

Preface

Hi! My name is Jack. It's nice to meet you! You're probably wondering how a young guy like me could already know so much about life. Well, the truth is, I'm not a professional. I am simply just a guy who was down on his luck for many years and suffered through some major hardships that might be similar to yours, but through those hardships, I've gained a lot of insight and knowledge. My entire life, I have dealt with all kinds of abuse and neglect, battled a series of mental illnesses, and lived in fear. I suffered in silence, and spent lots of time feeling like I was worthless and unloved because of the way most people treated me. Because of this, I was completely destroyed as a person in almost every way possible, and I tried all kinds of different methods to fix myself; some worked and some didn't.

However, after about twenty years of darkness, I have found the light, and I am on a journey towards that light. It is the light of happiness and success in life, and I invite you and anyone you may know to join me on this magnificent journey, as we are stronger together.

The journey through life is quite an interesting one; a rather bumpy road in the beginning that may lead to either darker and bumpier roads, or a very broad and bright horizon where anything is possible. It all depends on the path you choose and the choices you make. Through our struggles, we have the potential to live and learn. Many people say that life is hard, life is stressful, or life just sucks, but the truth is life is what you make it. Your hardships will either make you or break you. It's all up to you. Just know that no matter what cards you're dealt in life, you can always use what you have to find the winning strategy.

Our struggles in life can help make us stronger and smarter as we work through them; they can even lead us to more positive outcomes. Although I had major struggles, they lead me to some amazing people who have shared some incredible wisdom. Many of these people were friends,

teachers, professors, mentors, therapists, and other experts. Based on what I've learned from these wise individuals, I spent years being open-minded and trying new things, trying to figure out why I wasn't healing properly, even trying things I never thought I'd ever try before. After years of self-loathing, suicide attempts, failed relationships, binge-drinking, and being stuck in places where I didn't want to be, things started to change for me. I began seeking professional help, confronting my demons, spending time in psychiatric hospitals, attending partial hospital programs, working with different experts, trial and error experiments, and ultimately, figuring a lot of it out on my own.

My mission is to make your life easier, by sharing what I've learned, along with my many theories, techniques, and my step-by-step methods that have worked for me, and can work for you too. I have a vision of a better, safer, and more positive society where struggles are only temporary; we can't avoid struggles altogether, but we can learn to work through them early on to get to where we want to be in life. I'm not looking to create weaker human beings; I'm looking to put emphasis on the strength in numbers aspect to strengthen communities and society as a whole. If we all learned to come together and help each other, don't you think the world would be a much better place?

Unfortunately, I cannot do it alone; I'm going to need your help, and the help of as many people as possible. Help me help you, and help society. We can all make a difference if we collaborate. Are you willing to do whatever it takes to build the life you want and deserve? Well, if you already picked up my book and started reading, you're off to a great start! Now, let me guide you on the adventure ahead, as I welcome you on my journey to true happiness and success in life. We're thrilled to have you. Follow me!