

I woke up one morning four years ago, stumbled into the bathroom and looked in the mirror. The person staring back at me was a shocking sight. He was an old guy with a grey beard. What happened to the young man who once inhabited that mirror? I suddenly realized he was gone. He wasn't young anymore. He was now much older. And he was me. I felt like an actor in a TV commercial for men's hair and beard coloring. It wasn't just my grey hair and beard. It went deeper than that. I felt old. It was as if my life flashed past in a blur. The things I had done—or not done—were now in the past. I was suddenly 62-years old. Where did the time go? Why didn't someone warn me about this? If there was ever a candidate for reinvention, I was it. But how? Was it too late to regain my youth? Yes. Was it too late to regain my youthful outlook on life? No! Despite my age, I still had a youthful way of looking at things—except myself. I couldn't hide it any longer. I was an older person, but so what? I began, from that day on, asking myself questions. What do I want to do with the rest of my life? How much time do I have left? Would I keep my health long enough to enjoy it? What was the point of all this? What did I want? Why did I want it? And, what was I going to do to get it? It was then that I began to write *Get What You Want*. Originally, I wrote it for myself, as I tried to cope with the reality of my mortality. I had learned things in my 62 years. But, knowing things was not enough. It's what you do with what you know that makes a difference. I soldiered on with my book. The results, dear reader, follow. I discovered what you have to do to be young again—in spirit! You have to know what you want and go after it! *Get What You Want!* is a book about YOU. In this practical workbook you are presented with a powerful process to identify and achieve your dreams for the future. Its for anyone who refuses to be a victim of their circumstances, whether its a recession, a bad job market, or a seeming lack of opportunity. Here are just some of the potential benefits to you: A 7-Step formula to get what you want... How to avoid getting what you DONT want... Finding a renewable power source within yourself... 10 ways to escape from negative situations... How 20-minutes can change your life... How to transform your daily grind from drudgery to achievement... *Get What You Want!* has more than 50 insightful questions to help you: Reactivate your passion; Get your dreams in sharp focus; Find your purpose; Identify your most important goals; Create a daily action plan to get what you want; and Avoid negativity traps and time wasters. *Get What You Want!* is the first in a series of Better Grip Guides to help you achieve a more satisfying and productive life. No gimmicks; just practical steps. Its like writing a business plan for the rest of your life.

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