

Stephan Szugat

Feel Great:

***It's
Your
Decision!***

How To Change Your Feelings
By Deciding How YOU Like To Feel

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Introduction

What You Could Get from This Book

This book is about How and Why to get into High Energy yourself to feel great.

Of course this book will also tell you how to STAY in High Energy as well as the Downsides of it and the Benefits it has for you and others.

It is not about Positive Thinking, not about Motivation or Mindfulness. Even not Meditation or Mindset.

Furthermore this book has nothing to do with Esoteric or out of this World ideas. Not at all. It is based on my own experiences.

And even though you do not know me yet, you could trust me that I do not like these crazy up in the sky stuff as well as these “You can make it too”-Blabla.

I have been with many motivational events in the past, where they told everyone to dance around and clap hands because you are the greatest.

A few days out of the event and you are back to “normal life”. I guess you know what I mean. You get supercharged on these events, but no one tells you how to keep up your high energy.

Especially when the next bad thing happens or even when nothing happens for a longer period of time.

Though, I was always looking for something more sustainable. Interestingly, when you observe yourself and try many different things you find out much more than others could tell you about yourself.

It is all about how to manage your energy – and as a result, you might also positively influence the energy of people around you.

Okay, we will look into Self-Awareness which is also a thing you do with Mindfulness and other approaches. Yet, you still focus on energy using the exercises in this book.

Oh, I did not mention that so far, yes, there are exercises in this book. And it is a very good idea to do these exercises again and again.

Don't worry, they are easy and only need a little bit of your time.

You might be done with an exercise in less than a minute, but you could even take much more time for it, if you enjoy it.

Therefore the exercises are not time-intensive. That is because I do not like time-intensive things either.

Furthermore, it is easy to integrate the exercises into your daily life.

However, you will find out that it is a good idea to increase your awareness about your feelings and thoughts.

Self-Awareness is one of many approaches. It is totally up to you which approach you chose. Choose an approach that resonates with you. One which you feel comfortable with.

With staying in High Energy you are going beyond Positive Thinking or changing your Mindset.

Last but not least, you may find out that I repeat things here and there. This is not an accident, this is by purpose.

And it is not to fill up this book, it is about to remind you. We learn by repetition. You learned to walk by repetition.

Anything you ever learned was by repetition. You repeat things again and again until you experience “Ah-Ha, now I got it”. It’s the same with the topic of this book.

Here is a quick summary of what you could get from this book:

- » How to get into High Energy
- » How to stay in High Energy
- » Exercises to do the above

What Is In It For You?

As already mentioned there are simple methods for you to lift yourself up.

But most important are the benefits you could reap for yourself and others. Why for others? Why not? I explain it in a moment.

First, let's see what is in it for you personally. Here "personally" means all areas of your life. You could not improve one area of your life without benefiting other areas as well.

You may end up with more clarity about what is happening inside of you. That's not all. You may gain more clarity about what you want from your life.

Which in turn could lead to better decision making. You could also gain more clarity about your relationships. Or even improve your relationships.

And of course, you will feel more powerful or even empowered.

There is a chance that you may know some of the concepts I describe in this book. But maybe the context in which I present it to you will be new or different for you.

Though, hopefully, you gain insights into the interconnections that we all have to each other as well

as the psycho-physical interconnections within us.

That brings me back to the benefits for others. Well, it might be that other people benefit when your energy gets higher and higher as well.

How could this be? You feel better, therefore you may act more loving, more polite, more peaceful. And much more.

That is a gain for others as it is easier to get along with you. That does not mean others are allowed to walk over you.

Your relationships may get better, which is a benefit for everyone you have a relationship with. And that could be an awful lot of people.

That is great. Imagine everyone loves to be around you and/or likes to do business with you. I agree that is a nice picture, but it might not happen.

There will always be people which may not like you. It's okay, we do not need to like everyone and we do not need to please everyone.

Accepting this truth helps your relationships too. Wanting to be everyone's cup of tea is an unreachable goal. Others might be more okay with you when your energy is high.

But that is not the point here. It's not about making you being loved. It's all about making you aware of

the tremendous power and energy that is inside of you.

Don't believe me? Check it out for yourself.

Though, what is in it for You? Or differently said, what are the benefits you could get from this book:

- » gain clarity of what is happening inside of yourself
- » gain clarity about which decisions to make (better decision making in business and life)
- » feel better for yourself (happier, more confident)
- » improve relationships with others
- » more freedom for yourself and others
- » simple methods to increase your energy level
- » recognizing how much energy you have to achieve your goals.

What You Won't Find In This Book

This book is not about scientific proof. Therefore I will not provide any proof by mentioning any kind of studies.

That is because there are so many studies out there, which may prove my point of view and others that may not. Thus studies are a good option for discussion and going even deeper into the topic if you are interested.

However, for me it is more important to help you to experience what this book is about. Studies would help you to intellectually know what I'm talking about.

But your own experience is much more important. Also your own experience brings you the true knowledge which goes beyond intellectual knowledge.

The best way to prove things to yourself is to allow yourself to experience them.

In case you are interested in more background research – into what I am calling 'high energy' - feel free to search the internet. You will find many interesting studies.

Another thing you won't find in this book is a secret or a quick tip. This is because there are no secrets

about the topics covered in this book.

There are different approaches to high energy. But a quick tip or quick way to do it, is not there either.

You have to do things more often to see results. That of course does not mean things are going to be hard. They might seem hard to do, but you could do it anyway as the methods I show you are simple.

Yet, you have to do it yourself. You have to use the methods described in this book. No one else can do it for you.

To summarize what is not in this book:

- » reference to any scientific studies
- » no secrets or quick tips
- » information about any kind of shortcuts

A Little Bit About Myself

In my life I have gone through a lot of pain for not being good enough, not being successful enough, not having the life I wanted to live, being angry, being ashamed, being offended by whatever people said.

I guess this may sound familiar to you as many people have kind of similar experiences in life.

Yet, the Methods and Techniques I share with you in this book, helped me gain insights, which have helped me get through all these emotions and setbacks.

All I tell you in this book is from my own experience.

However, this book is not about me, it is about your experience. That's the most important lesson I learned in my life. If you experience it, you know it.

Otherwise it is nice that you know, what I have gone through, but how is that helping you to find your own answers, your own energy source? It only helps you as I could direct you to where you could find it.

Therefore I keep the story about myself very short.

I got into Self-Improvement and Positive Thinking when I was about 17 years young. Since then I have tried and used many different methods, finding out that most of them are just too tedious or time-consuming to apply every day.

Back then there was no one talking about getting or staying in High Energy. Everything was all about Self-Improvement - meaning to change yourself to be a better person.

It was mostly about thinking in a different way. Honestly, that takes a lot of energy. Most of the thoughts we have every day are negative. Just check it out for yourself by observing your thoughts.

In the years I started it was more of an esoteric movement. However, there have been lots of approaches that had been based on science already, but extremely hard to integrate into your daily life.

Fast forward, during the last 19 years I had been working as a Business Management Consultant especially for Finance and Accounting which gave me many opportunities to talk to Entrepreneurs, Business Owners and Executives and recognizing how important it is for them to have easy and effective tools.

Not that you need to be someone like them. No, what applies to these people, applies to every one of us.

No one likes to spend much time changing things. Me neither. Unknowingly I was searching all the time to find something simple and easy to implement in my daily life.

Whenever someone was interested I might have given some tips on what they could do for themselves. This

way I always had a reason to continue my search.

For me being solution-focused is key. What I learned during my life and watching the lives of others is, that there is a solution to any problem/issue, if you are willing to look for it and use it.

It might take a while for you to find/see the solution, but it is available. Maybe not right now. Keep going until you have it.

That should be enough self talk, let's get you to experience higher energy. Let's go.

My story in bullet points:

- » have had tough times as all humans.
- » started with Positive Thinking and other Approaches at the age of 17.
- » most interested in simple approaches which are easy to implement into daily life.
- » being solution-focused.
- » always willing to learn.