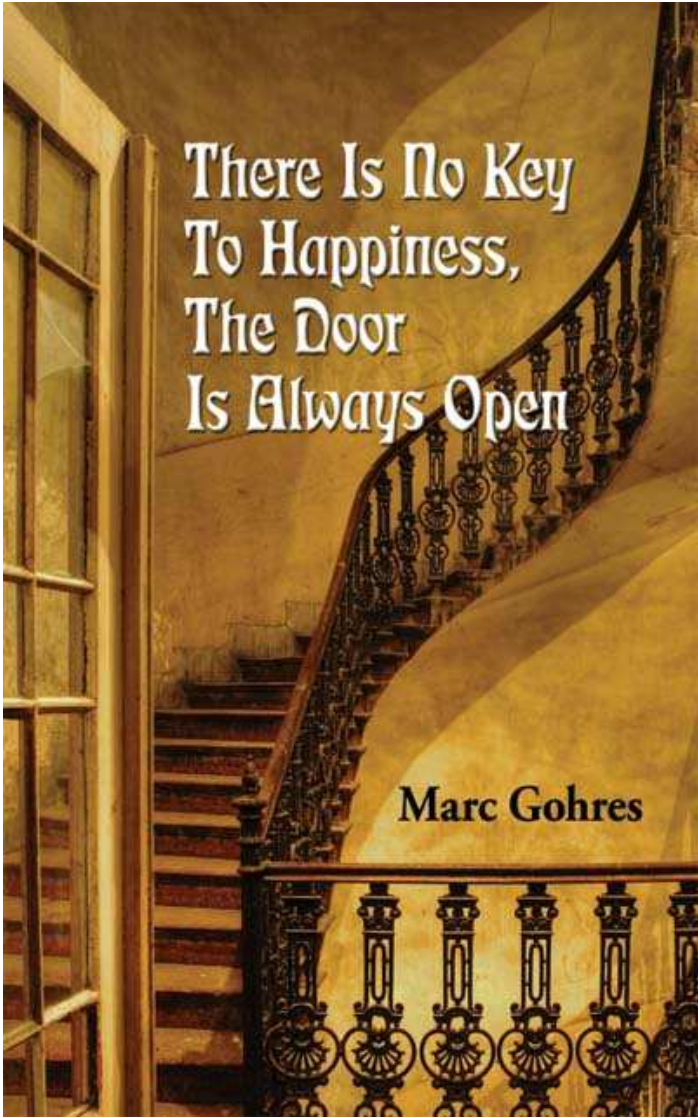




There Is No Key
To Happiness,
The Door
Is Always Open

Marc Gohres

Bloomington, IN



Milton Keynes, UK

AuthorHouse™

1663 Liberty Drive, Suite 200

Bloomington, IN 47403

www.authorhouse.com

Phone: 1-800-839-8640

AuthorHouse™ UK Ltd.

500 Avebury Boulevard

Central Milton Keynes, MK9 2BE

www.authorhouse.co.uk

Phone: 08001974150

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***FREE PREVIEW OF FIRST THREE PAGES
OF CHAPTER THREE***

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Chapter 3— LOVE YOURSELF

When you look in the mirror, do you like what you see? If you do, then you have learned to accept who you are and that is an extraordinary feeling isn't it? It is only by being able to love yourself that you are able to love others. So many people bring themselves down with the miserable pain and effort of trying to be something they are not.

Why would I want to do that and who is it I'm trying to impress anyway? I accepted who I am. I have accepted myself and my flaws, my physical appearance, my personality, my opinions, and my tastes because they are what they are supposed to be. ME! I am an intricate part of this world and it is with that acceptance of myself for who I am that I can also accept that I can improve anything about myself that I choose.

It took me a long time to figure out how important this is. In my younger years I was a

“people pleaser”. I thought I had to please everybody and be liked by all. I cannot begin to tell you what a monumental task that is because it is impossible. I could never please everybody and no matter how hard I tried there was always people that did not care for my company. I took it personal, a BIG mistake! That is just the way it is and is what makes the world such an interesting and dynamic environment. That is why it is so important to love yourself for who you are and not try to be something you not.

There is a universal duality to everything, for black there is white, left to right, man to woman, happy to sad, night to day. It is with this duplicity that I am here to tell you that for every person that dislikes me, there is another person who does. I dismiss trying to gain the approval of someone who does not care for my company and focus on improving or creating relationships with those who do.

There was another impossible attribute that I imposed on myself in prior years, and I still catch myself doing it occasionally. It took me a long time to not only realize I was doing it, but to give it a title. Perfectionism. I always had to be perfect at whatever it was I set out to do. The problem with that is humans are far from perfect and we make mistakes all the time. I used to be so hard

on myself and would take everything so personal if I failed or made a mistake.

I was my own worst nightmare because I was attempting to do the impossible. It is a fact that nobody can be good at everything and if we all were perfect, what a boring planet this would be to live on. We were all given special gifts and it is in utilizing and practicing those gifts where I have found great satisfaction. I have since reinforced to myself the truism that mistakes are human. I am going to make mistakes, bad judgments and will do poorly at certain things throughout my entire life.

I can accept that and be at peace with that because I do other things very well. I learn from my mistakes and through the course of failures I have found many things that I excel at. It is a beautiful gift that you receive when you accept yourself and your faults. It frees you from that impossibility of being perfect.

There is another self-destructing behavior that will go along the lines of people pleasing and perfectionism, self-judgment. We all have this little voice in our heads that judges everything we do and has to rationalize every action. That sounds a lot like perfectionism, doesn't it? So what if I screwed up? If it was an honest mistake and I made my best attempt at it, consider just