

Midlife Crisis

How To Get Your Full Power Back For Men



Francisco Bujan

www.vitalcoaching.com

www.vitalcoaching.com

Contents

Intro _____	4
Live help _____	5
Midlife crisis or midlife awakening? _____	6
I'll be direct, okay? _____	7
What is a midlife crisis? _____	9
How to solve your midlife crisis _____	10
Going inward _____	12
Getting your power back _____	13
Your goals _____	14
New action line _____	15
Create space _____	18
You are not a victim! You are a winner! _____	20
Purpose gap _____	21
A crisis is a battle _____	23
Burn out _____	24
How to solve a burn out? _____	25
Join forces _____	27
Suicidal thoughts _____	30
Emotional abuse _____	32
Got fired? _____	34
Free your energy _____	37
Why a crisis? _____	39
A crisis is a wake up call _____	41
Don't reject the challenge _____	42
Wake up your conquering power! _____	43
Overcome isolation _____	47
Dealing with pressure _____	53
Too high expectations _____	56

Midlife crisis – How to get your full power back – For men

Let go of what you can't control _____	58
Don't know which direction to go? _____	60
Your strategy _____	65
The dynamics of your crisis _____	66
The need to conquer _____	67
Should you leave your wife? _____	69
Is this about the sport's car? _____	72
Going Viagra???	74
Testosterone, please! _____	75
"The awakening" – Any chance of it happening soon? _____	78
Andropause? _____	80
Is it okay to be aggressive? _____	81
What's next? _____	83
Conclusion _____	85

Intro

The goal of this e-book is to help you get your full power back if you are a male in a midlife crisis.

There is a whole set of emotions and attitudes associated with this specific life challenge.

The idea is to bring a new set of strategies to help you break through and get your full power back.

Your number one tool in a crisis situation is your survival instinct.

It is not your head. It is not ideas or concepts.

It is a power which is already in you.

The goal of this e-book is simply to help you reconnect with your natural instinctual power.

Take a minute to print this e-book.

Having is in front of your eyes will help you stay focused!

Good luck and keep in touch!

vitalcoach

Live help

Before you jump in this e-book, I want you do something simple:

Check the following link:

<http://vitalcoaching.com/coaching.htm>

This is the way to access live help if you need it.

While you read, this e-book, you might have questions rising in your mind and think:

“I wish I could talk about this with someone...”

You can!

No need to isolate yourself with your situation.

Getting targeted feed back and extra strategies for you situation is easy and direct.

I made it very simple for you.

Remember this magic link and know that live help is only minutes away the moment you need it:

<http://vitalcoaching.com/coaching.htm>

That's it!

Enjoy the experience!

Midlife crisis or midlife awakening?

Since starting to check this topic, I definitely realized that what many people call crisis is actually an awakening!

It feels like a crisis because it is a call for change.

The winds of transformation can be challenging because many men don't know how to respond to them.

However, these forces are actually very positive evolutionary energies.

Interpreting this awakening time as a "problem" which needs therapy does not give justice to what happens deep inside!

Sure, it challenges the established society values, especially family ones for instance.

This time of awakening can be especially difficult for a relationship partner or the rest of the family.

In most cases, this midlife event has nothing to do with a depression or mental disorder.

It is a true realization that some aspects of your life need to be explored.

This midlife time is 100% part of your growth and expansion process as a human being.

Of course, it doesn't mean that you must just respond blindly to the forces at play.

It rather means that you can use in positive ways the renewal power which stimulates change in you.

It is a unique opportunity to project yourself forward into a refreshed and happier future.

Be smart and wise! I know you are!

I'll be direct, okay?

A midlife crisis is a battle!

The old goals are no longer valid.

The new ones don't yet exist.

You end up in an emotional no man's land looking for direction.

This is what your spirit is doing right now: Trying to find a direction.

There is a battle going in your life.

Why is that?

Because your power base is being reorganized.

You want to come out of it as a winner.

This is why you need an extra power kick and effective strategies to help you find long term directions which truly fit with your destiny line.

Many people will try to influence you or tell you what to do.

You know however that you can't stay half way.

This is the moment you want to connect with a new source of inspiration which takes you forward and empowers your life.

This is why it is battle.

There are all sorts of forces conflicting and you need to choose the right direction for yourself.

Here are some key strategies to help you break through:

- **Stay centered on yourself.** You are priority number one! You are the center of your existence. It is time to be selfish and think of yourself first. Do whatever you need to find what you are looking for.

- **Think long term!** This crisis is a natural process part of your life cycle. A new set of energies needs to be reestablished in your mind. What is the new base you want to work on?
- **Dare to renew your life.** This is your existence. To move forward you might need to get rid of old stuff you no longer need. Trust your instinct and connect with your future. Get rid of what stops you from moving forward.
- **Connect with your instinctual powers.** Your instincts know the answer. A part of you knows all the right moves. Connect with it!
- **Trust yourself!** Trust you instinct. Don't let anything or anyone stop you. Build a new empowered emotional base.
- **Stay healthy!** Your body and mind are your greatest assets. Keep yourself healthy and energized. Exercise, sleep and eat well.

This crisis happens for a reason. No matter what the trigger is, it is time to look inside and connect with a new source of power.

This is what this e-book is about.

It is a wake up call which gives you the support you need in this transition.

Wake up your power!

What is a midlife crisis?

A midlife crisis is a power gap. It is usually triggered by one of these situations:

- **Relationship breakup, divorce**
- **Financial crisis, debt**
- **Professional crisis, getting fired, bankruptcy**
- **Loss of a close one, friend or family member**
- **Loss of meaning, motivation or life purpose**
- **Health or body image challenge**

These triggers generate a chain reaction where the very essence of life or existence is challenged.

When you are in a midlife crisis, it is your emotional foundation which is challenged.

It is the death of something from the past and the possible birth of something new.

Here is how Wikipedia defines a midlife crisis:

“A mid-life crisis is an emotional state of doubt and anxiety in which a person becomes uncomfortable with the realization that life is halfway over.

It commonly involves reflection on what the individual has done with his life up to that point, often with feelings that not enough was accomplished.

The individual may feel boredom with their lives, jobs, or their partners, and may feel a strong desire to make changes in these areas.

The condition is also called the beginning individuation, a process of self-actualization that continues on to death.

The condition is most common in people in their 30s and 40s.

It affects men more often than women.”

www.vitalcoaching.com

How to solve your midlife crisis

To solve your midlife crisis, you need extra power.

It is simple.

You face a power gap.

There is an open wound somewhere in your existence and what you need is to get your full power back.

You have two options:

- **The first one is to stay within a passive lethargic state and totally surrender.** This is the healing process. You simply give up or give in. You drop weapons and let go of whatever you were trying to achieve.
- **The second option is to go to battle,** reject the crisis and wake up your power. This is a full recovery of your abilities.

When you are hit by some form of traumatic event, you'll be in a state of choc.

You simply wake up to a new reality and realize that the past is gone.

It can be your job, your loved one or simply your overall life motivation.

It such situation, you'll be faced with two feelings.

- One is a rebellion, anger, frustration.
- The second one is a desire to surrender and let go. This last instinctual reaction is the waking up of some form of blissful energy which comes and nurtures you.

This state of shock can last for a couple of hours, days, week or even longer.

The risk in that phase is to take a self destructive spiral.

If you go to drugs, alcohol or other self destructive directions, you are done!

The real alternative is to connect with these two positive forces:
Healing and Power.

If you have a wound and you go to battle too soon, you'll feel weak and vulnerable.

This is why you can give yourself a day or even a couple of weeks to emotionally recover.

Take a break!

Go in nature!

Take a week holidays or something along that line.

This greatly helps your recovery.

Going inward

In such life stages, it is very natural to look for inner strength.

You tend to withdraw to simply heal your wounds.

This is a natural instinctual response.

Imagine a cat going into a cave to recover.

They can naturally heal in the dark.

You have similar healing resources which wake up straight away when there is an emotional wound in your life.

This is the natural healing power of nature.

If you let it do its work on you, it will naturally nurture you and reshape your emotional being.

This is a time for introspection and sometimes deeper questions.

You try to understand, solve and find answers.

Getting your power back

After this time of healing and nurturing, you enter into a new phase: the reawakening of your power.

You design new lines of action and wake up your instincts.

In fact, your conquering drive wakes up again.

You want to go back to work, or start dating again if you just had a break up or divorce.

Your goals

Your goals are simple:

- **Go through this transition time with awareness of what is happening**
- **Let the healing power wake up and do it's work**
- **Avoid a self destructive spiral**
- **Get your power back as soon as possible**

You can choose to stay in the “nurturing” or healing stage for as long as you need.

Coming out of it is like going to physiotherapy after breaking a bone.

You need to rebuild your “mind power strength”.

You need to retrain your power.

This is mainly instinctual.

You don't even need to think about it.

It simply happens.

You rebuild your strength and recover your full power.

New action line

When a whole side of your existence collapses, there is a gap: a material or emotional gap.

Realize this: Something just died.

There is an open space in your life for something new to take place.

Your mind starts building new plans, designing strategies, imagining the future.

This is the exciting time of a crisis.

It is the end of it.

It is the moment you truly rebuild yourself and create a new personal foundation.

You realize the space and the opening you have now in your life.

Now, in everything I said till now, there is nothing new.

Your head might be nodding and think: "Yes, he is right... That's exactly what I feel".

Now, where does power come in?

You need something new to wake up.

You need a new line of action and this is the real challenge.

Why?

Because doors are not yet open.

In fact you are in a situation where you don't really know what to do next.

Right now, you want to feel empowered.

You want to connect with a source of energy and inspiration which takes you forward.

This means connecting with a fresh destiny line or life vision.

This is the real challenge.

This is the true “moving on”.

You can stay in the “victim” mood for a long time.

You can benefit from everyone’s attention and nurture those healing feelings.

Again, this is fine.

Once this period is over, you are still confronted with this basic question:

What comes next?

This is where extra power comes in.

Power opens new destiny lines.

It reinforces strategies and vision in you.

Any movement is a conquering move.

You want to clear your past so that you can connect with your future.

Your future is bright and open.

You want to manifest emotional freedom.

There is a choice only you can do: It is either to stay stacked in the past or create space and move on.

Your life is not over!!!!

It is exactly the opposite!

You can be reborn right now in a new cycle of life power which carries you forward.

You can give up and surrender or wake up to another inner instinct which says: “There is so much I want to discover!!”

Can you see the difference?

The choice is yours and always yours.

If you let it happen, your life could become a museum right now.

You can live in the past or you can tune into your future.

Which one will it be?

Create space

This is the real challenge.

If you want the future to start happening, you need to create space around you.

This means throwing away things, clearing clutter and simply refreshing your personal environment.

This opening is a pulling force which moves you into your future.

The moment you have extra space and free energy, things naturally start happening.

What does it take?

Courage!

Your past can easily become your comfort zone.

You can hide your life in your memories.

Is this what you want?

I don't think so! I see another story.

I see someone who wants to break through and open up new life streams in his existence.

I see power waking up.

I see infinite potential.

All you need to do right now is plug your resources of power and start acting on them.

The first step?

Create space and refresh your environment.

You heard about Feng Shui, right? The art of energizing your personal space.

Your personal space is not a museum.

Your mind is fresh and tuned into the future.

Clear and create space.

Take the steps.

Your present environment is your comfort zone.

In a way you feel good in it.

It is your protection, right?

It reflects what you call your identity.

If you want to go beyond this crisis as a winner, you need to do one simple thing: step beyond the limits of what you already know.

Every object in your life reflects a message.

What is that message?

What does this old flower pot tell you?

Can you see that?

If you want to move into your future, refresh your personal environment.

Take steps!

Where can you start?

You are not a victim! You are a winner!

You are in charge of your existence.

Surrendering to something you don't like means losing the battle.

The number one reason you would lose a battle is because you don't have enough power.

You want to break through, right?

You are a winner!

Then, there is an essential shift to perform right now: shift your mind set.

You are not a victim. You are a winner.

Don't let anyone pity you or put you down.

People tend to do that for "fun".

Don't let it happen.

You are in charge of your life.

The solution to a male crisis is a new fresh source of will power.

Renewal power wakes up in you.

This is the refreshing power of rebirth.

It is an exciting time and you have all the skills and instincts to tap into fresh inner resources of energy.

Purpose gap

Inside of you, there is this desire to conquer.

There is an infinite force which simply wants to survive.

These are instincts.

They are basic forces which are the original building blocks of your mind.

When you face a purpose gap, you simply realize that you run out of motivation energy.

It is a fire gap.

It simply means that the old line of action does not make sense.

Suppose, you invested your whole life in making a solid income to sustain your family.

Suppose that suddenly, your partner is gone.

What do you do?

Where do you go?

You want more!!!

You want to break through!

You want to connect with a long term destiny line which takes you somewhere.

You want meaning!

You want purpose!

This is your life core.

Do you realize that inside of you, there is a core of power and energy which does give you meaning.

Want to connect with it?

Simple!

Sit down, close your eyes and listen to what happens there.

Your instincts.

That's the real connection.

Your instinct is your driving force.

Other forces come from: what others say and want, conditioning, pressures, etc.

What matters is YOU!

What matters is your desire and your will power.

This force is the core of your destiny line.

Your instinct is your guiding tool.

Dare to respond!

Action makes the difference!

A crisis is a battle

The external events of a crisis are only the visible part of the iceberg.

Deep inside, a crisis is an attack on your mind and life.

The way to handle a crisis is by defending yourself and your territory.

A crisis is a destructive move which invades your mind.

It is simple: you are under attack!

What is this attack?

It is manifested via people or events in your life.

It can as well simply feel like a burnout or depression.

This happens because of a power gap in your being.

Your mind is your territory!

Sometimes it gets invaded by forces and will power which has nothing to do with you.

You are attacked by destructive forces.

This forces aim at one thing: Destruction.

I know it is tough to say, but this is what goes on.

This is why depression or burn out happens.

Burn out

A burn out is related with too much stress, right?

Who is generating that stress?

What is stress in the first place?

It is pressure!

Pressure and stress are synonyms.

Pressure comes from your environment, from a mind set, from society, family and too high expectations.

Sometimes you generate your own stress.

Sometimes, it is generated by external forces: your boss, partner, family, clients, etc.

Observe the power dynamics involved.

These power dynamics is what generates a crisis.

You have energy and you simply run out of it.

A state of emotional depression is related with lack of power.

It is the inability to defend the territory of your mind.

Your mind space gets invaded and your emotional body simply gets drained.

You run out of energy.

How to solve a burn out?

The way to solve burn out is to rebuild yourself.

It is to rebuild a strong and powerful emotional base.

There is of course healing involved.

You need as well to shift key mind and habit patterns so that you respond to pressure in a different way.

Sometimes, it's all about learning to establish new boundaries and daring to say "No".

It is always about protecting your mind and personal space.

We are all interconnected with energy.

Sometimes you feel high.

Sometimes you feel drained or tired.

If you go through a burn out, it is the sign that you gave too much and run out of energy.

Your mind and life are a territory.

It is your role and task to defend that territory.

This requires an essential behavior shift: your life is number one.

The moment you "collapse", everything stops.

This is why it is your right to give yourself the priority.

You are the most important person in your life!

Anything which drains you is bad news.

Protect yourself!

How?

Dare to use your power and reject external unwanted pressures.

It is your basic human right to defend your territory.

So, do not respond to pressure.

Build up power and build reserves of energy.

That's the key.

Shift from passivity to warrior.

This is a battle and your mind is under attack.

Defend yourself!

Protect your mind and personal space.

Don't let anyone drain your energy.

Join forces

To solve a crisis you want to find new sources of power.

These sources of power have one basic role: protect your mind space.

Simple!

Where can you connect with new sources of power?

Inside yourself!

This is the first place where you will find extra resources of energy.

You have an infinite resource of energy in you in the form of instinctual powers.

This is what we call survival drive or conquering drive.

It is your ability to fight to defend yourself.

After years of education and conditioning, your natural connections with these sources of power tend to be overlapped or sent to sleep.

The idea is to wake them up again.

Wake up your power!

Wake up your survival instinct!

How?

By connecting with nature or challenging yourself.

Anything which involves physical activity will wake up a new set of resources in you.

Do some power training.

Pick up a challenging nature sport.

Stretch your limits.

It is instinctual.

It is the waking up of your fighting power.

Do whatever it takes to go beyond your present limits.

You want to reach out for new sources of energy.

You have them in you!

Find them!

Another way to connect with new sources of power is to join forces.

Literally, you create battle alliances.

Your mind is your territory.

You can reinforce your power by partnering with external forces.

Sharing strong mutual support with a partner for instance gives you an extra kick of energy.

You can get the same type of extra kick by talking with some friends or connecting with your family.

You can as well strengthen your power by gaining new skills and shifting your mind set.

For instance, the moment you design new boundaries, you'll naturally protect your space.

You might tell your boss: "Look I know this has to be done but I won't take work home tonight. It's 5 pm. I'm done for today."

You can design the same type of boundaries for yourself as well if you have your own business.

Your life is a subtle ecosystem of energies.

Your mind needs a basic amount of resources, power and harmony to survive.

This is the base of your emotional foundation.

The moment you cross a limit and run out of energy, it is your whole emotional foundation which gets challenged.

You simply run out of energy.

An extra external pressure kick might create an overload any time.

This is why it is essential to protect yourself.

You have a resource of power. It is your right to defend your territory. Use this power!

Suicidal thoughts

Destruction is part of nature.

When you pick up a suicidal thought, you respond to the destructive power of nature.

You take a destructive wave inside and create a self destructive pattern.

A suicidal thought is an attack on your life.

It is an attack on your mind which aims at one thing: Destroy your being.

Your life is your territory.

You have the power to defend yourself.

You have a survival drive in you.

The way to destroy a suicidal thought is to use your will power and connect with your survival drive.

When you have a suicidal thought, your mind interprets an external pressure and turns it into a self destructive pattern.

You see, it is a battle of forces.

It is battle for power.

Others or external forces tell you what to do, bully you or humiliate you.

You take their attack inside and turn it into a self destructive pattern.

The moment you do, you work for them.

You become a tool in their hands.

In fact you loose the battle by giving up your territory.

The truth is that your mind is yours!

Your life is yours!

No one can take it away from you.

It is your basic human right to be master of it.

It is your right to defend your territory and fight back.

Use your fighting instinct!

Defend your territory!

You are the master of your life.

You are the master of your mind.

Use your survival drive and do whatever it takes to stay alive!

Kick the suicidal thought out of your mind.

No one can manipulate your life.

Fight back!

Kick back!

Do whatever it takes to defend your territory.

Emotional abuse

This might come as a surprise to you but emotional abuse on men from their spouses is quite common.

It is still taboo in society because a man is supposed to have power and skills to defend himself.

There are very few support structures for these situations.

Males who are abused tend to be ashamed of their situation and never search for external help.

What is happening with emotional abuse?

It is again a battle for power and energy.

Emotional abuse is an attack on your mind and territory.

It can come from your partner in your relationship.

Emotional abuse is simply misbalanced fight.

It is a conflict where always the same loses.

If you are under attack, the best strategy is to defend yourself.

The first thing you need to defend is your mind space and personal space.

Abuse is an invasion of your privacy and goes against a basic human right.

To defend yourself, you want extra power.

It is again the same underlying dynamic.

You are under attack and you want to defend yourself.

What matters is your intention.

Once your intention is set, realize that there is an enemy.

Emotional abuse is not different from physical abuse.

It is a form of domestic violence which destroys your life.

The challenge when dealing with it is to separate love and power.

These two forces play together and you cross your natural limits in the name of love.

The first person you need to love is yourself!

By letting anyone abuse you, you kill your self esteem.

You destroy your dignity.

Do not let any one abuse you.

Your life was given to you as a gift.

You are given a basic survival instinct.

It is a protective power which gives you the right to preserve your life.

Go to battle and do whatever it takes to defend yourself.

It is your life!

It is your being!

It your right!

Defend yourself!

Got fired?

Job loss can be both one of the most traumatic experiences in your life or the best thing which ever happened to you.

The key power you need to wake up in this situation is your survival drive.

Your life and survival are in danger.

Your personal foundation is challenged.

Again, it is an attack on your stability and security.

Getting fired is a crisis.

In a crisis, you need short term solutions.

On the material base level, it is okay to respond by building temporary support structures.

A job loss creates extra pressure on your system.

This inner pressure that you feel is precisely your survival drive waking up.

It is the need to keep on going no matter what.

That's your instinct.

You have plenty of it you.

Keep your head clear and stay awake!

You are in a battle situation.

Design strategies to overcome the crisis and on the long term empower your personal foundation.

A crisis is like being in the middle of a storm.

Search deeper into your survival resources.

You have plenty of them.

Now is the time to wake them up and bring them to the surface.

Bankruptcy, financial crisis or professional challenges, all fall in the same category.

Your personal foundation is under attack.

Defend your territory.

Wake up your survival drive and do whatever it takes to stay master of your life.

You can lose big chunks of your territory, but the core of your being remains untouched.

That's your core.

That's your essence.

That's your being, your true identity.

What you lost in the battle is a temporary vehicle.

It can be a business, a property or other assets.

What matters is that you, in the core of your being are still there.

Do you realize that once everything would be gone around you, your spirit would still remain untouched.

There is an essence of life force in you which won't go anywhere.

It is in your body and in your mind.

This core is the key essence from where anything can start again.

This is your source of life force.

That's your original source of energy.

You always stay master of it.

No one can take it away from you.

Concentrate your power back and let go of what you lost.

No need to invest in a lost battle.

The moment your get fired you can fight for your rights.

Do of course what you can and then let go.

Put it this way: your past job is now in the past.

It is part of your past, not your future.

When a door closes, there is always a new one opening somewhere else.

Where is your open door?

If you stay focused in the past you might the new opportunities.

Let go and focus on what is in your future.

Go and find it!

Dare to let go!

Think out of the box!

Don't try to hold on something you no longer control.

Focus on what lies ahead, not what lies behind.

Free your energy

When you are still emotionally invested into your past, you drain your energy.

A crisis is a time to let go!

Let go of the past so that you can move into the future.

To clear your mind, you need to use your destructive power.

Destruction is a strong word.

Don't be scared of it.

Destruction is a natural part of your life cycle.

You can as well use a "softer" term: renewal.

Destructive or renewing power is your ability to create space.

This is the energy you need to clear your mind and move into your future.

When you move into your future you lift anchors.

You let go and disinvest yourself.

Your throw away old stuff and finish any unfinished business.

It is like getting ready to go to sea.

New adventures lie ahead of you.

You need your full power and energy to face the coming challenges.

Don't keep your mind half way.

If you go through a divorce, clear the traces of your past relationship.

If someone dies, create fresh space in your life.

If you get fired, keep only what is yours and throw away what might slow you down in the future.

You need openness, freedom and flexibility.

Use your destructive power to refresh your mind.

Use this positive refreshing tool and go for the windows of your future.

Renewal power is a natural instinct in your being.

It is the ability to move on.

It is the ability to clear your personal space, refresh your mind and gain full emotional freedom.

No attachment! No roots!

You have a reserve of fresh energy ready to be invested into your future.

A crisis is a battle between two sets of energies:

The crystallizing forces which want to hold you back and the renewal power which gives you the energy to recreate your life right now.

Renewal power gives you victory.

It gives you the strength to start again from scratch.

Why a crisis?

You might ask yourself: “why now?”, “Why me?”, “What did I do wrong?”.

A crisis is a battle.

Your life is under attack.

Basically, the destructive forces are at work.

It is as simple as that.

These forces might attack your marriage, your profession or other aspects of your life.

What matters is the dynamics involved.

The way to defend yourself is to work with these forces rather than against them.

You can't stop the renewal forces to express themselves.

When you feel the forces of change waking up, embrace them.

On this planet, they are as essential as water and air.

They work together with creative forces and generate the life and death cycle.

This means that everything in life is subjected to evolution and change.

A crisis is a period of change.

It is a key moment of transformation where new plans and directions are being designed.

A transition can feel like a crisis because elements in your life are being shifted.

Work with the forces of nature rather than against them.

When destructive powers are at work, you can either resist them, strengthen your personal base or you can let go and move on with them.

Sometimes, the wave of transformation is too strong and there is nothing you can do to stop it.

The way to go through a crisis is to work with the forces of nature rather than against them.

You can play with these forces.

Try resisting. Then try to go with the flow and feel what is better.

If you swim in a river, you can swim with the current or try to go upstream.

Depending on what you face, both strategies can work.

Experiment with both.

Use your survival drive and respond with your instinct.

A crisis is a wake up call

A crisis is a wake up call!

It is an attack on your comfort zone.

Your security is challenged by new events in your life.

It is a challenge life brings to you.

When you are under attack, you have always two alternatives:

- The first one is to reject the challenge, deny it or pretend it's not happening. Your being might want to run away from it but reality tells you otherwise. You might stay in this state of shock and forget to respond.
- The second one is to fight.

A challenge requires an essential mind shift. You need to shift from passive or comfortable to battle mood.

You want to shift gears

This is what makes the difference.

Awakening what?

Awakening extra energy and resources in you.

Your fighting power is a mind set.

You can sometimes forget about it.

This is an occasion to wake it up and use it.

Don't reject the challenge

“Why is this happening to me?”

If a part of you does not want to face the challenge you are in trouble.

Denial is a dangerous attitude which can make you waste precious time.

The alarm bells are ringing.

Listen!

Don't run away from it.

If you try to run away from it, the crisis will intensify until you truly listen.

Take a moment to breathe in and face the situation.

Stand with your two feet solidly on the ground and face the challenge.

You grow stronger and more powerful from it.

Wake up your conquering power!

A purpose gap is a motivation gap.

You miss goals.

Are you in this situation?

What can you do about it?

If all you see in and around is a landscape which bores you to death, you face what we call a purpose gap.

You lack fire, desire, direction and meaning.

It is quite common.

It can hit you hard.

It is usually triggered by other events.

The moment you are in it, what can you do about it?

Something is draining you!

You have a reserve of will power and energy in you but something does not let you reach it.

Life force flows in your being.

It flows in your actions.

It flows in your mind.

When you feel a purpose gap, none of the goals you see make sense.

What is missing is thrill and excitement.

What do you miss exactly?

A connection with your will power and conquering force.

Your conquering power is this intense desire to reach out beyond the limits of what you already know.

When you feel a purpose gap, it means that something is draining this fire out of your system.

It can be education, conditioning, family, work...

The fact is that your conquering drive is not being expressed.

Thrill and excitement are precious as gold.

Missing them is like missing the salt in your life.

Why do you miss fire and excitement?

Because something is taking it away from you.

It can be a mind set, negative past experiences, something which attacks your self esteem or personal base.

Imagine a city with no real fire.

Imagine your life without burning fire.

Excitement is a key quality.

You were born with a reserve of it. Everyone is.

What can stop it from freely flowing in your life is a negative mind set, something which diverts the free flow of life power in your life.

Maybe you were abused.

Maybe you feel drained.

Maybe you simply can't find this quality in you.

Fire is precious.

Fire is emotional fuel.

It is a quality worth fighting for.

If you don't feel it in your being right now, it is time to go and find it.

How? Wake up the passion!

The discovery of fire was one of the most incredible advances of humankind.

After that, tribes would fight for it.

Fire gives you power.

You have an infinite reserve of it inside of you.

It is in you waiting to be woken up and used.

Wake up your conquering drive and find it in you.

There is not a given technique.

The strategy you use is not what matters.

What matters is your desire to wake it up.

You see, this is a small tiny river of desire.

This is how it all starts.

Desire is something you can wake up and concentrate.

Don't suppress your desire. Give it space. Nurture it. Act on it!

Imagine this tiny growing flame.

You need to nurture it and blow on it to make it grow.

Your desire works in a similar way.

Use your will power.

It is your right.

Choose targets.

Choose goals you are excited about.

You might have given up on targets you feel excited about.

Why?

Don't!

See?

Take a tiny little stream of desire and make it grow.

It does not matter what it is.

Nurture it!

Feed it!

Use your conquering power. Wake up your senses.

Your desires are your emotional fuel.

What matters is what you want.

Excitement and thrill is a mind set.

Wake up this mind set in you.

Wake up your conquering drive!

Overcome isolation

Okay, isolation is a challenge!

Certain forces want to cut you off from the rest of the world.

Why is that? Because relationships and friends are a source of joy, pleasure and energy.

See it as a battle for power.

When you meet someone, you exchange life force.

When you have a chat, when you smile, when you shake hands, behind the movement, there is simply exchange of life force.

It is like electricity.

Life force circulates between two polarities.

Man-woman.

Friend-friend.

Love is an exchange of energy.

Sometimes it flows one way.

Sometimes two ways.

It can be between a father and his child.

It can be between a human being and a tree.

It can be a general sense of respect for nature.

You are exchanging life force with your environment 24 hours a day.

Can you see that?

If your environment is your own house and you are isolated in it, then the cycle is incomplete (that's unless you are happy with it).

Relating to your environment is part of your mind territory.

Relating to others is a source of energy.

It is like food for your being.

You give.

You receive.

Something magical happens.

It makes you happy.

If you feel isolated, it is time to use your conquering power and claim what is yours.

It is your right to relate to others.

It is your right to establish communication lines to others.

Isolation is a punishment. That's what you do to them when someone commits a crime.

You did not commit any crime. You simply tend to believe that "it" should just happen.

If you feel isolated it means one thing: your communication channels are not yet open.

Why not?

Because it takes courage and risk taking to open them.

The moment you relate to others, you open up.

You make yourself vulnerable.

What you need to relate to others is extra power.

First, extra power to protect yourself, protect your mind. Second, extra power to open up new channels.

When you pick up the phone and call someone, you open a channel. The moment you hear a voice on the other side, an exchange of life

force starts happening. This exchange of life force is like water on a dry land.

It is this exchange of life force which feeds you and the other person.

It is a win-win.

You can exchange life with anything: people, nature, the planet, a piece of art, the cosmos, knowledge, even a memory or an aspect of your mind.

Relating to others however has a very special quality to it.

An exchange with another human being is a unique experience which nurtures you in a special way.

You can as well relate to the “absolute”.

Some people spend years in a cave and never feel lonely.

Why is that?

They relate to the “absolute”.

Do you realize that there is a sea of consciousness all around the planet?

That’s what these mystics touch upon.

When they feel blessed out in apparent physical isolation, it is because they establish a connection with the “invisible”.

No matter what you want to relate to, it can sometimes take great determination to open new communication channels.

Exchange of life force!

This is what matters.

Life force is more precious than anything else on this planet.

This is the ultimate energy.

When you feel isolated, this is what is missing in your life: Exchange of life force.

To break through isolation, you need to open new communication channels in your life.

Use your conquering power and connect!

This is the real solution.

Passivity does not work.

Use your conquering power and establish new communication channels.

No matter what you want to relate to.

“Freezing” forces are at work.

This is your challenge.

These forces want to isolate you.

They want to separate you from your natural “feeding” sources.

These forces are the challenge.

They manifest themselves in the form of a friend who rejects you.

They are as well the 4 walls of your house which keep you from simply being outside in nature.

Can you see that? “Freezing” forces are at work all the time.

Your task is to use your conquering power to create new communication channels.

Imagine these early explorers discovering a new Pacific island.

Imagine the first step on the Moon.

Any step to reach out is a challenge.

Use your conquering power to open new channels in your life.

Establish fresh connections.

Wake up!

This is a battle.

Isolation is an attack on your “feeding” sources.

Your life force supplies are being cut.

Life force is precious and it is your basic human right to exchange life force with your environment.

Use your will power to establish new channels.

Open up new routes.

Once you establish a new connection, use your controlling and love power to strengthen this new channel.

Your address book is the symbol of that power.

A few phone numbers in it are the symbols of your controlling power. You don't control someone else's life, you control a connection. And so does the other person.

You own this connection and you consciously built it and nurture it in whatever way you feel is suitable.

You have control over this channel.

This means that you have the power to make the call.

Use this power.

The person on the other side has control as well.

They probably have your number as well.

This mutual control establishes the communication channel.

It crystallizes a link.

Two persons “own” such a channel.

Can you see how it works?

All you have to do then is activate this communication line and simply use it.

Make the call.

Use your conquering power to open up new life channels.

Dealing with pressure

Your life is your territory.

Your first goal is to protect that territory.

When someone pressures you, use your protective power.

Your life has a fence around it.

This is symbolically the limits of your mind.

This fence has openings or doorways.

This is how people reach you.

This is how you interact with your environment.

The door to your house is such an opening.

Someone can show up and want to come in.

It is your right to defend your territory.

Use this power. It is called preserving power.

When someone has demands on you, be aware of what is happening.

It is an attack on your being.

Sometimes, these demands are justified.

Someone might say: "Look, we had a deal. I want you to respect our agreement".

If you have an angry client showing up at your office, you might say:

"Look, I value your feed back and would love to hear what you want to say. However, I cannot speak with you right now. Please, speak with my personal assistant. She will schedule a suitable time in the next couple of days. I guarantee you that we will take time to look into it within 48 hours."

What happened here? It is called stress management. You took a pressure and “packaged” it in a way you can handle.

The result is win-win.

The client will be happy.

You will be happy of providing great service.

Your work space stays protected.

You dealt with pressure in a wise way.

Everyone wins, right?

Your office, house or mind are all aspects of your personal space.

It is okay to switch on the answering machine if you don't want to be disturbed.

It is okay to take off on holidays and set up an auto responder message on your email.

It is your right to protect your personal space.

Use that right!

If you don't have the skills to deal with pressure, learn those skills.

They are called stress management skills or effectiveness skills.

What are these skills?

They are defense strategies which help you protect your personal space.

The result?

Everyone wins!

Can you see that?

If you feel overwhelmed, divide the challenge in small parts you can handle.

One at a time.

Suppose for instance, you feel pressured at home and at work.

Design strategies to deal with both.

One at a time.

It normally takes a week to establish a new behavior and about a month to fully ground it in your existence.

Multiple pressures are multiple attacks on your personal space.

Do what it takes and discover new strategies to deal with such pressures effectively.

Too high expectations

Sometimes you commit an essential mistake: expecting too much.

There are certain aspects of life and existence you can't control.

Your territory has limits.

Anything beyond that territory is out of reach.

An expectation is like a demand you put on destiny.

It is the desire to control the outcome and get a given result.

When you have high expectations, you invest yourself emotionally.

Desire is energy!

Suppose you go on a date with a woman.

You never met her before.

You chat a couple of times online and decide to meet.

You know close to nothing about this girl.

However, your mind is already galloping into wishes, desires, and potentials for the future.

You are building up expectations.

It is like a wild stallion getting out of control.

You invest yourself emotionally.

It is an emotional "bet"!

Suppose reality does not match your expectations.

For instance, she already has a boy friend.

Your "dream" collapses.

You can fall from high, right?

Why would you fall from high?

Because you expected too much.

You invested too much too soon.

Emotional fuel is a precious energy in you.

It is the energy of your desires.

When you invest yourself in a project, you can get back pleasure and satisfaction from it.

You get this pleasure back the moment you win or succeed.

However, if you don't succeed, you crash.

The more you invested, the more you crash.

If you play the roulette, you can bet everything on one number.

It is a one time win or loose.

When you invest too much, that's what you do.

Wisdom shows you another path: take smaller steps and invest less at a time.

If there is a positive response, invest more.

What is this? It is a battle strategy.

Your life is a territory.

Emotional fuel is a source of energy.

It is an essence which feeds your existence.

How to minimize your risk?

Invest more on what you can control and less in what is out of your hands.

Let go of what you can't control

Suppose you get upset about something happening on the other side of the planet.

You can stay within this frustrated state of mind and get extremely drained because of it.

Take this example: your partner takes off on a trip and has an affair on the other side of the world.

Can you change that?

You can't, right?

It is happening.

What can you do about it?

Nothing! It is beyond your control.

What will you do then?

You might reach to your wallet, take this picture of her and tear it up.

When you tear up her picture, you emotionally disinvest from her.

You were emotionally invested in her.

You tear up her picture. You disinvest.

In fact you gain back control over your territory.

You send a clear message by doing that: "I get her out of my mind".

This is what you do, right?

You tear up her picture and by doing that, you symbolically remove the power she had over your life.

You will of course first test it out.

You will find out what is truly happening.

If she confirms the “message” by saying she wants to break up, you’ll go ahead and do it: clear the traces of her presence in your life.

The moment you do, you’ll feel relieved.

You let go and get your full power back by tearing up her picture.

You claim back your own independence and total freedom.

The power you had over the relationship is gone.

You decide to let go and free yourself from it.

Can you see how it works?

Don't know which direction to go?

Choices?

Simply not knowing where to go or what lies ahead?

This is a purpose gap, right?

You can feel bored. You can feel like something needs to happen but don't know where to start.

The first step is to sit back and relax.

No need to run right now.

Simply take a moment to calm down and accept the situation.

There is no road ahead but you are still somewhere: Here and now!

Next step?

Connect with your destiny.

Your destiny is not a rigid set of future events.

It is an architecture of lines and life potentials.

It is a map of your opportunities and possible directions.

It is a complex and intelligent reality.

It is a changing organism which evolves daily.

This is your destiny line.

It is a free plan.

When you don't see what comes next, what is missing is a stronger connection with that aspect of your being.

Your destiny line exists.

The fact that you don't see it does not mean that it doesn't exist.

The question is: How do you access it?

Imagine having a secret drawer in your mind.

Your destiny line is an inner plan.

It is an inner vision.

It is a path of evolution.

Vision is power.

If you are tired of waiting, use your will power and determination.

Sometimes events in your life unfold.

It is as if life was opening doors for you.

If this is not happening right now, what you need is extra will power and determination.

Light up fires in your destiny and start taking small steps.

You are in a territory.

That's your present comfort zone.

The moment you look around and can't see an open door, it's time to design the doors yourself.

If you are in a dense tropical forest and there is no path, you have to open the way yourself.

Your destiny needs an extra kick. You are the one who can give yourself this extra kick.

How?

By taking small steps in many directions.

Before you decide for your destination, you need to test the waters.

If you don't know whether to travel North or South, the best is to make a short move South, then make a short move North, step back and see how it feels.

Opening your destiny line is like clearing a path in this tropical forest.

Society tends to take care of you for a long time.

Parents, education, social system can care for you during many years.

This creates a transfer of will power.

You simply go through doors which are opened for you.

You get used of simply being carried forward by other person's or system's will power.

If these driving forces are now gone, you need now to make your own choices.

It is more than that!

It is about "digging" your own destiny on this planet.

You own your will power.

You act and create out of your own desire.

Imagine a river flowing towards the sea.

When the stream reaches the plain, water can get stacked in a river bend.

It can even get blocked by a small hill and stop flowing.

It will create a pond or a small lake.

The water level will start rising until it opens a new channel towards the sea.

Your destiny works in the same way.

If you feel your life is not flowing anywhere, use your will power and destroy resistance.

No soft approach here.

If you want to flow further, use your conquering power and break through resistance.

Wake up your conquering power.

Create new openings!

Design new pathways through the forest.

There is a power in you: it is called creative power.

If life simply stops, it is time to design your own destiny line.

How? Use your instinct and respond to your first desire.

Follow up! Act on it and move on to the next impulsion.

Evolution is an instinctual move. The basic fuel is need and desire.

Dare and take risks.

Your comfort zone is your real limitation. That's what you want to break through.

Your conquering drive is a desire to reach new territories. Your creative power is this original impulsion which gives birth to new projects.

Sometimes, you are in the "planning mood". Take time to envision your future and design a strategy or plan of action.

Existence is a territory you can conquer.

Wake up your conquering power and create your destiny. You are the designer of your existence.

After that? Take action!

Action is what makes a difference.

If you simply keep on thinking about it, it won't happen.

You need to take steps.

Challenge yourself.

This is always a step beyond your comfort zone; no matter what action you take.

Destiny is first a plan or vision before it becomes a reality.

What makes it real is the fact that it is manifested by you.

You bring it into existence by taking action.

Work on it!

Design a plan you feel excited about.

Write down the ideas which come to your mind.

This becomes your strategy for the future.

As soon as you can, start acting on it and taking real steps.

Your strategy

Imagine going to battle without a strategy.

You can have infinite resources. Unless you use them wisely, it is all for nothing.

A river won't break a stone wall.

To manifest your destiny line you need extra will power, determination and effective strategies.

How do you design a strategy?

You can sit in front of your desk for two years in an "abstract" world.

It won't work.

The way you learn is by trial and error.

Test your ideas.

Test them often.

If you have a plan, do a reality check!

Take small steps and learn by trying.

Experience is what matters.

You need to try and experiment.

A strategy is not an abstract plan disconnected from reality.

A strategy is a design you create on the field by trying and experimenting.

You take small steps and learn from your experiences.

An experience becomes a mistake only if you keep repeating it without learning from it.

Can you see how it works?

The dynamics of your crisis

Your crisis happens because the challenge and the goal are gone.

If you just broke up with your partner, it is a whole side of your life which is gone.

The moment this happens, your relationship goals collapse and you end up in an emotional no man's land where the vision you had is no longer valid.

If you want to reawake your passion, you need to find new life targets.

It could be a new relationship or other life goals in which you invest for a while.

If you get fired, it is the same dynamics.

You loose your job and with it, you loose part of the vision for your life as well.

The targets you had simply collapse.

It is your whole emotional investment into that professional position which needs to be reinvested somewhere else..

What you miss is the energy associated with your goal.

If you face a crisis of meaning, it means that your past goals are no longer valid, or that you need new targets.

The need to conquer

The need to conquer a territory is a natural human need.

As a guy, you need challenges.

The moment challenges are gone, you miss the fire and intensity.

Suppose you are 35 and you miss excitement and thrill.

It is probably because the targets you used to be focused on are no longer valid.

Suppose you have a family and a decent business.

Things run relatively well for you.

You realize however that you reached most of your life targets.

There seems to be no new territory to conquer.

You need new goals and new life challenges to stay emotionally awake.

You can choose "fake" challenges.

You can choose material goals.

You can decide to wake up your seduction skills or start your own business.

You can as well go into a "deeper" crisis and search for profound meaning to your existence.

This is the inner quest, right?

This inner exploration will usually lead you to understanding better the way your mind and spirit work.

A crisis is always a starting point.

It is the end of a cycle and the beginning of a new one.

The real question is: What is truly worth aiming for?

Right now, what is your most significant life target?

Dare to believe in yourself!

Dare to trust you instincts!

Wake up your fighting spirit, and aim for your number one target!

Should you leave your wife?

Of course not.

A midlife crisis is not a reason good enough to drop it all.

What you want right now is to maintain the structures which sustain your life and at the same time create space to invite fresh energy and inspiration in your existence.

Your relationship is not the cause of what happens now.

The love you share with your wife is not a limiting element.

If you need space, create it within your relationship first.

You can take some distance, but there is most of the times, no need to go all the way to a break up.

You need some space?

Fine!

Take it!

Your wife does not understand?

Then tell her what is happening and exactly what you need to get your power back.

You need to do some educating around with your family and friends.

No need to be alarmed.

Say something like: "Something is happening to me and I want to understand what it is. I will need some space to figure what is happening. Give me a couple of months and trust that I will do what feels right."

Sure, your crisis will impact on those around you.

Teach them how to give you the space you need.

If they don't get the message, you feel like you could explode, right?

Why is that?

Because something is waking up in you and you have to listen to it.

Now, this means change!

It means change for everyone involved.

Who wants change?

No one!

Your wife, family and friends tend to be very happy with the way things are.

Continuity gives them a feeling of security.

Continuity is comfortable.

When you wake up in the morning, you know what you will see when you open your eyes.

This is usually what people crave to.

When you face a midlife crisis and new energies wake up, everyone gets scared.

They think:

"Gosh! Where is this taking us?"

This is what your wife thinks when she sees in you something she does not understand.

Your role is to reassure her and teach her how to be your best friend and a true life partner in this.

You have new needs?

No problem!

Find out what they are and make sure those around you understand them.

You are first a man before being a parent or a husband.

If your male hood is calling, it is wise to listen to it.

At any price?

Not exactly.

You want to focus on win-win for all those involved.

This is not about your wife losing something.

It is about both you evolving to something bigger and better.

If you gain confidence, power and know more about yourself, everyone benefits from it.

So, again, if you need space, take it but don't quit.

At least not yet.

Is this about the sport's car?

No, it isn't!

What's happening is much deeper than that.

A sport's car is just the way your mind interprets the quest for more power.

When you drive a sports car, you feel in control and you sit on a xxxx horse power engine.

This is how you want to feel in life!

You want it to take off, fly, be thrilling, exciting and challenging!

Why?

Because your fighting spirit is waking up!

Life tends to become too comfortable after a while.

Specially if you took now the father or husband role and this became the center of your life.

What about the conqueror, the hunter, the challenger or the passionate lover?

There are so many aspects of your being which need channels of expression.

The fact that you just passed the 40's milestone does not mean that you have to give up on these "fire values".

It means that you need to find new ways of expressing your power and feeling totally thrilled by what you experience daily.

What gives you thrill is exciting targets.

Your mind is looking for new targets!

Find out what they truly are!

I encourage you to look beyond the limits of material satisfaction or sexual performance (even though they definitely can be part of the story 😊)

Going Viagra???

Same story here!

Nothing wrong with wanting your wife to scream wildly your name while having sex.

You can enhance your sexual experience any time.

Is a pill the answer?

I have no idea because I never tried.

In my opinion though, I would rather tap into other inner sources of power, stay healthy and exercise.

The first step is to develop a healthy life style.

The second step is to empower the connection with your partner.

If this is not enough and you really suffer from some erectile dysfunction, treat it like any other form of physical limitation.

Consult a GP and work with a specialist in that field.

There are plenty of resources online.

Do some research on this topic and get some true expert advice before you take a step.

Testosterone, please!

Sure! Hormonal changes are part of the story.

As your body and mind grow, the natural testosterone needs decrease progressively.

It is a natural aspect of your evolution.

Looking for new challenges is the way you respond to this situation.

You might feel a light power or purpose gap on the hormonal side and your natural reaction is to wake up energy and thrill by setting up new goals.

Good on you! Way to go!

It works!

When you challenge yourself and set up new life targets, you feel your life being renewed and empowered instantly.

You shift your mind set and stop looking at this from a clinical perspective.

Does this mean that you must not look for help from a therapist if you feel depressed?

Not at all!

It is your choice and everything is available.

If the “clinical” or “healing” approach is not for you, you can definitely access a new way of looking at it.

Yes! I do encourage you to seek and access new challenges.

Wake up new resources inside and outside of you.

Make sure that neither you nor those who love you get physically hurt, but do respond to this inner call.

Responding to a challenge makes you feel alive!

It calls in you a whole new stream of life force which makes you feel awake, alive and empowered on the spot.

Responding to a challenge is not self medication! (term sometimes used in psychotherapy)

You respond to challenges and set up new thrilling life targets because you know that this is the way you feel alive.

Your level of testosterone might drop naturally.

Nothing to worry about!

Feel a light testosterone gap?

Get a kick through an adrenaline rush.

We won't go into an organic discussion of what happens in your body.

I do believe though that your instincts do know many answers and part you knows where to find and how to manifest the qualities you are looking for in your life.

Your can effectively access new sources of inner power and energy and connect with profound instinctual resources which are the core of your being.

You heard that before: "It's all in the mind!"

Of course the way you feel in your body has a definite impact on your life.

If you feel like you need a power kick, nothing wrong with aiming to some power building and getting your extra energy rush that way.

Taking the victim role is disempowering.

It does put you down!

The power ideas in this e-book are simply here to give you another alternative: you are a winner!

Yes! It is thrilling to wake up your conquering power!

Yes! Waking up some new life targets is exciting and will probably give you exactly what you need!

“The awakening” – Any chance of it happening soon?

That’s what your wife and your loved one’s might be waiting for:

“When will you be back?”

A midlife crisis is a transition.

What is on the other side?

No idea!

It sure could be related with hormonal changes and some form of chemical reaction in the body.

It is vastly accepted that a midlife crisis can last from a few months to a whole decade.

It is more than just an organic reaction.

This readjustment happens on the mind level as well.

When you are in the middle of it, it’s like looking for the solution to a mathematical equation.

You look for a way for your life to stream forward.

When you find it, it is like waking up to a new reality.

Some men describe this as being on the “other side”.

It is like being reborn in a new reality.

It might be the clearing of the storm.

If people around you get impatient and want to know when you will be done with it, simply say that you don’t know.

I believe that your life has its own rhythm associated with much more than a simple organic process.

You have a destiny line!

Your life is an intelligent force which grows and expands in its own unique way.

You feel a call!

You want to respond to it!

It is empowering and it is your right to do so.

Andropause?

Andropause or male menopause?

Check this link for more on this topic:

<http://en.wikipedia.org/wiki/Andropause>

There are many concepts associated with the idea of midlife crisis.

In the medical profession, it is often assumed that andropause or male menopause and midlife crisis are just one thing.

In other terms a midlife crisis is often associated with a biochemical imbalance.

Of course midlife crisis and biochemical changes are probably interlinked.

However, I believe it would be a mistake to limit a midlife crisis to an organic process.

It is a bit like saying that the human being is only a sum of biochemical reactions.

Of course, I feel there is more.

What do you think?

There is another trend which does associate andropause with male depression.

Same story here.

If you feel that it is medical help you need, trust your instinct and seek what you need.

Is it okay to be aggressive?

Yes, it is!

I know this might surprise you but in the field of competition, it is okay to be aggressive.

Being aggressive does not mean that you attack someone.

It means that you aim for your target with determination.

Anger, aggressiveness and determination are all battle strategies.

They are emotional reactions which respond to the need to break through.

If your life is blocked or stacked, it is okay to do whatever it takes to break through the walls.

Imagine any sport.

What do you see?

Determination, conquering drive.

You fight to win.

Use the same forces with personal challenges.

Do what it takes to break through using all the resources you have.

Dare to do it.

It is okay to step over your present limits and do what it takes to open those doors.

I know the moment you decide to go for it, nothing can stop you.

You concentrate your power and energy.

You bring focus and determination to your actions.

Finding your unique goals is an inner quest.

You can sit back and wait for them to wake up in you or you can take definite steps to move forward and break through.

The real force you want to connect to is your own spirit.

It is yourself.

It is the core of your being.

It is your life force, your life power.

Once you wake up to it, it is the very core of your being which is strengthened.

It is like finding your gravity center.

Can you feel it?

What's next?

There is a way to multiply the power kick you got from this e-book!

It is simple and direct!

Within less than an hour, you could be talking live with me.

All these strategies are powerful.

Now, sometimes, you do want the extra live support which gives you a save space to share your story and a clear set of strategies.

I can give you both and I am always excited to help you recover your full emotional freedom.

I made it very simple for you to get targeted help so that we can focus instantly on what matters most:

Getting your full life and power back!

How does it work?

It is very simple. Follow this link:

<http://vitalcoaching.com/coaching.htm>

And sign up for one or more sessions.

I'll get back to you straight away and if I am online you can get instant support via phone, chat or email (you choose!).

You are on the right track! You took a first step by getting this e-book.

I applaud you for deciding to take back your life in your hands.

Way to go! I like that!

I thank you for your trust!

Now, if you want to speed up even more your recovery process, and get back on track in no time, contact me straight away!

www.vitalcoaching.com

This is about personal power and life satisfaction.

It is not therapy!

I am here to give you a direct power kick.

Because of my experience, I can tell you exactly what works and what doesn't.

What more will you get from a 30 min coaching session?

Live techniques, support, a safe space to share your story, targeted feed back on your unique situation, etc.

Live techniques! I do transmit extra techniques live in coaching sessions.

These techniques are power building techniques which strengthen your emotional foundation.

Because of the nature of these techniques, I can't transmit them in this e-book.

We need to go live for that.

This e-book gives you mind sets and fresh perspectives.

Now, sometimes you have 5 free minutes in your day and you want to connect with your power base.

In just 5 minutes a day, you can radically shift the way your mind functions and the way you feel inside.

These techniques drastically shift your power base and reconnect you with your natural instinctual sources of power.

I can transmit you one or more of these techniques instantly by phone.

You are on the right track:

<http://vitalcoaching.com/coaching.htm>

Francisco

www.vitalcoaching.com

Conclusion

I hope you enjoyed this material!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

www.vitalcoaching.com.

To your power

Francisco Bujan