

Reading is your ticket to what you want!

*"The recipe for perpetual ignorance is:
Be satisfied with your opinions and content with your knowledge."*

-- Elbert Hubbard

Everyone wants a better life. You might have several things in your life you want to improve besides your weight. Usually the top 4 are:

1. **Relationships/marriage**
2. **Parenting**
3. **Career/purpose in life**
4. **My Body/weight**



In seminars I ask people to write down the 4 most important "things" in their lives. The preceding list are the typical answers. Then I ask, "How important is your marriage, your parenting and your purpose in life?" The typical answer is "very important"! Then I ask, "How many people are studying to become better at any one or all of the items on their list?" Very few raise their hand.

The sad truth is that most people spend their free time entertaining themselves rather than educating themselves. We watch entertaining shows on TV or sporting events and when we do read it's usually for entertainment rather than to gain knowledge and insight about items on our most important list.

Reading is your ticket

If you want to be a better parent, start reading about parenting. If you want to have a better marriage, start reading about relationships. It's really as simple as that. Reading does several powerful things for you:

- **Gets you believing in yourself!** When you read about others who are doing or have done what you want to accomplish or improve in your life, you begin to believe that you can do it too. Your perception of what is possible expands. Reading is the easiest way to get the power of several role models into your life to help you change "automatically".
- **Gives you the knowledge to succeed.** To be successful at anything, the more you know, the more chance you have at success. Nobody I know succeeded at anything through ignorance. Ignorance usually leads to big problems and failures! Because they don't teach how to be a

great parent or how your thoughts, feelings and actions control your life in school, this is a place where you can make remarkable improvement with just a modest commitment to self-education.

- **Takes your mind off the small stuff.** Ever go to bed thinking about whether or not the paint you just bought will be the right color or what to bring to tomorrow's meeting and find yourself struggling to fall asleep? Reading will take your mind off the small stuff in your life that captures our thinking and causes us unnecessary anxiety and lack of restful sleep. When you read and learn something insightful, you feel good and going to bed feeling good is a good thing!
- **Takes your mind off food!** This really works for me in the evening when my brain is usually sending "popcorn" signals to me! If my focus is on reading (listening to my internal voice reading and understanding what I am reading) my brain can't listen to two things at once so the voice in my head "*popcorn would be great right now*" fades away!
- **Makes you feel good about yourself.** Imagine if you read a book on parenting every 2-3 months or 4-6 books a year. You'd be a "mini-expert" in a year and an outright expert in parenting in 3 years! Imagine how it would FEEL to know you know how to effectively parent your kids so they grow up to be successful adults without the problems that so many adults struggle with! Imagine the possibilities when your friends begin asking you "*what should I do when my 3 year old does this or that...*" Imagine writing a monthly "Parenting 4 Success" column in your local paper. Imagine how you would feel about yourself and how that pride & self-confidence would permeate into other areas of your life!

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Decide what you want in life.

A lot of people read, but most people I see on planes or at resorts are reading entertaining books or magazines. "People" magazine and fiction books won't help your marriage or make you a better parent. They get your mind off what in your life disappoints you for a while much like movies do (I used to watch a lot of movies when I was depressed), but they do nothing to help you change what you want better in your life.

Make reading a nightly habit. By reading a few pages every night before bed, you make time for an important part of your life---learning. Your brain was designed to learn and proof of this is how

you feel when you learn something. Think about it, when you learn something, figure something out or have an “Aha moment” don’t you feel good! The good feeling is better described as “hopeful”. Hopeful for a better future and better life! This is a really cool & empowering feeling to give yourself on a regular basis! Reading books that teach you what makes you feel hopeful is like water to a tree! You will grow into a “tall and strong” life by making reading a regular part of your life!

The screenshot shows the Amazon website interface. At the top, the Amazon logo is on the left, and navigation links like 'Your Amazon.com', 'Today's Deals', 'Gift Cards', and 'Help' are in the center. On the right, there are links for 'Hello, Sign in Your Account', a shopping cart icon, and a 'Wish List' icon. Below the navigation bar is a search bar containing the text 'you can be happy no matter what' and a 'Go' button. To the left of the search bar is a 'Shop by Department' dropdown menu. Below the search bar, there are links for 'Books', 'Advanced Search', 'Browse Subjects', 'New Releases', 'Best Sellers', 'The New York Times® Best Sellers', 'Children's Books', 'Textbooks', and 'Sell Your Books'. The main content area shows search results for 'Books: "you can be happy no matter what"'. It indicates 'Showing 1 - 12 of 87 Results' and a 'Sort by: Relevance' dropdown. There are two 'Format' buttons: 'Paperback (72)' and 'Hardcover (14)'. The first result is 'You Can Be Happy No Matter What: Five Principles for Keeping Life in Perspective' by Richard Carlson and Wayne Dyer (Nov 13, 2006). It has a 4.5-star rating from 69 customer reviews. A table shows prices for different formats: Paperback (New: \$10.36, Used: \$1.27, Collectible: \$10.00), and Kindle Edition (\$7.99). Below this, there are other format options: Hardcover, Audio CD, and Audible Audio Edition. An excerpt is provided: 'Excerpt - Front Matter "... Praise for You Can Be Happy No Matter What You will find Dr. ... See a random page in this book. Sell this back for an Amazon.com Gift Card'. The second result is 'You Can Be Happy No Matter What' by Richard Carlson and Wayne Dyer (Mar 4, 1999). It has a 4.5-star rating from 2 customer reviews. A table shows prices for different formats: Paperback (New: \$11.30, Used: \$0.91) and Hardcover (New: \$23.88, Used: \$0.01). The third result is 'You Can Feel Good Again: Common-Sense Strategies for Releasing Unhappiness and Changing Your Life' by Richard Carlson (Sep 1, 1994). It has a 4.5-star rating from 26 customer reviews. On the left side of the page, there is a 'Department' section with 'Books' selected, and a list of sub-departments including 'Health, Fitness & Dieting (41)', 'Self-Help (41)', 'Religion & Spirituality (30)', 'Business & Investing (3)', 'Education & Reference (7)', 'Professional & Technical (7)', 'Parenting & Relationships (3)', 'Teens (2)', 'Christian Books & Bibles (0)', 'Politics & Social Sciences (3)', 'History (2)', 'Literature & Fiction (7)', 'Sports & Outdoors (1)', 'Medical Books (2)', 'Arts & Photography (1)', 'Romance (2)', 'Travel (1)', 'Children's Books (1)', and 'Biographies & Memoirs (1)'. Below this is a 'Format' section with 'Paperback (72)' and 'Hardcover (14)'. At the bottom, there is an 'Author' section with 'Richard Carlson (24)', 'Billy Graham (2)', 'Carol Taaris (1)', 'Carole Wade (1)', and 'James Allen (1)'. The right edge of the screenshot shows a vertical strip of a book cover.

Here you can see the page that comes up when you type in “you can be happy no matter what”. It shows the book. You can purchase paperbacks (new or used) and there is a kindle edition for \$7.99. The used books start at \$1.27. I still prefer the actual paper books. When you click on the \$1.27 on the used category you go to this screen that lists the used books:

“You can be Happy no matter what.” By Richard Carlson, PhD

When you buy this book now for \$1.27 and sell it back later for a \$0.75 Amazon.com Gift Card, it could cost you as little as \$0.52. [Restrictions Apply](#)
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All **New** (53 from \$7.05) **Used** (72 from \$1.27) **Collectible** (1 from \$10.00)

Show **Used** FREE Super Saver Shipping offers only Sorted by Price + Shipping

Used 1-15 of 72 offers

Price + Shipping	Condition	Seller Information	Buying Options
\$1.27 + \$3.99 shipping	Used - Good	Seller: goodwill_industries_san_fran_cisco Seller Rating: ★★★★★ 98% positive over the past 12 months. (83,396 total ratings) In Stock. Ships from CA, United States. Expedited shipping available. International & domestic shipping rates and return policy . Good condition. No missing pages or highlights. Minimal wear to the binding, pencil marks, and underlines. Fast Shipping - Ea... Read more	 or Sign in to turn on 1-Click ordering.
\$1.27 + \$3.99 shipping	Used - Like New	Seller: books4little Seller Rating: ★★★★★ 98% positive over the past 12 months. (69,453 total ratings) In Stock. Ships from CT, United States. Domestic shipping rates and return policy . Nearly Perfect, A Never Read Store Copy We ship all Domestic Orders with Delivery Confirmation and a Confirming e mail that y... Read more	 or Sign in to turn on 1-Click ordering.
\$1.27 + \$3.99 shipping	Used - Good	Seller: shopbookaholic Seller Rating: ★★★★★ 99% positive over the past 12 months. (19,331 total ratings) In Stock. Ships from KS, United States. Expedited shipping available. International & domestic shipping rates and return policy . General Used Condition. Minor Defects may Exist. Minimal Shelf wear. Text may contain minor marking or highlighting, binding ... Read more	 or Sign in to turn on 1-Click ordering.
\$1.28 + \$3.99 shipping	Used - Very Good	Seller: Silver Arch Books Seller Rating: ★★★★★ 97% positive over the past 12 months. (57,866 total ratings) In Stock. Ships from MO, United States. Expedited shipping available. International & domestic shipping rates and return policy . Book shows a small amount of wear - very good condition! Selection as wide as the Mississippi.	 or Sign in to turn on 1-Click ordering.
\$1.28 + \$3.99 shipping	Used - Good	Seller: river-city-books Seller Rating: ★★★★★ 97% positive over the past 12 months. (107,062 total ratings)	 or Sign in to turn on 1-Click ordering.

After clicking on the used book price, it takes you to the above page. Here you see a listing of the books in price order and it shows their condition. I like to buy “very good” or “like new” since they are only a \$1 more or less. Click the “add to cart” button and then check out and you’ll have a book in your mailbox in a few days!

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