly desire to be doing and achieving with your life.

When you have accepted the challenges of discovering new paths and inventing new possibilities, the excitement of bringing ideas to life will take full root in your world, and the satisfaction of knowing that you have made a difference will prompt some of the greatest works you have ever achieved. This can begin with the guidance, the insights, and the perspectives shared in the following pages. And it all starts with having nothing more than the courage to ask the question, "What If I Was To . . . Consider Doing _____ Just Once?" (fill in the blank).

After you have asked the question "What If I . . . ?", you should begin holding fast to the principle of keeping things simple. Develop the power of knowing that when the pace quickens and your new vision gets a bit blurry, it is partnerships and associations with like-minded people that provide powerful focus to assist you in developing the strength to simplify, and the determination to master, even the most complex challenges while you achieve your own making of history.

We each have a distinct way of looking at the world. It is what makes each of us so unique. At the same time, the power of collective thinking is undeniable. Striking the balance between the two is a master-able skill, the skill of being like-minded without thinking alike. This is what we bring to bear as we approach any challenge. The result is a collection of unique, individual insights and perspectives from which we build truly inspired thoughts and lives and the people that live them.

The most brilliant visions in this world will sputter and stall if there is nothing to fuel their implementation and forward movement. Abeyance is the enemy. "What If I . . .?" is the key. It will start things moving. It will fuel the phenomenon known as momentum for you. And with this new momentum comes the rush of progress, allowing you to go further and much faster than ever before.

Fear and abeyance are your only true enemies. Moreover, they are not only plotting your demise – it is far more focused and much worse than that. They are conspiring constantly, every day, against you to have you do nothing – nothing at all! How will you break this cycle? How will you create, nurture and build your own momentum? What will take you to the next level? It will not happen with timid steps. It requires a radical application of simplified common sense, insights and perspectives from which to begin – in the simplest terms, The Tao of You.

This "1-Day-Miracle-Manual" is a source of the "What If I Was To Re-examine a Few Things in My Life? These thoughts, insights, and perspectives help us get things done. They power our progress, achievements and successes, and cause people to sit up and take notice when we are in motion.

Make the requested appointment with yourself. Follow the insights, perspectives, and suggestions the author has placed before you for your examination, thought and consideration. He knows firsthand because he has lived this "1-Day-Miracle-Manual" moment by moment himself. Take this small amount of time to make an investment in yourself. These insights and perspectives can and will change your world by assisting you daily to take small calculated steps that will carry you to the top of mountains others only dream of ascending.

After all, common sense tells us, as Ralph Waldo Emerson once stated, " Make most of yourself, for that is all there is of - - - YOU! - - - "

Your new journey begins here, within these following pages, because no one else can or will do it for you. Take the first step . . . NOW!

Sincerely,

A handwritten signature in cursive script, reading "The Tao", is displayed on a light blue rectangular background. The signature is written in black ink and features a prominent flourish at the end.

Marianne Williamson said ---

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves. Who am I to be brilliant, gorgeous, talented, or fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in all of us. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others?"



PREFACE...

The first seed of this manual was planted in my heart and mind at the tender age of eighteen. In 1981, a new partnership between several major corporations and the city of Baltimore, Maryland, was formed. The partnership provided low-income youths with summer jobs. This was quite a media event. There I was, sitting alone in a corner filling out my application, when a reporter from WJZ-TV13 sat down and spoke with me.

From our brief conversation, we discovered that we shared the same birth date of January 29 and that we are exactly 10 years apart. She jokingly called me her “little soul brother”, but seriously stated that we were both going to experience great success. She asked me to stay focused, not give up; and I promised to do just that. These were the most inspiring words I had heard in my young life, and it completely altered my path.

I spent years searching for success while watching this reporter achieve her dreams, maybe even surpassing them. Because I felt a kinship with this reporter, I had to stay focused. I had given her my word. Quite honestly, she would not have known whether I had or not; but, I did.

You see, one simple little conversation can make a world of difference in someone’s life, and I am grateful for the few minutes this reporter took to spend with me. This reporter was none other than..... Oprah Winfrey.

Twenty years later and still searching, a man I did not know digitally raised his hand and imparted his wisdom to me. He said that if I wanted to change my life then I should listen to what he had to say. Being aware of how the universe speaks to me, I listened. I can honestly say that I feel much more intelligent every time I spoke to him. It is because of these two people that I am able to share my miracle, my good luck, with you here today, and give you a proven method for changing your life for good.

I dedicate this book to my “Soul Sister” and TAZZ, who took their time to shine light upon my dark places.

坦白

ACKNOWLEDGEMENTS...

I would like to thank the first lady of my life, mom, for instilling in me the ability to keep fighting no matter what. You have always been there for me. My wish as a young boy is the wish I have as a man, and that is to give you some rest, some joy, some adventure, and something different in your life. Mom, they do not make 'em like you anymore. I love you very much.

Lenora, what can I say? You are my "*friendly*" (friend + family) for life. You keep me sane when I think insanity is appropriate. I am much more than I thought I could be with you by my side. I have learned love, honesty, and growth because of you. I love you dearly.

My sons, Jeff Jr., Kyle, and Elandreau. I owe you all a better world full of peace, love, and abundance. It is because of you that I take my lumps, learn from them and then pass on the experience. I know that I cannot save you, but love makes me want to try.

I would like to thank Vaughn, my brother, for teaching me that I can play with the big boys. You would knock me down and challenge me to get back up. I do not know if it is a manly thing or not to say this, but I will break the rule anyway and say, I love you man, thanks.

To my sisters: Linda, we share a special bond and much more than anyone knows; Mickey, your spirit is refreshing, you've come a long way baby; Francine, your generosity means so much, and with our childhood science experiments I am surprised we're alive to tell the story. I love you all dearly.

Lenny, dad, boy when I needed a role model and mentor you stepped up; Lucia, thanks for your picture of a much beautiful world to aspire; Annie, thanks for sharing your Sundays with me; James W and Chris H, my partners and other brothers, watching you work is like looking in the mirror – we have arrived; Barry G (my surrogate father, friend, and sage), thanks for the wisdom, jazz, and wine you've shared with me over the years, you have opened a whole new world to me; Steve, my friend, what can I say – thanks for taking this city boy and showing me the simplicity of life; Keisha W, Dyan A (R.I.P), Michelle C, Carolyn J, Jocelyn J, and Dr. J, Cheryl B and Robin B thanks for taking me in and sharing your lives and experiences with me. I would also like to thank my eastside B-More family: Roe, Man, Bug, E, Joe (R.I.P), Richard, Dave, Jimmy, Naomi, and the rest; you are all a part of who I am today.

Special thanks goes out to my Dell/Perot and Owens & Minor family for welcoming me into the fold: Ben F, Matt W, Mildred S, Brandon P, Lester P., Vic R, Jim B, John H, Jon P, Roger H, Marjorie M, Clara L, David M, David S, Larry G, Pete F, Brian and Angela B,

Monica S, Ginger P, Clark G, Sam L, Shannon M, Pat C, Tracy P, and Goldie. My Internet business associates: Brent, Melanie, Monica, Afsal, Shane, Angelina, and all those from GSRP who helped to drive this project.

To all the folks not mentioned here but who have touched my life, you are all important to my growth as a human being. I could not have gone this far without you. You know who you are. I did not mean to make our journey together so difficult.

Before I forget, let me give a big thank you to Reginald F. Lewis for giving me a legacy to follow. Our lives are quite similar. He has shown me that there are no boundaries or limits. His book "Why Should White Guys Have All the Fun" has been a great inspiration to me. I highly recommend it.

Finally yet importantly, a big thank you goes out to Mr. Sobel. We have not had the pleasure of each other's company (even though we know each other well). You have given me the platform to express myself and I am eternally grateful. When I first discovered your spirit, I was unable to grasp the details of your thoughts. Now I get it and am compelled to share it. I know you understand and I know that I will be meeting you soon. Peace, my brother.

E. M. Gray said ---

"The successful person has the habit of doing the things failures don't like to do. They do not like doing them either necessarily. But their disliking is subordinated to the strength of their purpose"

道

A BUG'S LIFE...



a few feet away.

I am sitting in a quiet room overlooking the ocean in Virginia Beach. The sun is beginning to rise, it's late July 2002, and I am listening to the desperate sounds of a life-or-death struggle going on just

There is this weird looking little bug burning out the last of its short life in an unsuccessful attempt to fly through the glass of the patio door. The buzzing wings and constant crashing into the glass tells the sad story of the bug's strategy — "*try harder*". However, it is not working.

The frenzied effort offers no hope for survival. Ironically, the struggle is part of the trap. It is impossible for this bug to try hard enough to succeed at breaking through the glass. Nevertheless, this little insect has staked its life on reaching its goal through raw effort and determination.

This bug is doomed. It is inevitable – it will die right there at the patio door. Ironically, about a foot away, the other door is open. Two seconds of flying time and this small creature could reach the outside world it so desperately seeks. With only a fraction of the effort now being wasted, it could be free.

Why does the little fella not try another approach, something dramatically different? How was it so locked in on the idea that this particular route with determined effort offers the most promise for success? What logic is there in continuing until death, to seek a magic-like solution with "*more of the same effort*"? No doubt, this approach makes sense to him. Regrettably, it is an idea that will cost him his life.

Someone once told me that God is always talking to us and teaching us lessons if only we would look and listen. In this instance, the little bug is demonstrating that in order for things to change, you have to change. If your life is not

working the way you want and you are in need of a miraculous change, then you are going to have to do things differently. Actually, you will have to **BE** different.

What if I could have communicated with that bug to show him the way out? He would think it was a miracle and it would be because his life would have drastically changed. He would have returned to his bug colony to tell his little bug friends that I saved his life. They would have erected a statue of me and I would be known in the entire bug world as a savior. Well, at least until I swatted one of his cousins.

I tried to tell him to try the other door, but I have not mastered the art of bug communication. I can, however, communicate with you. I am willing to bet that, like this bug, your patio door is a few feet away but yours is called "bad luck", "dis-ease", "financial problems", or "stress". You keep flapping there at the glass door of your life, buzzing away in vain, looking for that miracle that will free you and looking for some good luck or a successful change for once in your life.

This manual is your way out. It is a one day, do-it-yourself workshop, designed to produce an overnight miracle in your life.

Do you believe in overnight miracles? I certainly hope so. Do you think that in order to be successful in this life you have to plod along slowly, work very hard, and try to be optimistic? Not so with this manual.

Do you hope that everything will be ok someday? If you are like me then you probably read one self-help book after another. Each time you pick up a new book, you raise your hopes a little, and you may even feel a little inspired after reading it. Yet in a few days or weeks, you are looking around for another book because you have that uneasy feeling in your stomach that nothing has really changed for you. It is quite possible that at this point now in your life you will have given up on the idea that anything will ever really change for you.

Well, this is not just another self-help book. This is not a book to help you feel a little better, or have your life go a little smoother, or help you understand yourself a little more. This book is designed to produce absolutely nothing less than a miracle in your life, overnight! And, we will accomplish this despite you.

How can I make such a bold statement?

William Ellery Channing said ---

"Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict."

困惑的 I WAS THERE TOO...

For many years, my life was a desperate, frightening struggle. I wanted success, or as I thought of it, to “make it” in life. I wondered, with a great sense of despair, whether or not the day would ever come when I would breathe a deep sigh of relief and calmly look back at all my trials and tribulations as a thing of the past.

Even though I had a burning desire and deep yearning to be successful, somehow it seemed to elude me. The vision of my successful self was not reflected in my life. My entire life was an effort in contradiction.

“Making it,” meant several things to me. It meant achieving some kind of recognizable material success in this world; I hoped this would be as a professional football player, but a strange injury prevented that from happening. Even more important to me; making it meant to arrive at a basic sense of my own self – spiritually, physically, mentally – that was both peacefully and actively creative. I longed to live my life with great enthusiasm and passion, instead of merely going through the motions of life, always feeling a bit separate and distant from other people, and always frustrated and restless inside, wanting everything to be different. I wanted to be free to act and speak with the spontaneity of a small child, to be totally honest with people without pausing first to consider how they might respond to me or worrying about what they would think of me.

I fondly remember myself as a 10-year-old kid, running with other neighborhood kids through the water from a fire hydrant on a hot summer day, and laughing as we jumped in and out of it. In that child lived an innocent, free part of me which later in life seemed lost forever, and I found myself wanting it back very, very badly. Life for me was no fun any more. Where was the laughter I had once enjoyed? I had become preoccupied and worried about almost anything I could find to worry about. How was I doing? Did people like me? How could I keep my dark secrets from coming out? Would I ever make it? Did I look ok? Why was life so painful? Oh my God! I had become a “grown-up”.

I could no longer enjoy the simple pleasures of playing in water. Life seemed to be passing me by; and as each year passed, my sense of anxiety steadily grew at the thought that things might never really change. I feared that I would never find that self of mine which I longed for; that I might never make it; that my life might never get any better; that my tombstone would read, “Here lies another one that passed without ever finding the ‘answer’ to true happiness”.

Ms. Winfrey, my soul sister, had lit the fuse and I was searching everywhere for the explosion. I tried everything. I tried reading hundreds of change-your-life, get-better-

quick, think positive, and meet-God type of books. I tried burning candles, deep meditation, and group chanting. My search for a better life took me through three different kinds of religions and various home study courses, all aimed at improving the quality of my life.

My search was not in vain. There was a moment in January 2001 – a single moment in time – when my life made a complete and dramatic turnaround. It happened because of one of those online HYIP (High Yield Investment Program) websites. It was there that I met “TAZZ”. TAZZ is a man I have never met, but the wisdom he expressed at this site inspired me to contact him via email. His thoughts were often hard to digest, but have changed quite a few lives worldwide. I am one of them. I can honestly say that as I have prospered, and so shall you.

It is for you that I have written this manual. See, the truth is, this works! My own life is the evidence. Therefore, I am making it easier for you to experience the kind of magic and overnight miracles that this manual or course of study is producing for people all over the world. The valuable and lasting lessons you will receive today will bring you the freedom to be, do, and have, whatever you want. This manual can help you attain all that is important to you, to become all that you were created to be and do – to become the uniquely wonderful person living the wonderful life that is meant for you.

Notice in the previous paragraph that I said “**all**” you want and not “some” of what you want. How does that make you feel? This manual contains proven methods from over 2500 years of human civilization upon which to build the foundation of your life. **It is from this foundation that you can have the life you truly desire.**

If you are dissatisfied with where you are, then this one-day miracle manual will change your life. Can you expect to find success in this manual? Yes, you can! – if you define success as having improved health, better relationships, wealth, joy, and happiness. In addition, this manual shows you how to get it. Is there a limit to what you can have? Yes, there is, but that limit is of your own choosing. Only you can determine how high “up” is for you.

Most of us are where we are now because of input fed to us and accepted by us during the course of growing up. This input was from role models: parents, teachers, mentors, and a myriad of other people who formed and guided our lives – who were probably not highly trained, well educated, super-intelligent, or extremely successful. They were just average people. If you are looking today for your version of success as you know it to be in your heart, then you need to simply change your mind and accept a new input. **Would Bill Gates use your role models as a way to further his success?** Probably not. Then why should you? It is now up to you to accept the responsibility for erasing the old and inserting the new information offered to you in this manual. It is my job to supply

that information, but it's your job to determine how it can best serve you and then apply it to your life.

Many of the thoughts that I will expose to you may be new to you; but they are not original. They are simply presented in a way that is easily applied to your life.

Nathaniel Hawthorne said ---

"Happiness is a butterfly, which, when pursued, is always just beyond your grasp, but which, if you will sit down quietly, may alight upon you."

法官

GROUND RULES FOR TODAY...

If you bought a new portable compact disc player and the instruction manual said to insert two "AA" batteries, you would do so because you would obviously want your new CD player to work the way it is supposed to.

Well, this manual you are now reading comes with certain instructions and ground rules which you must follow to insure that it will work for you. Don't follow these instructions for my sake. If you really want a complete and miraculous change in your life to happen overnight, you will have to keep certain agreements. If you don't keep them, the miracle you now hold in your hands will not happen. It would be like refusing to put batteries in your new CD player and then being disappointed and angry that it didn't work. So these agreements are for you to make with yourself so that you may obtain the marvelous joy in store for you here when you have completed this one day miracle manual.

Do This Now:

1. Set aside an entire day and devote yourself to this manual.
2. Be in a room by yourself, where you will not be disturbed under any circumstances. The room should not have a telephone in it. It must have a mirror, preferably a full-length mirror. (I suggest that you check into a hotel)
3. You are not to leave the room for any reason except on breaks or to go to the bathroom, and only then when absolutely necessary. You will find that you may suddenly feel like going to the bathroom every time you come to something in the manual that you are not exactly excited about hearing. Remember, this isn't a book to simply make you feel better, loaded with "inspiring" phrases like "I'm ok, you're ok." This book is a do-it-yourself miracle course, and in order to produce miracles you need to be willing to take a long, hard look at your life, right now, right where you stand. This can sometimes make you want to do anything other than continue reading. So use a little self-discipline in allowing yourself bathroom breaks. Do not be surprised about the sudden urge to take a nap either. You see, there is a part of you that wishes not to change, and now is the time to fight it.
4. You are not to answer the phone or make any phone calls during the day or collect the mail.
5. You should have lunch with you in the room, to be eaten only at the point in the manual where it says "Eat your lunch", and not at any other time. You should also have something for a snack break.
6. You should have no watch or clock in your possession or anywhere in the room. Be prepared for the course to take as long as it takes for you to complete it. It

should take you roughly between 6 to 8 hours, but please make no plans for the evening. This is your day. For once in your life, devote an entire day to yourself. Your life is worth it, and you deserve it

7. No smoking (except, if you must, with your lunch, and then only cigarettes).
8. Three full days before you are to begin, stop the use of all alcohol, marijuana, or drugs of any kind other than those which are prescribed by your physician. So this means no tranquilizers, valium, aspirin, etc. It's possible that you might experience headaches or various other physical discomforts during the day. I'm asking you to live with these symptoms without seeking relief of any sort (other than what your physician has prescribed). You are responsible for understanding the difference and not endangering your health.
9. It would be most preferable if you were alone on your day. But if others live with you, they're to understand that under no circumstances are you to be disturbed. You need to create for yourself a totally secure environment, free from intrusion, distractions or anything that might inhibit you.
- 10. You agree to print out and read the entire manual, cover to cover, following all the instructions along the way.**
11. No music of any kind, no television, and no other reading material during your special day. Clear the room of any books, letters, magazines, or anything that may distract you from focusing on this manual.
12. You should have **two pencils and a rubber band** with you, to be used only for the exercises in the manual. No doodling or drawing funny faces.
13. Wear comfortable clothing. Read the manual sitting up, in a comfortable chair. Do not read it lying down or on the floor. Do not allow yourself to doze off at any time. If your eyes get tired, leave the room and throw some water on your face.
14. Begin the manual at 8 a.m. sharp! Go to bed early the night before! Get up early enough in the morning to give yourself time to do everything you need to be in the room, in your chair, ready to go at 8 a.m. sharp. One minute after eight is too late. Becoming an overnight success is really a matter of becoming a successful person, and successful people are impeccable with details. And they are always good at what they do, for others, and, most importantly, for themselves. So start at 8 a.m. sharp and keep all the agreements.

"Better is it that thou shouldest not vow, than that thou shouldest vow and not pay." Ecclesiastes 5:5

See, if you make an agreement with yourself and then break it, you lose faith in yourself. You start to mistrust yourself and will never really believe the things you say or decide to do. It's like people who are forever going on diets that last as long as no one offers

them a piece of chocolate cake. They don't believe in their diets any more than anyone else does because their experience has taught them that their word is not worth very much. So the only way to begin developing a trustworthy relationship with yourself is to honor your word now, not after one more piece of cake, nor after starting the manual at 8:01 a.m.

You may have hundreds of questions about the agreements or ground rules. You may not understand the reasoning behind them. The only reason behind them is that, like the batteries in a mp3 player, they are absolutely necessary for the miraculous change to take place.

You are bound to come up with various compromises during the day, such as "Well, it couldn't hurt if I made just one phone call, I mean it's an emergency" or "I'll just skip this one exercise in the manual, it's pretty silly" or "the process will work even if I smoke a cigarette as I read it" or "if I just eat a little snack before the lunch break". And so on. I am totally confident in your ability to make up your own rules and to justify them to yourself quite convincingly.

Look, the agreements are neither particularly logical nor reasonable. They are simply necessary to produce the results. One little exception blows the whole thing, just like one little piece of chocolate cake blows the whole diet. You're either committed to producing a miracle or you're not. If you are, you should read over the agreements, one by one, and commit yourself to keeping them – not for me, remember, but for you. These are your agreements with yourself. Don't keep them because you have to or because somebody is making you – you must keep them because these are the instructions necessary for the process to work.

If you do keep all of the agreements, I promise you that this process will transform your life overnight. This isn't a trick of some sort. This isn't the power of suggestion. It's simply the way it is. Once you commit yourself to getting through the entire manual and keeping all the agreements along the way, you are trapped.

If you are secretly committed to staying just the way you are, and were hoping to go through with this as just a little distraction or entertainment to keep you busy while your life continues along its present course, forget it. This manual will not distract you from your life – quite the contrary.

I suggest that you examine carefully right now whether or not you are truly committed to having your life miraculously turned around overnight. If not, I encourage you to stop reading right here, and pass this material on to someone else who may need a miracle.

If you choose to take this one-day adventure into the mystery of your inner self, let me warn you about some of the things you may experience while reading the manual, so that you can be prepared for them:

You will at times feel very angry and want to slam the manual shut. You may at times feel like you're wasting a perfectly good day of your life, and you will think of at least a dozen things which you'd rather be doing. You may think that I am either crazy or full of baloney. You may feel like nothing is happening as you read, and think to yourself, *"How could reading this thing possibly produce a miracle?"* You may feel sad or hopeless, and you may become very irritated, frustrated, and agitated. Of course, you may feel none of these things. There will also be times when you will feel inspired, amused, full of love, and excited. All of these things are simply possibilities which I want you to be aware of and recognize as you encounter them during the day.

Please decide now, as per agreement **Number 10**, that you intend to read the whole manual, cover to cover, regardless of anything that happens, regardless of anything your mind comes up with as the day progresses. See, you have to understand that your mind is very powerful and creative. If your mind is dead set on keeping your life as it is, and it considers this manual to be a threat to its survival, it is quite capable of coming up with all sorts of excuses to get you to stop reading it. It is a very crafty character too. Your mind might tell you, quite confidently, *"Oh you know all this stuff already, you've read it a dozen times, and it never did anything before. Besides, it's just cheap psychology."* Or, *"This guy obviously doesn't have any sound scientific evidence for what he says, why waste your time reading the words of a lunatic?"* In fact, your mind might already be a little nervous about your even starting all this, and in the next few days before you're ready to begin, it may arrange to have you "accidentally" leave the manual somewhere or "accidentally" destroy it.

I would also like to take the time now to discuss "distractions". Did you ever notice that whenever you decide to focus on improving yourself something always happens to distract you? The phone rings, people who have nothing better to do just have to talk to you; some minor or major emergency pops up; you get sick, or stuck in traffic; your alarm clock doesn't buzz at the right time or at all – there is always something. I want you to ignore the world for just one day. Why? Well, you deserve it, it's time to take charge of your life, and trust me, whatever is going on in the world will still be there when you're done.

So it is important that you make a definite agreement with yourself to complete this manual no matter what happens.

If you are willing to give yourself the gift of one full day of your life devoted to self-examination, then please reread the agreements. Make them your own, and choose to keep them with yourself, for yourself. Select a day on which to begin the process, and

remember agreement **Number 8** (no drugs or alcohol) which goes into effect three full days before you begin.

Please note that I am not a professional writer so there may be some grammatical errors. The message is much more important to me than worrying about those things.

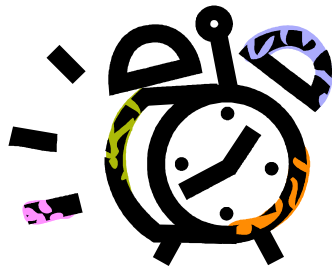
Congratulations as you enter the world of freedom, success, and true wealth.

Agreement #10 – I hereby agree to read the entire manual, cover to cover, regardless of anything that happens, regardless of anything my mind comes up with to stop me as the day progresses.

Signed: _____

Ok, I'll see you at 8 a.m. in a few days.

**DO NOT START THIS PROGRAM UNTIL 8 A.M.
ON THE MORNING YOU HAVE CHOSEN!**



No cheating!!!!

Eddie Robinson said ---

" The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence."

Here's what other's said about "The Tao of You"

"Mr. Dyer, move over".,

By **Cheryl B. Bowman**

Amazon Verified Purchase

This review is from: *The Tao of You: The One-Day, Do-It-Yourself, Miracle Manual Designed to Make You an Overnight Success* (Paperback)

"I am a fan of this kind of book have read many from lots of authors religous and otherwise. Dr. Dyer is probably my favorite. However after reading "The Tao of you" I may have to change my mind. Have you ever wanted to take a closer look at "yourself". Revisit, get reacquainted with yourself. Develop your own perspective about who "YOU" think you are? If so you will want to take a look at this book. It will allow you to take another look at yourself. Simple, easy to follow and most importantly for me allows ME to look at ME. Honestly and openly."

"Amazing Manual",

By **L'Nora**

Amazon Verified Purchase

This review is from: *The Tao of You: The One-Day, Do-It-Yourself, Miracle Manual Designed to Make You an Overnight Success* (Paperback)

"This book was amazing. Couldn't put it down. In one day, I learned so much about myself from the simple readings and exercises. Anyone looking to change their life for the better should try it out. You'll be amazed at the insights you will gain. This manual is certainly a gift to mankind. It makes a great gift for family and friends. If you can sacrifice a day to change your life, you won't be disappointed. Some of the exercises require one to dig deep but the benefits are well worth the efforts."

[Go to Amazon and get your copy now!](#)