

## *Preface*

Every human being living on this planet has a story. Most are living in their story right now, creating their life according to their thoughts and beliefs. Many do not like the story they are creating yet have no idea that all they need do is step out of their story and begin living life as they desire it to be.

My old story presented aspects I certainly didn't like. I experienced a rigid, controlled childhood, a long unhappy marriage although it produced five wonderful children (they are my greatest gifts!), a continual struggle with low self-worth, illness that took five years to heal, near financial ruin from an unethical business partner, and so on. Life to me was hard, and a struggle to come up for air at times.

Each of you reading this book has your own story. Perhaps your story includes hardships, challenges, problems, struggle, or the various road blocks that come to everyone at some point in their life. What I have come to understand is that we have the power of choice, that we don't have to remain in the old story, and that we actually have the power to remove ourselves from the story and begin living our dreams. In addition, I have learned that every challenge that comes our way is a gift from God, and that the entire scenario could be changed if we realized this one important fact of life: We all have problems, but it's in how we see them and grow through them that makes the difference between becoming a victim or a victor. Our greatest power in this world is the power of choice! Instead of being the effect of life's circumstances—the old story of pain, hurt, struggle, lack—you actually have the

power to step out of it and become a creator of something exciting and glorious.

Oprah Winfrey, who most assuredly is an example of receiving the desires of her heart and then some, was once fired as a reporter and given a shot of projected doom, a very unhealthy set-up for failure from her employer. Instead of accepting that as a truth, she stepped away from that negative perception and created what she envisioned as her truth—that she could be more. She said, “I live in the space of thankfulness—and I have been rewarded a million times over for it. I started out giving thanks for the small things, and the more thankful I became, the more my bounty increased. That’s because what you focus on expands, and when you focus on the goodness in your life, you create more of it. Opportunities, relationships, even money flowed my way when I learned to be grateful no matter what happened in my life.”

As you read the stories of these ordinary people and how they stepped right through what seemed to be insurmountable difficulties, understand that you can overcome any challenges you are presently facing as well. You can choose whether you will participate in a continual “pity party” or squeeze those perceived sour lemons into wonderful, sweet lemonade! There is always a bigger picture than what you can see or understand at first, for the gift may not be visible at first glance. However, if you have faith and make the choice to step out of your story—the pain, hurt, anger, guilt, shame, lack, or whatever negative feelings you are experiencing—focus on the good in your life and be continually grateful for it, your life can become a glorious, exciting adventure, even