

Self-Help Is NOT ENTERTAINMENT

by Charles Burke

This Action Living Report Is
Brought to You by Wellington Tan
and www.Attracting-Prosperity.com

Redistribute this Report... Info on Last Page – [click here](#)

Self-Help Is NOT ENTERTAINMENT

An Action Living Report
from
Charles Burke

Jonathan was an expert on personal growth.

He owned half the books ever written on motivation and self help. In addition, he had entire bookshelves filled with CDs and tapes, as well as manuals from the scores of seminars he had attended over the years.

Every major teacher and guru was accounted for, plus many of the lesser known figures. Name a book and Jonathan had probably read it. Furthermore, he could tell you the main teachings, the strong points and the weak points of each of the authors in his collection.

As I say, he was an expert.

But in his quieter moments, if you could get him to let his hair down and talk candidly, Jonathan would wistfully admit that he had never really gotten much results from all that knowledge.

He was not rich yet, his relations with friends and family were often stormy, and he was well into the final stages of his third marriage. He knew things weren't right, but he still wasn't sure how to fix them.

The books, CDs and manuals were right there, and all that learning had been poured

into his head, but somehow.... Then he would shrug or sigh and say something like, "But I just haven't found quite the right fit yet. Somewhere there's a system that will work for me."

There are a lot of Jonathans out there; you may know someone like him... or you may BE him.

If you don't want to be like Jonathan any longer, here's a tip that WILL change the results you get.

Stop treating your self-help books and CDs as entertainment

Reading a book through one time, then moving on to the next and the next is a surefire way to accomplish two things. First, you'll become well educated on the subject of self-help. Second, you'll forever avoid changing yourself or your life.

We've all heard testimonials by people who read *Think and Grow Rich* by Napoleon Hill and became vastly rich. But among all those testimonials, it'll be hard to find even a single person who read the book only one time. Every one of those successes devoured the book, studied it, dug out the important points *and implemented them*. That is not casual reading.

This means that if you're still reading self-help books the same way you read mysteries or romance novels – one time, straight through – you're bound to lose.

Stop buying a new self-improvement book each week, stop with the new CD sets each month, at least for the next year. If you're listening or reading through your newest purchase, then laying that one aside and getting yet another, you're not engaged in self help. You're just a hobbyist – a tourist passing through. Again, you're bound to lose.

These things are not entertainment. They're textbooks to be studied – manuals to dig into and spend serious time with.

Dave, a friend of mine, was overweight so he bought a weight loss hypnosis CD set. He began listening every day. And for the first two or three months, nothing seemed to be happening.

Now, this is where most people just give up and quit: "This isn't working," they say, "so I'll try something else." (Or they sink into despair and lose all hope.)

But not Dave. He just kept on listening, and after about four months of seeming futility, the weight, he said, just began melting off. That's when he noticed that his choice of foods and serving sizes had quietly changed. He hadn't even noticed it happening, but it did.

Even more, he found that he would look for opportunities to exercise. It had become

something he enjoyed doing. No major will power. No forcing himself to alter things. He just started a self-help effort (in this case it was hypnosis, but it could have been any method), and he didn't stop. Dave didn't treat it like entertainment. Instead, he began the program, then he kept on with it.

He didn't tell me, but I'll bet there were days when it would have been easier to skip a session. And I'm sure that sometimes it felt a little boring – he'd rather have been watching TV with his family during that half hour, or playing golf, or any other thing.

But he kept on.

And these days Dave is slim, physically fit and healthier than he's been in years.

Now, that's just one example. Dave's case was weight related, but yours could be in any area you want to improve.

If you have an issue you'd like to work on, you probably already have a set of CDs or a book that is perfect for your issue. Go get it down. Get ready to use it... every single day. (And if you don't already have a resource that inspires you, I'll suggest one a little later that may get you excited.)

Let's assume you've already selected the program you're going to use. Here's how we're going to approach this. You don't need a complex system.

Step 1. Get a filing card and draw a grid that's 7 small squares wide by 25 squares deep. That makes 175 squares in total, one for each day of 25 weeks – nearly 6 months.

(NOTE: I've included a grid on page 6. Just print it and clip it out.)

Step 2. Each time you listen to one of the CDs or do your exercise, write down the day's date on one of the little squares. Don't use tick marks because if you skip a few days you won't know how many you've missed. Writing the date will tell you exactly how persistent you're being.

If you listen or do the exercise twice daily, put a little dot in that day's square for the second repetition.

And that's it. Start, keep a simple record, and don't stop – above all, don't stop.

Once you've gone through that 175 days, you can decide whether you want to continue with the same program or change your focus to something else.

If you change it, give the new focus the same 175 days. That's almost 6 months, and that's how you become persistent. It's also the real way to change things inside yourself.

It's a fact: until you change what's inside, nothing outside yourself will ever be under your control.

Now, I can almost hear the protests, "My situation is too desperate for that. I can't wait six months."

Baloney. If your situation is that bad, it's been coming on for much longer than six months, and if you don't follow this kind of method, it'll still be bad next year at this time.

So lose the wild desperation. All that does is keep you from focusing on what you desire and what you're doing.

Remember, focus is essential. Extended focus over time is the only way you'll ever change your life. Quit treating this stuff like entertainment and get busy.

Get that card, draw your grid with 175 squares (or print out the one on the next page), then go to your bookshelf and pull down the program you'll be using, and...

Start.

SYNCHRONICITY SECRETS

Why "Luck" Has Nothing to Do with Luck



[Learn The Synchronicity Secrets](#)

How to Learn Synchronicity as a Skill

Synchronicity is life's way of bringing you the good things you want, usually via unexpected channels.

Now, most people think synchronicity is just a ten-dollar word for "luck" but the truth is, it's not. The word "luck" describes a kind of blind randomness that you just can't depend on. Sooner or later, luck always lets you down.

Synchronicity, on the other hand, is utterly dependable (if you know what you're doing).

But more importantly, Synchronicity is always found hanging around people with a strong success mindset.

What Does This Mean for You?

I've spent several years investigating how we can increase the "luck" (or Synchronicity) in our lives.

And I've learned that the biggest, most important element is this—very, very few people ever learn it by reading a book. Not even reading a hundred books.

The ability to attract Synchronicity is something you pick up from others who already have it.

It simply rubs off onto you.

In other words, this is not really knowledge. It's more of an attitude or a mindset. It's like a cultural thing, absorbed and internalized at the gut level.

But most people face one very large block. They don't have any highly successful people in their circle of friends. They don't run with the rich crowd, and they don't know how (or don't have the confidence) to penetrate to that social level.

In other words, they don't have access to anyone that they can learn the secrets of Synchronicity from.

So I set out to create a way that **ANYONE** could have the Synchronicity mindset rub off on them.

Over the past four years I've assembled the pieces of this plan, one chunk at a time, till I finally had something truly workable. Something that will take anybody and gradually fill their mind, their feelings—their guts—to overflowing with the mindset of "good luck" and Synchronicity.

This program is called Synchronicity Secrets.

In it, I help you uncover your own inner connection with Synchronicity, which is the way the Universe solves your problems and brings you "lucky" breaks.

If you'd like to find out more about synchronicity, how to master it, and what all this can mean for your future, be sure you [read the full story here](#).

At the website you'll find free sample sound clips that total more than an hour of audio content. That alone makes visiting the site a valuable experience.

And no matter whose system you use, please be fair to yourself and use The Winner's Grid on page six. Give yourself the full 175 days to allow the effect to soak all the way in to your habitual thinking.

Whichever CD, book or manual you decide to use, I hope you'll visit my website at CharlesBurke.com, and drop me a note to tell me about your experiences.

I love success stories, and I'm looking forward to reading yours.

Cheers from sunny Japan,
Charles Burke

Okay to give this report to my friends?

Yes, please do. If you'd like to pass this report along to those you know, please feel free to distribute it – at no charge – to anyone you feel would benefit from this information.

Can it be personalized for my website?

Yes it can. If you're a website owner or have a mailing list and would like to arrange for a special edition of **Self-Help Is Not Entertainment** for redistribution to your readers and visitors, let me know via [my contact form](#).

This Action Living Report produced by
CharlesBurke.com and
Dawnings Publishing, Inc.
2399-651 Katada, Shirahama, Wakayama-ken,
Japan 649-2201

Visit the [CharlesBurke.com](#) website