

Passion Spirit Purpose

*3 Formulas to Introduce[®]
the DOXA METHOD to
Empower You to Love Your Life*

A N A W E B E R



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DEDICATION

I dedicate this book to my Mother for her 100th birthday

Mom, you taught me so much wisdom, love and understanding.

I cherish you and I love you always.

You inspired me to become all that I am.

You are an example to all of us. Regardless to dramatic and life changing challenges you kept on going believing and giving and cherish life unconditionally. You are exceptional and truly the best Mom, Grandmother and Great grandmother I know.

Thank you Mom for empowering me to ignite my passion, elevate my spirit and hold on to my purpose for life.

Love

Ana (your daughter)

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Foreword

Ana Weber walks her talk! We all need someone to guide us, support us and help us find our way. She is DOXA. Desire...Outstanding...X out the impossible... Allow you to be you..

In her book, PASSION SPIRIT PURPOSE - three formulas to introduce the DOXA method to empower you to love your life, Ana candidly shares her life, her life lessons and gives us tools to help us create a life we love.

Ana says, "Hang out with friends who encourage our greatness". She is that!!! She has been a God send in my life! She is a committed friend and has unconditional loved and encouraged me to shine my brightest even in the darkest of life storms. You can trust her heart, her wisdom and her guidance. I am honored to have her as my adopted big sister and now she can be here for you in this magnificent work of love.

"I am a little pencil in the hand of a writing God
who is sending a love letter to the world." Mother Teresa
of Calcutta

Thank you Ana for your love letter to each of us!

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Wishing you a life you will always love and embrace

Ana Weber

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Chapter 1:

Find Your Passion, Spirit, Purpose, and Connection— the DOXA Way

Wake up! Open your senses! Free your eyes, ears, nose, mouth, and fingers to explore the magic of this (and every) moment. It's time to discover your passion and spirit—and let them shape everything you do at home, at school, at work, and everywhere in between.

I want you to love your life, the way I love mine.

Loving my life, with its many tumultuous transitions, wasn't easy or quick. I'm a double immigrant who started from nothing, twice—and had quite the checkered career (you'll hear more about this throughout the book). English is my fourth language. I had to learn how to immerse myself in happiness even when things seemed desperate.

I'd like your journey to be shorter and easier. Let me show you the way, and shortcut the many painful twists and turns I had to take. I'll share with you the many success formulas I struggled to understand through years of trial and error, years of failing and getting up again.

All of us can learn to wire ourselves for success. Yes, even when life seems like an endless series of unexpected and frightening challenges. We can still choose how to respond, and our choices change the outcome.

My Best Success Secret: The DOXA Method

The best success formulas are simple—because simple formulas are easy to remember and easy to make a part of your life. The DOXA formula, one of my favorites has only four steps:

D – desire

O – outstanding

X – X out the impossible

A – allow you to be YOU

We can put this into practice in every part of our lives—into all life’s puzzles, mysteries, and desires. As we focus on these four steps, we transform thought into action and create the life we choose.

You might feel that you have no control over your life—that you didn’t choose your situation. And truly, there will be some parts of your life you can’t control. But even when he was a slave in a Nazi concentration camp during World War II and had no control over his circumstances, Viktor Frankl refused to relinquish control over the inner person he really was.¹ If he could do it under the worst circumstances a human being can experience, we who live in freedom can certainly do it as well. So yes, you will have unforeseen challenges and complications—but they don’t rule you!

Let’s start by thinking about all the parts of our life we *can* control, all the places where our choices make a difference.

For example, we can choose to...

- Eat healthy, nourishing foods
- Get a good night’s sleep

- Exercise our bodies every day
- Hang out with friends who encourage our greatness, not our passivity
- Take steps to achieve a meaningful and well-paying career

The list goes on and on, at every step from infancy to old age. We strengthen our good choices by acting on them. Think about this traditional fable:

An old Cherokee is teaching his grandson about life. "A fight is going on inside me," he said to the boy.

"It is a terrible fight and it is between two wolves. One is evil – he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The same fight is going on inside you – and inside every other person, too."²

The grandson thought about it for a minute and then asked his grandfather, "Which wolf will win?"

The old Cherokee simply replied, "The one you feed."

Through the DOXA method, you'll feed the good wolf. You create the kind, gentle, and loving empowerment to ask yourself questions, sift through your responses, let them marinate, and improve your answers through your actions.

You'll find after a while that you get clear answers that you can convert to action—and that you're using both sides of your brain: tapping into both logic and emotion. And it all joins in harmony to create a life you can love.

Choose Authenticity!

My first challenge to you is to live life authentically and genuinely. Authenticity gives you the strength to face those puzzles, mysteries, and desires and come through any obstacles, stronger than ever. Using the DOXA method, that authenticity can transform your

thinking. If you've been stuck in fear or negativity, DOXA will help you shift to the positive thinking that embraces and accomplishes your goals. At the same time, you're not a slave to your ego. You recognize that humility will get you to those goals much faster and on far more sure footing than arrogance.

Life is a series of choices. At any moment, we can be asked to choose. Perhaps you're planning a vacation. You'll choose where you'll go, how you'll get there, who's coming with you, what sort of place you'll stay in, and many other decisions.

Someone could ask, "Will you marry me?" If it's someone you have grown to know and love, you'll at least consider saying yes. If it's a stranger in a bar whom you met 15 minutes ago, you'll probably choose no. But maybe you'd choose to invite that stranger to have coffee and get better acquainted when you're both sober, and two years later, you answer differently when the question comes up again.

With every time we make a choice, our opportunities shift. Some doors open while others close. You may

start to regret some of the choices you made, some of the doors that closed. Just remember that 1) other doors opened when you made that choice; 2) sometimes, as in the wedding example above, you can revisit the situation and choose differently; and 3) even if you can't revisit the choice, you have new and exciting possibilities at every moment. Don't let regret be a weight around your neck.

Owning the Choosing Process

When you choose in a conscious way, you own the choosing process, and you make stronger, better choices.

Pause your routine and take a break. Take a deep breath and ask yourself: What are my choices? What path should I walk on? Is there a sign in this? Do I need to shift to another path?

Connect and tap into yourself. No one knows you better or understands you deeper than you do. Honor yourself and your personal identity.

As you bring that choice into balance, you'll be amazed by the results you create. You'll experience a complete domino effect that improves many areas of

your life. When one area is balanced and functional, everything else falls into place.

Better yet, it doesn't have to be perfect. Perfection can be a roadblock that keeps you from moving forward—because the time isn't right, because you want to sharpen your skills, because you don't have your team in place... Because, because, because. Don't let all these "becausees" become your excuse for staying stuck. Start down the path.

Unless you're doing brain surgery, flying a commercial jet, or doing something else that actually requires perfection, you just need to get moving. There will be plenty of time to improve it later—and meanwhile you can begin to experience the joy of knowing you're doing what you came to this life to do. Even if it's not utopia, learning to love your life and fully appreciate it is still enormously satisfying. Better yet, your positivity will be contagious; you'll attract interesting, compassionate people who can help you. Never again will you have to feel isolated, alone, or robbed of opportunities.

Come and be part of this magical journey!

Chapter 2:

Life Mysteries

Think about those powerful words, “mystery,” “mysteries,” and “mysterious.”

Mysteries hook into our senses, our feelings, and our imaginations. They create adventure! They take us out of a boring, humdrum, everyday existence and open up paths to explore, new patterns to experience. Living with and exploring a mystery is exciting. Solving a mystery is even more exciting.

As we solve these mysteries, we use both the rational/logical and the feeling/intuitive/emotional parts. Every puzzle we encounter, every challenge that calls for our creativity, lets us build part of a new foundation of self-esteem and self-love as we take ownership of our actions and solve the mystery. It's a chance for our feelings and thoughts to work together so we can say, “I figured it out! I get this now.”

One of my favorite mysteries is the miraculous way we can instantly turn off negativity and turn it into love, caring, and interest—and as we do this, we fill with new enthusiasm and energy. This is easy when someone else shows us love and helps us feel good. But even if the positive vibe has to come from within ourselves, that instant transformation leaves us tingling with positive energy.

We cannot lose ourselves in the process of living. Even when it feels like too much, even if we run away, screaming, “Enough mysteries! I need a break right now”—we still can get flooded with feelings. And we can channel those feelings toward helping ourselves and others.

It’s life’s mysteries that open and expand our thinking...let us connect with the awareness around us...and lead us to question the “known”—and to research the unknown. And this is how we grow: As individuals, in groups, and as a society.

Sometimes, the unknown turns out to be discoverable, like the great scientific breakthroughs.

Other times, it operates on a higher frequency, and remains unknowable. And that is what we call faith.

You can't touch faith. But it's rewarding and powerful. Being intangible doesn't make it any less magical. Faith is one of those powerful mysteries that we don't need to question. All we need to do is show up and let it unfold.

Mysteries in Turning Our Personal Relationships Into Dreams, and Our Dreams Into Reality

Have you ever felt frustrated because someone just doesn't seem to get you? Because a person seems cold and detached—or claustrophobically co-dependent? I certainly have! Yet I find that when I open myself up to the mystery of understanding this other person, I can find peace. And that peace often leads to a feeling of connection with that person, despite all the barriers.

I think of this particular life mystery as a balance scale, tipping back and forth to the left and right as the balance shifts. Using both our feelings and our common sense, we control the tipping and strive for balance. We

can befriend both parts: the emotional and the rational, the distant and the co-dependent.

Working to live the mystery and solve the puzzle at the same time, we build a bridge filled with desires. Dreams and desires ignite our passion, raise our spirit, and bring us one step closer to our purpose.

We may not know our purpose yet. But we must have one. A life without purpose is an empty bowl. It might be shiny, colorful and durable but it is still empty. We fill this bowl with our life experiences. With each level of experience, we add wisdom, energy, and love.

Dreams and desires become our companions as we travel from the present to the future, letting go of past challenges, giving us a sense and a taste of purpose and fulfillment, and replenishing our dignity and sense of belonging. With this powerful help, we're in the driver's seat, controlling our own destiny. We're centered, we're loved, we enjoy the drive. But we're no longer co-dependent. We flow with life—and life flows with our complete being.

And when we enter this state, we can rise to find our purpose. We can shine! We can achieve happiness. I'm always amazed by this process. Each of us can find the happiness we have earned.

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Chapter 3:

The ABC of Desire

Desire is a path to achieving that flowing, blessed state we discussed at the end of Chapter 2. As we balance logic and feelings, we can find loving ways to pursue and accomplish our goals.

With Desire, the D in DOXA, three ordinary words create a success formula:

- Attract
- Believe
- Create

Attract

ATTRACT is about filtering your choices, solving your life puzzles, and becoming aware of your power to bring about your desires. One by one, you'll find ways to bring the people you need into your orbit, and your desires will begin to manifest as realistic results and tangible outcomes.

On the outside, attraction may seem to be about looking sharp and being noticed—but that’s just the outside, the shell. The real power of attraction is on the inside, and that internal attraction will fill your spirit and enlighten you over and over again.

When two people have a spark, we call it “chemistry.” And that chemistry may deeply influence the attraction we feel to another person. Chemistry plays a huge role in our lives. We can’t always explain it—but we feel it! That deep feeling, that powerful magnetism may not make sense to others—but we know it’s real.

If you base your attractions only on outer factors, they’ll probably wear off. If you think someone is “hot,” your feelings might cool once you see that person early in the morning before coffee, or a few years down the road, facing a few wrinkles and sags. Or you may discover that your hot passion cools down when you try to connect emotionally or intellectually, and building that deeper connection turns out to be very difficult. Look for relationships that continue to be meaningful

once the initial physical attraction starts to wear off—even if you have to walk away from relationships that aren't working anymore.

The attraction could be physical, mental, or emotional. It could be about finding the perfect life partner...perhaps a better career...or something as simple as joy.

Attraction—whether expressed, given, or received—has three components: 1) inner genuineness; 2) personality, and 3) a feeling of ease. It's an amplification of the human connection we all have with other people. Yes, it's stronger than mere friendship. And when it's mutual, it can create a solid lifetime relationship: a life partnership where we can share everything we think and feel—and to be there when your life partner shares thoughts and feelings with you. We are present for our partners, and they are present for us. In honoring these key relationships, we build character. We become loyal, committed, and dedicated. We dump our tendency to make shallow promises or strive for empty rewards in favor of something much deeper.

This doesn't have to be a marriage. It could be a friendship, or even a business relationship. And in these other categories, of course, we can have more than one at a time.

As you learn to attract and be attractive, you'll develop new, better patterns and habits. And these, in turn, magnify your ability to attract what you seek. It's rooted in deep respect and love for other people, but it can extend to attracting the kind of career and lifestyle you seek. We're all connected with each other, and with a higher force that can guide us as we become whole, healthy people who live in deep integrity.

Attraction, giving, and receiving are the basis for everything else. As you begin to practice the attraction mindset, give it the time and concentration it needs to blossom and thrive. You'll discover that it's powerful beyond words. Yes, it can take some time to achieve results; you must approach this whole endeavor with deep and abiding patience. When the results begin to show up—often when you least expect them—you'll be amazed.

You can feel this new way of being at any time: in the supermarket checkout line, a walk in the park, a drive to a loved one, in a coffee shop waiting for your pastry, at the dry cleaners, the nail salon, the library, on the plane, waiting for a bus, filling your car with gasoline, purchasing a new dress, trying on a tie, looking out your window from a hotel room or greeting the bellmen in the lobby, working with your colleagues, walking to school with a new friend, eating a meal at your parents' house, two people in the bedroom becoming one, even as a patient in a hospital...

Every single speckle of time—every moment—is significant. As you began to approach the whole series of moments with presence and power, your overwhelm and anxiety will begin to melt away. You've begun to talk, think, and live at a higher frequency—one that attracts the people you're close to and the abundance you desire. And you can manifest what you need whenever you need it.

Here's an example from my own life. I was strolling through the mall, thinking about my old friend Rosa,

who I hadn't heard from in years. All of a sudden, a woman came striding up to me—someone I recognized as another friend of Rosa's. I mentioned that I'd just been thinking of our mutual friend, and she gave me Rosa's phone number in Miami. I was able to contact my old friend and renew our friendship.

Just by thinking about Rosa, I was able to have that encounter and get back in touch. How cool is that?

Believe

BELIEVE—in yourself, in what you feel, and in what you can attract. Believe in your desires; you own them! Believe that the events you can't control are for your own good, even if they don't feel that way at the time. And believe that you can change your life just by making simple choices.

Of course, you don't want to believe in everyone and everything—you'll encounter plenty of criminals, liars, and con artists out there—but never stop believing! Belief allows you to attract the right energy that lets you tap into your soul, spirit, and mind—to refuel

yourself and strengthen your purpose. And when you have purpose, nothing is impossible! Your intuition will guide you in who and what to believe.

I confess—this is easier said than done. Many times, I lost that faith. But every time I stopped believing in myself and others, I felt short-changed and upset. Every time I chose to give up and wallow in the dark clouds of my pain and self-pity, I simply prolonged the agony.

I didn't believe, didn't trust, didn't ask the right questions—and I was stuck in a bubble with all the energy, enthusiasm, and vitality bleeding out of me. For 26 months, I felt beaten up, inside out, and tied down in sadness. I was choking on my own anxiety and pressure. I couldn't function without the anti-anxiety medication my doctor prescribed. I was young, my life was falling apart, and I felt lost. Worst of all, on some level I felt I deserved those rotten circumstances (I was desperately poor, a single mother, and a new immigrant)—and thus deserved my cataclysmic depression.

And then finally, one Sunday morning, I dreamed this:

I was walking with a small green basket in my right arm, wearing a soft yellow summer dress, a white hat and sandals—shopping for fruits and vegetables in the local farmers market I loved to browse every two weeks.

I stopped at a stand selling red, green, and purple grapes. I asked the proprietor for some water to clean a few grapes and taste them. She gave me a glass of water. I poured it on the grapes and tasted each kind.

As I was making my choice, a bee stung my right arm. It was painful but at the same time I felt an awakening.

I woke in a cold sweat, recognizing that if I could choose the best grapes, I could also choose to get out the rotten place I was in. Instead of not believing, I could start to believe, hope and trust. After all, not believing wasn't working. I said to myself, "How bad can it be if I chose differently?"

That very day, I began my transformation. I began to cleanse my feelings and shift from anxiety and overwhelm into a new dimension. I started honoring myself; even my list of weaknesses became something I could hold in awe.

I began to believe in all that I did, all that I sought to do. That led me to begin taking action, and to follow each action with deep, focused reflection on that action. I started feeling much more connected to the “now,” bringing more skills to achieve better outcomes. I got out of my icky living situation and into a better one, gave up “friends” who didn’t bring out my best self, and took classes in yoga and painting.

Six months in, I’d stopped taking the medication and felt stronger than ever. I’d begun to build my profound, unassailable skyscraper, turning the potential that was there all along into reality. I still add new floors to that “skyscraper of light”—and I never went back.

Create

CREATIVITY opens us to our higher powers and lets us design the life we love. It reduces stress, lets us

express ourselves, and helps us solve those puzzles and mysteries. It even slows the aging process!

Whatever form of creativity you explore—music, writing, visual art, dance, cooking, even engineering or spatial organization (both of them systems of problem solving)—your passion for it will provide not just satisfaction, but hope.

I've played the piano most of my life. When I was 28 and working at a Hollywood studio, I learned to play drums. For me, music gives me purpose, nostalgia, intimacy, or a mental trip to a far-away place I've never visited. I was raised to love classical composers like Mozart, Chopin, Puccini, and Verdi.

Eventually, I realized that music is designed to match and express our feelings and emotions. Once, when my mother was facing a life-threatening illness, I played Beethoven's "Für Elise" for her on my cell phone. She opened her eyes, smiled weakly, and began her recovery.

Painting—my own or others'—is another creative outlet for me. I will walk through a museum, staring

at a canvas and letting myself slip into the mind of the artist as he or she was creating it. What did da Vinci feel as he painted the Mona Lisa's famous enigmatic smile? What vision of a world bathed in bright color filled Van Gogh's head as he painted his sunflowers? Their canvases contain the deepest inner molecules of love for the world around them.

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Chapter 4:

Living in the Now of DOXA Desire

It's an act of bravery to be vulnerable and fragile and confident enough to let go and spread out all we own. A wise man once told me that we need to learn how to give it all up in order to get it all back.

So, while I was going through my big awakening and shifting from unbelief to believing, I began to paint—first with acrylic, and later oil. I squeezed in painting between cooking meals, cleaning off, showering, going out and all other activities. I was hooked; even my marriage took a back seat.

With each soul searching and soul cleansing step, I painted—and expressed myself more deeply. Not surprisingly given my depression, I started off with dark brown and grey modern expressions. There were shadows and clouds and umbrellas in the dark.

As I moved toward my internal liberation and emotional freedom, I transitioned from dark colors to lighter and brighter colors, using apple green, bright yellow—painting small and medium circles in Chinese red and cobalt blue, inserting various shapes, creating unique and original art. It was my way of moving from all that I felt and knew—from dark and doubtful to opening and believing.

As we get older, we might have to struggle a bit to maintain our creative juice. Too often, we deplete our passion.

But that passion to practice and express and refill our internal juices with creativity and ultimately stay with the purpose and never let it go is still vital; it just takes more conscious effort. Remember: the famous painter Grandma Moses never picked up a paintbrush until age 77; Picasso painted into his 90s.

That's why I'm so driven to share my life and its many lessons with you. This is my authentic intent to invite you and share and infuse the DOXA method into

your life. If that desire to stay creative is the only thing you walk away with after reading this book, you're already embarking on a new journey as you begin to dwell in the enormous difference it will make in your life.

It's too easy to bury our passions under good intentions to do it later. Don't wait! Live the life you have, right now! You may not be able to work on your passions full-time, but please, please, please don't wait until you retire, or until you accumulate "enough" savings, or until you've found a life partner. That's a huge mistake that so many people make.

If you get hit by a truck or develop a life-threatening illness in a year, and you never began your real work in the world, won't you feel cheated? Start now. Doing what really matters to you might even help you attract that life partner or that level of material comfort.

Think of it like discovering a jar of flour in your pantry. You want to bake something wonderful now, not put it away for years until it's gone rancid.

Remember: each and every inch of you is valuable, unique, and special—right now! Yes, you'll get more valuable, unique, and special with time—but that's a ripening of the power already within you. You don't need to wait.

Understand this message: the DOXA method is for anyone searching for answers, anyone lost or deprived of love, anyone looking for a deeper connection with others, anyone already on a path to happiness and fulfillment.

To refresh your memory:

- D – desire
- O – outstanding
- X – X out the impossible
- A – allow you to be YOU

I'm here for you on this journey, with love.

ACTION STEP

Design a dream or wish board using the three DOXA Desire principles of Attract, Believe, and Create. Place some of your specific dreams and goals on the

board, in any format that makes sense for you: write, draw, paste photographs or newspaper clips, whatever fits your mood. This will help you attract and manifest those goals, and turn them into reality.

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Chapter 5:

Your Present...

Your Purpose

A moment's inattention was all it took. The garage door slammed on my finger, breaking it in two places. OUCH! I'd forgotten to be present in the moment I was in—in the Now.

Not being able to use my hand for a while reminded me constantly of how much I use it: to write, to cook, to play music, to make art... It's really hard for me to do nothing—and even though I know it needs complete rest, I've found ways to cheat. I'm so eager to share this work with you that I've found ways to write this book while my hand is still in a sling.

12 years ago, I broke my ankle. That time, the leg was immobilized in a cast for six weeks, and I was forced to rest. It healed nicely, and I hope the finger will too. If it doesn't, it's because I'm just too eager to get this book out into the world.

Both of these injuries remind me of how blessed we are when everything works the way it's supposed to—and how fragile that smooth function turns out to be.

And even though my finger still hurts as I write this, I'm smiling inside and out, because my purpose elevates my spirit. I continue to attract, believe, and create—to follow the DOXA roadmap.

What's my purpose that keeps me going through physical pain? It's simple: my purpose is to share with as many people as possible that you have the ability to find your own special purpose. You can find that special, deeply meaningful thing that's yours and yours alone—the one that lights up your soul and lets you light up others' souls.

Do you know your purpose yet?

Through the DOXA method, you'll ask the questions that help you find the seed of your voice, and plant and cultivate it. You'll reach your highest peaks as a human being—and impact others with your positive spirituality—with your purpose.

Think of each moment in the present as a gift to you. Like any gift, we can choose to wrap it. But instead of shiny paper, we'll wrap it in with an appreciation for the time we have...the energy we possess...the relationships we build...the money we circulate...the roles we assume—and, like a huge bow on our present, our love for life.

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Chapter 6:

Why? The Magical Question

How could a little three-letter word so powerfully impact our entire approach to the world?

By itself, “why” is insignificant, even lonely. It only becomes important when we join it to an emotional statement, a practical problem, or something else we need to solve. And that’s when it gets our attention.

We always have lots of questions for the universe:

- “Why did I only get a B- for this paper?”
- “Why don’t I exercise as many hours in the week as I intended to?”
- “Why can’t I lose weight easily?”
- “Why is there never enough money in the account to do what I want?”
- “Why do I feel so lost?”

- “Why am I no longer excited about life in general?”
- “Why do I feel so alone even though I’m in a relationship?”
- “Why am I always remembering the times I felt short changed or let down?”
- “And why does all this bug me so much?”

Think of “why” as the horse leading the carriage.

We’ve packed that carriage (or maybe that high-performance sports car, able to travel that road 10 or 20 times faster than the horse) with the questions we ask ourselves and the universe. How fast the horse progresses depends on the strength of the horse, the weight of the carriage, and the condition of the road.

But which way the horse pulls the carriage is up to the driver—to you. Like Viktor Frankl (whom you met in Chapter 1), you can find a purpose, a stronger why than the why that’s dragging you down, even when conditions are very tough. And once you have the why, you can look at how: the way you get from where you are to where you want to be. When you ask why (and

how) you can get to a better place, rather than asking why you're stuck in a bad place (where the road is muddy and washed out, and the horse can't pull)—moving forward becomes a lot easier.

It's even easier if you examine what you've packed. Ask yourself "is this 'baggage' still serving me? Should I leave it behind and pack this other, lighter bag, filled with practical things?"

This isn't always easy. Personally, I found it very tough. I had to learn to let go of things that had meant a lot to me, once I didn't need them anymore. I struggled—but I learned to bid a fond and gracious farewell to people and things that were weighing down my carriage and holding me back. I began to attract—and to surround myself with—people who encouraged me to find my purpose and reach my potential, rather than those who filled the road with boulders and other obstacles. Things that added beauty or function to my life, instead of those that add clutter or a false sense of status.

Make sure the whys in your life are whys that move you forward, and not those that hold you back. I do this as much as I can.

Think of it this way: If you want to reduce your weight, you go on a diet—increasing the percentage of healthy foods while eating less food overall. Similarly, if you're carrying too much of the wrong kind of emotional weight, you can go on a diet to get back in balance: absorbing more positive messages and also insulating yourself from the crazy see-saw of out-of-control emotions generally. With each day, you shed more and more of the out-of-balance parts.

An easy first step is to phrase your why and how questions positively. So instead of “why am I so bored?”, try “how can I replace my boredom with enthusiasm—what can I do and where can I go to change my mindset?” Instead of “why am I depressed?”, “what is getting in the way of my happiness (or my purpose)—and how can I transform that roadblock into an open door?”

These slight differences in phrasing may seem meaningless to you—but they can transform every aspect of your life. The way you think has a lot more to do with the results you receive than you might realize. Mindset is far more powerful than most people give it credit for. All the way back in 1905, a wise man named John Herbert Phillips wrote, “If you believe you can, you will; if you think you can’t, you will fail.”³ In modern language, often attributed to Henry Ford, you could say, “whether you think you can, or whether you think you can’t—you’re right!”

And sometimes, this new mindset will create such deep transformation, it makes your why obsolete. That’s okay; another, more meaningful why will be there when you need it.

So embrace the change! Don’t be afraid. Letting go and plunging forward into the cold, refreshing waters of unfamiliarity will give you new freedom, new courage, and new self-esteem. Treat life with a sense of adventure, even as the ground shifts under your

feet. You may find that you love the outcome (and the material and spiritual rewards).

Will you always get a happy outcome and an immediate reward? No. Sometimes, you'll find adversity along the way—but you'll emerge stronger for facing that hardship and not letting it keep you chained to the wall of your own resistance.

When you get into a car and drive to the supermarket, you have purpose; your goal is to get food into your house. That kind of purpose isn't only about the small things like shopping. You can have that sense of purpose in the things that matter much more—like personal relationships, career, and the way you can change the world.

To accomplish this purpose, you'll need some skills, structure, and priorities—and the discipline to carry it out even when it feels hard. Think about the discipline Thomas Edison showed when he invented the light bulb. Someone once asked him how he felt about failing 10,000 times before he was successful. He replied, "I

have not failed. I've just found 10,000 ways that won't work."⁴

You may be tempted to skip the why. Don't. Part of that discipline is to keep focusing on first the why, then the how. The DOXA Method's ABC—Attract, Believe, Create—will help you build that focus:

Attract: Choose the destination and the best route (a beautiful, scenic country road? A superhighway that cuts the time in half?). Attract the best people and the finer things into your life.

Believe: Trust yourself and believe you made a good choice. Know that you're improving yourself—and others. Honor the known and the unknown; both are important.

Create: Imagine your arrival at the goal—and design that arrival just the way you want it. Get in touch with your feelings and intuition, color them with happy intentions, then use those feelings and intuition to determine the best choices—which leads you back into another round of the ABC cycle: Attract what you

desire, Believe in the purpose, and Create strong, clear messages.

And chances are it will be a lot easier and faster for you than it was for Edison.

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Chapter 7:

Rock of Intentions!

In 2008, Dr. Jonathan Ellerby, then the spiritual leader and event programmer of Canyon Ranch in Tucson, invited me to lecture there on “48 Hours in the Day.”

When I arrived the day before my talk, I immediately fell in love with this magical retreat in the desert—and was impressed with the kindness and pampering I received. The morning of my 2 p.m. presentation, I took a walk before breakfast, following the sound of cascading water. A few minutes later, I stopped at a lovely gazebo, next to a small creek with a waterfall, feeling the spiritual aura of the place.

Then I noticed the word, “Intentions,” carved on a large rock surrounded by hundreds of smaller stones of all shapes and colors. It was a bit of a jolt to see this strong, powerful yet intimate word literally carved in stone.

As I emanated a deep silent prayer of thanks for the beauty around me and the chance to share my message there, I asked myself, “What are my intentions?”

And tears began to roll down my face. I even began to shake. Without speaking a word, I felt connected to everything around me—and within me. It felt like the proof I’d been asking for all my life.

Yet, I realized within a few minutes that being in this beautiful space, listening to the falling water, reveling in nature—and immersing myself in the question the rock message brought to me—didn’t cause this spiritual awakening; it only triggered something that was ready to happen anyway. The power to connect with the universe so deeply was within me all along. I had woken from a long slumber, knowing that everything is possible, and that every experience leads us to grow. If we embrace every experience with love, if we let our intentions keep us on track, we find the love that waits for us.

All I had to do was look at—and unlock—my intentions.

Intention is one more little word that can change the course of our lives. Intentions are the guides that steer us through a lifetime of deeds, as we do our best to convert those intentions to the new reality we desire to create.

You can take ownership of that power, too. Ask yourself what you intend, on a soul level: Where do you want to be? Whom do you want to become? What do you want to be doing?

But don't stop there. Ask yourself what you're doing to turn those intentions into reality—what choices are you making to manifest those intentions?

Let's dissect this magical word, "intentions":

The word starts with I. **I** is the person who lives through us—the individual we must love in a healthy way.

Add the letter **n**, and I becomes In. The In represents our inner spirit, our soul—infusing us with direction.

The rest of the word, **tentions**, is pronounced like "tensions." Tensions come about when we dismiss that inner being, refuse to listen to our own sacred voice.

Tensions lead us to stress, keep us in unawareness, and block our ability to ignite our passion and fulfill our purpose.

Postscript: In the years since, I've gone back to Canyon Ranch many times. Each time, I learn something new and add another rock of hope to my life collection.

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Chapter 8:

Learn, Grow, and Live!

As we go through life, we often build strong egos and think we've figured it all out—until the universe shows us how little we really knew.

It's good to be confident. But not so overconfident that we block out new learning. There's always more to learn. Technologies change. Whole countries change ways of doing. We begin to understand more about the way the world is put together; think about how much more a physicist or biologist knows today than one of 200 years ago. That's why we can talk about "older and wiser." You might have heard the old saying, "Wisdom comes from good judgment. Good judgment comes from experience. Experience comes from bad judgment."⁵

Each of us brings a unique perspective, based on our own life experiences, our own learning, and the ways we've interacted with other people and outside

forces in our own “journey to good judgment.” When we embrace an openness to new perspectives, we can understand that an entrepreneur, a teacher, a mechanic, and a scientist might all approach the same situation with equally valid but very different solutions—and what a blessing that is! We can learn from all of them—maybe even synthesize something new that takes the best of all their approaches.

I like to think of this constant process of learning and teaching as “traveling mind.” As we absorb and activate our new knowledge, that new learning lets our mind travel, and those travels influence our choices.

I had a friend who thought leaders have to be know-it-alls, and that any lifelong learner could only be a follower. I smiled as I answered, “You can only become a leader when you have an open mind. A good leader accumulates knowledge and understanding, mixes it with daily awareness, and runs with it. That’s the kind of leader who inspires, motivates, and empowers us—one who listens to us and works side-by-side with us when that makes sense.”

Great leaders combine confidence and humility. They keep an open mind while also validating (and sharing) the treasures they already possess. Anyone who's fully awake can step into leadership.

So what stops us? Does thinking seem like too much work? Are you too busy with the daily grind? Are you too tired or too stuck in your daily routines to make the change, follow the choice, and ultimately find your purpose? Do you fail to make space in your life for mind-expanding activities like travel or watching a TED talk? Or do you think you're already there, at the highest place you'll ever reach, a place of freedom?

Too often, we fail to stimulate the mind, so our minds go to sleep. But we can wake up that sleepy mind—and discover the inner glow that only we can light or turn off, just as we turn the switches that fill our dark houses with warm, wonderful light.

Even very successful people can achieve much deeper levels of greatness. Think about the titans of business 100 years ago—people like Andrew Carnegie and John D. Rockefeller—and the titans of today, like

Bill Gates, Jr. and Warren Buffett. These four men all achieved great success in business.

They could have stopped there. But they used their wealth, power, and prestige to go way beyond even those great successes. 100 years from now, Gates and Buffett will be remembered for their contributions to end human suffering—just as Carnegie and Rockefeller are remembered for their funding of libraries and hospitals.

What's the first step you can take to turn on your own inner light?

Chapter 9:

Freedom! Connecting the Dots

Our Wonderful Magnetic Universe,

Our Wonderful Magnetic Life

The universe is a magnetic field. Life is also a magnetic field—but it's a different kind of magnetism. In physics, magnetism attracts opposites. But in personal and spiritual growth, it works differently. Positive attracts positive, and negative attracts negative.

This is the Law of Attraction (LOA). It's a major belief system integrated into personal and spiritual growth teachings from the Old Testament and the I Ching all the way into today's world and movies like "The Secret." And of course, the Law of Attraction is central to DOXA, too.

Here's my particular interpretation of LOA:

1. The more we express a positive attitude, make time for others, and support them when they need it most, the more we attract positivity in our own lives.
2. The more we open ourselves to new experiences and thought patterns, the closer we get to discovering our purpose (and finding joy in it).

How do you achieve a positive attitude and welcome new thought patterns? We could make a list together that would stretch for hundreds of pages. These next three short paragraphs will get you started.

See the world and experience life beyond your zip code. Taste meals you never had before. Watch a waterfall to remind yourself of the gift of drinking water to sustain yourself. Stroll through lush green fields that tell you how blessed we are for the food we have. Notice a child's happy smile. Feel the gratitude from a person in a wheelchair when you take her out of the house for a walk. Cook a great healthy meal and share a nutritional soup with someone who

cannot make it right —and deep in your heart, feel the difference you made in his life. When someone truly needs your help, be there for her. Validate and honor every person in your life. Only make promises you can—and will—keep.

Get up early in the morning and be productive at work—put on your best shirt and get the most from your time and skills. Listen to the birds sing. Stare at the endless sky while driving to a meeting. Always hug or kiss your loved ones and wish them a happy day whenever you leave home.

And never go to bed upset. Shave off your daily challenges and go to sleep with a feeling knowing that you did your best. Toss regrets and unmet expectations out the window. They have no place with you on the pillow.

Turn the Magnetism Into Freedom

These thoughts and actions will free you from stress, anger and disappointment. And in turn, that freedom will open the locked door to happiness.

You can't put a price tag on that sense of personal and emotional freedom. One day, you'll look around and you realize that you've created a life you love: You've stabilized your weight at a healthy number, your doctor told you you're in great shape, you've achieved career success and financial comfort (either as an employee or in your own company) and still have the time to enjoy it—and most of all, you know that you're never alone on this journey. You feel loved and safe, knowing you're free to choose, to live, to experience, and to give.

You're part of a connected web that not only joins you to other people and other beings, but connects your choices, your behavior, to what you most want to attract. You no longer need to say "I'm sorry" for your own actions (okay, only once in a long while). And your belief deepens as the many blessings in your life begin to manifest.

It doesn't always happen quickly. When I was 14, living in Tel Aviv, I spent a lot of time reading on the beach in front of the city's famous Dan Hotel.

My mother and stepfather rented beach chairs to the tourists there. One day, I began a conversation with a lovely couple in their 30s, speaking English and totally in love with each other. I was learning English and eager to practice—while they were surprised that I was there to read, and not to hang out with my friends.

Still, they told me I had “wisdom and sparkle in my eyes,” and that I’d do something special with my gifts one day. Walking home, I felt an aura of possibility. A door had opened toward my future.

As they spread out their plush hotel towels, I created an intention to visit Israel as an English-speaking tourist and to stay at this luxurious hotel.

That intention stayed with me until it was ready to become reality. It took 16 years—but as a businesswoman, mother, and resident of the U.S, I traveled to Israel with my husband and son and stayed at the Dan as part of an emotional trip through Europe and Israel where I saw my father in Romania for the only time after Mom and I moved to Israel when I was 10. During that visit, I wondered what it would be like

to have a close relationship with my father. For me, I could only imagine that—but others have turned that into reality. Still, I didn't regret my choices to live so far away from him. I am comfortable with them, even though I missed my dad all those years.

Postscript: I've returned to the Dan many times since, always in a room with a beach view.

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Chapter 10:

Your Metaphorical Grocery Bag

When you go to the supermarket, does your cart fill up with all sorts of items you hadn't originally intended to buy? Mine sure does! Often, I walk to the checkout line with a bemused smile, seeing all the bargains I couldn't resist—even though I take an inventory of my food supplies every Sunday and plan out a week's worth of meals at a time. And because I hate to waste anything, especially food, I find ways to use those extra items I bought.

Food isn't the only thing I inventory. I'm always taking inventory of many parts of my life: Where am I purchasing things I don't need? Where am I burned out by too much running around and too little reflection? What things—physical, mental, emotional, or spiritual—can I get rid of that are now in my way and holding me back even if they once advanced my

growth (recognizing that more isn't necessarily better)?
Where have I spent time efficiently, and where have I squandered it?

You can find a great deal of benefit, even wisdom, in going through this process yourself. Even if you only spend ten minutes a week making this inventory, you'll discover it can help a lot to bring clarity, focus, and purpose.

Important: *Don't be hard on yourself with this process.*
The wonderful thing is that if the choices you made previously aren't right for you anymore, you can make different choices. It's not that you did something bad, but that you're a different (more evolved) person now, with different wants and needs—and that's totally fine.

Think of the different experiences and artifacts you've collected like a bag of mixed nuts—or a salad. A multiplicity of tastes, smells, textures, and colors emanates from the plate and explodes in your mouth if you take them together, but you can also separate out the different experiences, tasting a Brazil nut or an olive separately, and then getting something different

in the next bite: perhaps an almond in your nut mix, or a relaxing cucumber slice in your salad. And of course, sometimes you prefer to buy individual items and keep them separate, instead of mixing them.

In the metaphorical shopping bag of life, we find a mix of joyful and sorrowful events...situations that create deep peace, but also some that generate anger, resentment, and anxiety.

We can spread the analogy beyond food, too. If your closet is anything like mine, you'll have a wide assortment of colors and fabrics—for warm summer days and cold winter nights...for fancy parties and hiking through the woods...for times you want something soft, sexy and comfortable and times you want to command attention with bold fashion.

Similarly, we can dress up our own life differently at different moments. We choose what events can be joined together, and which are better taken one at a time. This is one of the ways we can paint our lives with beauty, variety, and excitement.

And we're all different. Some people live their whole lives in one city, maybe even in the same house. They see the same friends, play the same games, perhaps work for the same company their whole career, and visit the same holiday destinations.

Others, including me, have a very different temperament. I would be very bored with that. I've lived in three different countries, had more than a dozen very different types of jobs, traveled all over the world, and constantly make new friends and explore new situations. These actions empower me to grow, while others find their growth by growing deep roots in one place and learning it so well they become part of it.

One is not better than the other. They are different as we are different, and each approach works for some of us and not others. As long as you're following your own "true north," there's no single right or wrong way to be in the world.

The right choice may even change for the same person at different life stages. Here's a story that shows how it shifted for me. Growing up, I knew a distant

relative who always wore only gray or black; I'll always remember the elegance and style of her look. When I asked her why, she told me that the colors matched her philosophy:

Grey is for all that life offers in between colors—the good and the bad. Black is harsh, determined to block out all the competition. This is who I am. I am my own style and I'm always between emotional and logical choices. It's hard to choose, so I stay safe with grey and stand out at the same time. I choose to be different.

After wearing bright colors for many years, in my thirties, I purchased a whole new wardrobe of gray, black, and white. That was during that depressed period I mentioned earlier, when I faced tough circumstances and difficult decisions—and needed more love and attention. I didn't realize it at the time, but my wardrobe represented the emotional void in my life.

To put it another way, we dress life up, and life dresses us as well.

Chapter 11:

A Cautionary Tale— and a Surprise Ending

It's a common story: Mark and Antonia began dating as teenagers. She was a waitress in her family's restaurant and he did maintenance for a distribution company. They got pregnant when Antonia was 17, and had their daughter five months after their wedding day.

Juggling motherhood, her job, and her household was a challenge. Antonia cut back her work hours, while Mark took on as much overtime as he could. After little Jeannie started nursery school at age two, Antonia increased her hours. They bought a home of their own—and a station wagon.

But the passion was slipping away, with both working long hours and devoting what energy they had left to their daughter.

And then Mark got laid off. Antonia had to work long shifts seven days a week.

And she didn't see much evidence that Mark was looking for work.

Returning exhausted one Friday at midnight when Jeannie was with her grandparents, she came home to an empty house; Mark was out partying. When he finally showed up at 3 a.m., she screamed that he was a loser and told him to get out of their lives.

Taken aback, Mark sat down calmly next to her on the bed. "I'm looking for work, but no one is hiring. You're always away, and sometimes I need to go out and have a bit of fun too."

Then he surprised her. He told her he'd been thinking of going to night school to become a general contractor. "Then I could make more money. You could cut down your hours and maybe even stay home with Jeannie."

"Why didn't you tell me this before?" Antonia snapped. "You never share your thoughts or plans with me."

"We just don't talk," he replied. He reached for her hand, but she pulled it away.

"How can we talk? I'm working most of the time, and when I come home, I have another whole job taking care of Jeannie, running the house, and making sure there's a hot meal on the table when you want it. It's got to stop. I want you out. You can see the baby on weekends."

Mark offered to do better, but she was adamant. In despair, he left and came back the next day for his things.

A few Sundays later, she was so fatigued that she asked to leave work early. She came home at 5 and went straight to bed, still in her work clothes. At 7:30 p.m., she had a vivid dream. She saw her well-dressed, perfectly made-up self-stepping out of an office to say something to her secretary. On the door was a plaque reading "Antonia Munt, Psychologist and Counselor."

This dream repeated the next several nights. By Thursday, she'd decided to make it real. She got a loan and enrolled in the psychology program at UCLA—and she loved it. She graduated with honors and now,

fully licensed, worked for an agency that helps troubled teens.

Meanwhile, Mark got a job as a construction apprentice, paid child support, and eventually worked his way up to general contractor. He loves working outside, building and fixing homes. They both go to work with joy in their hearts, and they both love their daughter.

When their love was still new and fresh, Mark and Antonia lived in the rear apartment of my house. I still remember their love in the early days. There are many reasons why their love withered, but once they set on meaningful careers, they found happiness another way. And, somewhere down the line, each of them is likely to find another person to share their lives. I think that next love will be deeper and longer lasting. Would you agree?

Chapter 12:

Coloring My Views

As I was preparing to emigrate from Israel to the United States, two friends told me that in the U.S., blondes get hired much faster than brunettes. So, naively—and against my hairdresser’s advice—I spent three hours at the hairdresser getting it bleached and colored. I left a literal “rebellious streak,” which I had colored reddish-purple.

When I looked in the mirror, I just wanted to cry. But it was for a good cause, or so I thought.

Of course, when I started job hunting in New York, I saw that none of the ads said anything about hair color or style. I’d worked in international commerce in Israel and got hired on my first interview by an export firm.

But my first day of work, both the president and vice president asked if I’d been a brunette. I confessed that I had been until recently. Embarrassed, I also explained why. Through their laughter, they asked if I wouldn’t

be more comfortable reverting to my original color.

And then they offered to give me time off the following afternoon, and to cover the expense of returning to my true look.

By 4 p.m. the next day, I looked like myself again. I looked in the mirror and felt so much more at home.

I'm still grateful to those two men. And I learned an important lesson: how you feel about what you look like is much more important than what you look like.

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Chapter 13:

What's Next?

Even though I found a job so quickly in New York, it wasn't long before we moved to California, where I've lived ever since.

One day, I was enjoying my company's holiday party on a chartered yacht. As we returned, I noticed a huge yacht coming in; it was named "What's Next." The name captured my curiosity, so once both boats were docked, I strolled over and asked the captain why he'd chosen that name.

After a long pause, he replied, "it's the way I live my life. I learned to look forward to what I get next or do next?

"And are you never in the now?" I asked.

"The now is boring, he replied. "I thrive on my next purchase, my next party or my next trip, or my next relationship. It's always next."

All I could do was feel sorry for him; he's missing out on so much. One day there will not be a next time for him. I have plenty of hope, faith, and trust that I'll experience many more wonderful things in the future—but I still live in the now, savor every moment, and take full advantages of the opportunities that come my way.

Planning for a Terrific Tomorrow

Living in the now doesn't stop you from planning for the future. Our plans for the next phase create actions in the now. Today's now becomes tomorrow's past—and when the day comes when we're old and tired, the now we're creating right now will be what we reflect on and share with others. All that we've learned, taught, shared, loved, and lived through was once happening in the now.

And each of us can dream, desire, and look forward to tomorrow—whether we anticipate something as small as a cup of hot chocolate at our favorite café or as big as a wedding, the birth of a child, an exotic vacation, a new home/career/life partner...Whatever it is, it gives us something to look forward to, and to inspire us to

act in the now to bring about that wonderful future. We create our tomorrows by creating our today's. And we attract those desirable outcomes and events by believing in ourselves and in our tomorrow.

Believing involves trusting the unknown. We pay respect to things that aren't approachable today, and we attract them into our lives as we create a marvelous bubble of possibilities—and live them with passion.

You've probably guessed that I'm a high-spirited person. I fill each day with energy and treat that day as a new life brimming with opportunity. To an outsider, my enthusiasm and passion might look like anxiousness. But again, it's really passion and gratitude—and conscious intention to live a life that serves others and nourishes me.

Every day, I start with a gratitude prayer and meditation. I also express thanks in the moment as the day provides its wonder. And as I lie down for the night, I once again express thanks for the miracles of what I learned and experienced since I awoke. I treat each day as a new friend—and befriending the day as my loving

companion makes everything else easier and more joyful.

This wasn't something I grew up with. It wasn't something I did 30 or 35 years ago. But it's one of the best choices I've made. It even seems to slow down the aging process when I look in the mirror and see that joyful woman looking back at me.

Let's share many tomorrows together; we'll meet at the corner of our circle of faith and our belief in possibility.

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Chapter 14:

Hearing the Inner Voice

I'm sitting with friends in a cozy, charming restaurant—and I'm stuck. Everything on the menu feels fattening and unhealthy, and I want to take off a few pounds before my friend's wedding later in the summer.

Does this sound familiar?

Society gives us lots of messages about looking slim, feeling fit—yet many of us gorge out on oversize portions of unhealthy food. And too often, we get crazy, with a cycle of binge-diet-binge-try a new diet. And so the mirror reflects a self with bulging fat in all the wrong places.

Eating smaller portions of healthy food and getting proper exercise have a huge impact not only on our weight but in how we carry ourselves—and, for most of us, how we feel about ourselves.

I decided to break this cycle several years ago—and you can too. It's a lot simpler than you might think. I can give you the success formula in just seven words:

Eat the foods that love you back!

In other words, eat what agrees with you.

At that cozy little restaurant, I finally listened to my inner voice and settled on a meatless Greek salad. That was the right thing to order on that day, and I felt deep satisfaction when it arrived. It answered a craving that came from a good place.

But just because it was the right thing at that moment doesn't mean I should live on nothing but romaine lettuce and feta cheese! If my inner voice tells me I need protein, I'll have some meat. If I have low energy, a small bowl of pasta and a salad should pick me right back up again. If I'm light-headed, I eat something grounding. It works better than any diet program.

You have an inner voice, too. Tap into it. Your body knows what you need. Your subconscious will guide you through all the challenges of life: diet, exercise,

friends, family, intimacy, career, school, and everything else. It will guide you to figure out who energizes and replenishes you—those are the ones you should hang out with—and who depletes and drains you...what vacation destination makes sense right now and which doesn't...even what you might wear to go on a lunch date. When you listen to that inner voice, you'll find the answers that bring peace of mind.

And the more you tune in, the clearer the answers you'll receive. It's a wonderful domino effect. You'll learn how to show up and be present. And you'll become free to pursue your dreams and passions with meaningful intention and elevated spirit.

Personally, as I've embraced this inner voice in my later years, I've found the highest level of happiness of my whole life. Yes, I have some gray hair and a few wrinkles, but I have purpose and inner peace. I love it all! I'd even call that glamorous.

Why wait? The sooner you set yourself on this path, the more benefits you'll receive, and the earlier they'll show up.

I love you for starting this journey—and I love you for just being you.

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Chapter 15:

Compromise Isn't Settling!

All relationships require compromise. We negotiate, we give in on certain things, and we hold fast to others that we feel are too much a part of our identity to give up on. Again, it's all about choices. To take a silly example, if it really matters to your partner whether the toilet paper sits on the roll facing in or out, and you don't care, give your partner that victory. But when your partner suggests a vacation on a 20,000-foot mountain and you get asthma above 10,000 feet, it's time to politely but firmly say that won't work.

Let's look at some of our own compromises:

1. A long-time vendor makes an appointment to discuss a 5 percent price increase, but is also willing to extend the terms from 30 to 45 days. You negotiate the new pricing down to a 3 percent increase. You both compromised, and you've kept your business relationship.

2. A relative invites you to a housewarming party the week you'll be away on vacation. You suggest coming by the following week, instead.
3. It's Friday night. You're dating a great guy and you have plans to go out. He calls just as you're about step into the shower and tells you that the boss sprung a big project on him with a Monday morning deadline. You take a deep breath and invite him to have breakfast with you tomorrow instead—and the weekend goes very well for both of you.
4. Your best friend calls you, hysterical, because she's just lost her job and she'd planned to go on a cruise with you. You calm her down, offer to help her polish her resume, remind her of the long commute she's getting rid of, and tell her you know she'll find something quickly, and that she'd just have to warn a new employer of the scheduled vacation. Two weeks later, she's hired by a firm much closer to her home—at

an increase in pay. You both not only go on the cruise, but meet new life partners on the ship.

Factor in compromise as you make choices. And remember, compromise takes many different forms.

Sometimes you might compromise with yourself—over the choice of an outfit, for instance. Even something so simple can have many ripples. As you pick out what to wear, you're mentally balancing a dozen factors, such as:

- What impression do you want to make?
- How comfortable will you be?
- Is it appropriate for the activities? No fancy clothes on a muddy hike, please!
- How do the colors, shape, and texture suit your mood—will you gain energy from your choice, or will it drain you?

Bargaining is another form of compromise. In much of the world, business is transacted through bargaining, and no one expects you to pay anything close to the initial asking price. For an involved purchase, the bargaining might take an hour or more, and may

include being served a beverage (mint tea in Morocco, Arabic coffee in Israel, strong black tea in Turkey). If you walk through the bazaars of Istanbul, you'll see young boys working for the rug merchants, scurrying around with trays laden with black tea.

Even though I've lived in the United States for decades, my Middle East upbringing still comes out sometimes. I don't do it in department stores with fixed prices, but I do ask some merchants if they can do any better. And sometimes, they'll drop the price 10 or 20 percent.

Compromise is Not Settling

We've seen that compromise is a considerate form of negotiation, where both sides are happy with the outcome. It builds self-confidence. But settling for less than we deserve is different. We settle for too little when we approach a situation (or a relationship) with fear, doubt, or despair. We give up our identity, our confidence, and our self-assurance. We surround ourselves with "downer" people who don't have our interests at heart—and we stop attracting happiness. We

let outside forces chip away at our peace of mind, our passion, our creativity—and ultimately, our health.

In short, we dig ourselves into a deep hole and reach back out to bury ourselves in the dirt. Instead of living a full and loving life, we stumble through a miserable existence.

This doesn't honor the true self. It betrays our deepest principles, values, and scruples—to gain what, exactly?

Settling breeds negativity, and negativity will subvert and sabotage and reverse all the progress you've made. Whether your goal is reducing weight, advancing your education, having a great relationship, or developing a meaningful and successful career, all of these things are much harder to achieve if you've got a giant emotional weight "settling" you down in the wet concrete of failed hope—pinning you into a prison of your own making. If you let that burden imprison you, your inner voice will go to sleep and you won't accomplish anything. You could feel so unfulfilled

that you experience yourself as unworthy—and the downward spiral gets worse.

Fortunately, you have control over all of it. When you feel lost or overwhelmed with questions, turn to the mentor who lives inside you, share your dilemma, and ask for help. You'll discover that you can just say, "Stop—I'm done with this." And one step at a time, you pull yourself out of that dungeon and begin to climb the heights to the greatness you're capable of.

With practice, you'll quickly learn when you're making a compromise that helps you and the other person, and when you've gotten stuck in settling for the wrong things. Before you know it, you've learned to blend the deep mystery of the inner you with the knowledge of how to solve the puzzle—the magic mix that leads to self-growth and awareness. Just as the wind leads you when you sail but you're the captain steering the course, your inner voice awakens from its coma and you begin to lead a full, meaningful, and exciting life!

Chapter 16:

Creating Ease, Expressing Gratitude

If you build a strong and healthy relationship with the person inside you—the one who's always with you, no matter what—you'll begin to build strong and healthy relationships with others, too.

It wasn't easy for me to learn this. I was almost buried under guilt issues, and felt the tension between the troubled person I was, and the easeful person I desperately wanted to be. I had to learn to communicate well, to listen to others, and to filter my actions and thoughts.

My mother's cousin Mantzy helped me learn this when I was a shy 15-year-old. She spoke eight languages fluently, and I asked her which was her favorite? She responded that she didn't favor any in particular, but she would use the native language of the person she was speaking with, to make them comfortable and give

them the opportunity to express their thoughts and feelings more deeply. “I’ve learned that they’re much more likely to speak their mind in their own language. The key is to know and understand what’s painful and what’s dear to them,” she told me. “Tuning into these voices and these languages makes them feel at ease. It quiets the turmoil.”

At that age, I wasn’t ready to absorb her teachings—but I never forgot them. Years later, her wisdom was one of the things taught me how to be a coach and listener who empowers others.

I’m grateful for that lesson every day.

Gratitude for a Higher Power

Actually, I’m grateful for a lot of things. I’m grateful for the many, many blessings that have come into my life, and I express that gratitude every day. We touched on some of them in Chapter 13. Now, let’s take a few moments to explore one particular gratitude that I value especially.

It’s the ability to talk and listen to my higher power—what some people call God or Spirit. That I

can receive guidance directly from this amazing entity continues to astound and delight me.

Every year, I feel more comfortable approaching Him—I perceive the entity as male; yours might be different—with my thoughts, feelings, dreams, and questions. I actually feel a sense of relief that I can turn to someone far greater than myself. I open myself up to trust the universe, and the universe rewards me abundantly by placing people I need to meet and opportunities I can grow from alongside my path. Having a sacred two-way relationship with a higher power enables my creativity, my power to solve problems, and my passion—and this is available to every one of us.

You might be amazed to know that I don't even ask for anything in my prayers anymore. I share my dreams and goals, experience the moment, express thanks, and say goodbye until the next time. And I find that my mind forms the connections I need to make good choices.

Even if I have a “blue moment” of fear and uncertainty, I can visit that noble and supreme relationship: “It’s me, Ana, again. I experienced this... What are your feelings about it?” I take a few seconds to breathe in and breathe out—and recharge my energy and focus.

Trust...and Timing

Another magical thing about turning to a higher power is the way the timing of my choices just works itself out. Timing makes a huge difference in our lives. When you build this amazing trusting, giving, and sharing relationship, you too will know when the time is right for the choice you’re about to make. You’ll feel the alignment and know that you’re on the right track.

I take delight in the time I devote to every relationship—and this sacred one is the light leading the way to see clearly where I am, where I came from, and where/how I can go forward. It’s so fluid it seems to melt the time zones into one—and it helps me learn to embrace, love, and understand my life.

And I continue on this path, clearing the rocks and paving the way.

Are my prayers answered? Yes! Not always right away, and not always with the answer I'd prefer—but each and every moment, I filter the choice and embrace the wisdom of the answer. And as I climb on this frequency I get empowered from—and blessed with—all that is around me and for me.

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Chapter 17:

The Unknown

Reading those two words together, “the unknown,” naturally opens us up to curiosity—to questions. Recognizing what we don’t know unlocks a part of our brain that feels like it *has to* know.

That’s the part that drives us to make new discoveries! We can’t touch or even feel the unknown, but it keeps us on our toes, looking for the chance to uncover it and figure it out.

It took me many years to understand the value and power of the unknown, wrapped in uncertainty—and it’s amazing: Even though we’ll probably never solve the puzzle of the unknown, it’s the secret that leads us to love and like ourselves.

Because it’s unknown, the unknown can take many forms. At times, we begin to understand it through the outcomes that show up based on our choices. At other times, it’s like a new day and helps us live in the

present. But too often, the unknown is a source of stress and worry.

The good news: you don't have to get stressed and worried! Instead, enjoy the sacredness of the unknown—enjoy knowing that it's the hidden door to happiness. The day I accepted that the unknown is *supposed* to be left unknown and sacred brought me incredible peace of mind. And even more than that, it led me to learn to like the person I am. I continued to follow the ABC formula to filter my actions and my words—and I embarked on a whole new journey: loving my life.

We open the door to the unknown, look into the mystery, and then close that door with a light heart and free spirit, knowing we can open it again any time we need to. And now, we can be grateful for each day, grateful to be in the NOW—and treat that day with love and appreciation.

And we can practice this over and over with each new day.

When we do, we worry less about tomorrow. Instead of burying ourselves in horrible possibilities, we go deeper into ourselves. As you practice this, you'll tap into your own inner voice and discover your own voids—the small and large spaces we so anxiously try to fill and cover.

The void is a scary place at first. Our first urge is to escape from it, to run away or block it out through excess. We listen to other cravings and build walls made of whatever we think can keep the demons away: too much exercise, work, eating, not eating, drinking or drugs, sex, smoking, exercise...Many of these things are desirable in moderation—but there really is such a thing as “too much of a good thing.” Anything done to excess becomes a crutch, or worse, a barrier.

And despite our excesses, the void flares up again—because our addictive behaviors don't address it; they only make it harder to see for a little while, until it finds another way in.

As we age, the void can get deeper—and more annoying. Each of us is on a journey to finally fill the

void forever, to plant healthy seeds that ignite our spirit, passion, and purpose.

Each of us has our own clear inner voice—a scared treasure belonging to you and you alone. Validating that voice is the secret to shaving off past emotional baggage and living the life you want, in the now. You know and acknowledge who you are. And you learn to like and love the being in you, who accompanies you everywhere you go.

Liking that spirit will lift your spirits! It will reignite your passion and lead you to fulfill your purpose and live a happy, loved life.

The three DOXA principles (Attract, Believe, Create) build on one another. Each one makes the others stronger. It's truly magical. As you choose and follow your purpose, the journey becomes meaningful and you'll be passionate about it, stopping to explore the destinations you've set up for yourself. Your spirit will raise to the highest frequency even while your energy is recharged.

Better still, you'll attract other people and events on that high frequency. Because you believe in yourself and all your gifts, you've set in motion the systems and steps to create the life you desire. You've taken the driver's seat of your life!

Your purpose guides your tomorrow, keeping you aware, awake, and alert as you climb that ladder. It's a low-stress lifestyle that feels like its reversing aging. Your spirit is your fuel. It kindles your actions in the now, the today—the life you choose every day, a day, an hour, or a minute at a time.

Passion will ignite and illuminate your spirit and blend your actions with your emotions and common sense; feelings and logic will no longer be at cross purposes. They'll complement one another and support one another according to the choice, the change, and the circumstance.

Using DOXA, your faith will transform the unknown—the worry—into a place of trust. You'll realize that you feel light and free; you've learned to let

the unknown just BE, and this lights up your soul and starts clearing the void, one step at a time.

You'll find the beautiful seed of life implanted in you as an individual, and it nurtures you as an intimate, loving being. With DOXA, you'll plant that seed where the choice leads you today—and, if you need to, replant it someplace else later on, as things shift for you. You can always get in touch with that seed; it's yours forever.

You'll gain familiarity, even intimacy, with your questions, desires—and your quest. As you step away from the unknown, you'll find the answers and become a full participant in the known—all that's tangible and real.

Like the Wizard of Oz pretending to be all-powerful while hiding behind the curtain, the unknown creates the illusion of being powerful, potent, and practical. And when it's useful to you, you can peer over its shoulder to watch the circle of life silently coloring through your entire journey, providing living proof of your existence, comforting you with humility and understanding.

I was 53 when I finally understood this wisdom. I was going through an enormous change in my life and my brain was roiling with emotions.

And one day, when I felt I couldn't take it anymore, I stopped. For one day, I ceased working, thinking, acting, and asking. Without really expecting anything, I took the time to pause in a place of quiet and make space for what needed to come through.

Amazingly, within a few hours, I heard a little voice speaking out to me. At first I was scared and uncomfortable. I was accustomed to a busy life, filled with hundreds of deeds, lots of thinking and asking. Listening to this inner voice was new for me, and I wasn't sure I liked it.

The voice continued to flow. And as I sat alone on my living room couch, staring at the light coming in through the glass sliding door, I began to welcome it.

I'll never forget that moment—the beginning of a whole new life for me. The more lovingly I listened to my voice, the stronger it became—and the lower

the influence of that terribly familiar void that had dominated my mind for 53 years.

The voice was merely a warm, kind and gentle feeling telling me that it's okay to be me. With a desire to embrace that voice, I slowly listened as it recited all the good deeds, the support, the love, the compassion I'd expressed throughout my life, especially my generosity even when times were so rough I cried myself to sleep every night.

The voice emphasized my best qualities, skills, and the deep understanding I'd achieved because of the tough life-changing experiences I'd endured.

Gradually, I no longer felt insecure, troubled, or worried. Judgment and blame began to vanish throughout the transformation—deleting the dark spots one by one and replacing them with the inner voice.

Within hours, the void slipped out and the voice made me feel like a brand new person. I felt like a free feather flying to the roof, too happy to even put that happiness into words.

The word “choice” appeared in front of me like a huge sign, and I knew I could choose either to give in and give up—or to give more.

I chose to give more. And that’s how it all began.

Since then, I’ve devoted my life to helping others overcome unhappiness, find their life purpose, and make that purpose real. I enrolled in an online Oxford University class in psychology and human behavior and I began to read everything I could find about human development. Learning that our behavior controls our happiness, I trained to become a life coach.

All the while, I continued to study, learn, and discover exciting life lessons. It took me 10 years of deep soul work to be able to articulate the DOXA method.

If we were to put a price tag on all this knowledge, figuring 40 hours per week, 50 weeks a year—20,000 hours—at even \$25 an hour (very low for a coach), that would be \$500,000 worth of wisdom to share with you. At a more realistic \$100 per hour, it would be \$2,000,000 not counting overtime—all those hours I lay awake

asking questions of the universe and waiting for the answers.

Aren't you glad you're reading this book? You get \$2 million worth of knowledge <wink>.

The Answer Lies Within YOU

Every time I asked the universe a question, I got an answer. It wasn't always the answer I wanted, but it was one I could listen to and act upon. If I didn't understand it right away, that understanding would come.

And one of the most important things I learned was that the answers for me might not be the same as the answers for you. One size never fits all—whether we're talking about socks or shirts, or our life's purpose.

When you ask, you'll receive answers that fit your own needs, expectations, desires, and skills—and you'll tailor these tools accordingly. *Your* desires will become your passion, show you the road to your purpose, and bring you close to your spirit—which will make it happen. Each of us has our own DNA. Each of us is an original, created in the image of the unknown, but different from that spirit—and from each other. And

each of us can experience a deeper and higher level than anything we can touch, feel, see, hear, smell, or taste.

As you grow, your purpose may change. Over our lives, most of us fulfill multiple purposes as we learn what's most dear to us and honor our inner voice. And we achieve happiness on multiple levels, simply by making conscious choices to do what makes us joyful... to follow our purpose...to create a clear and confident identity...and to make a difference in the world.

All you have to do is tap inside your deepest, most precious molecule.

By flowing with life and loving your life happily, you'll erase and delete all the areas you're not too happy with. Miraculously, just as the voice replaces the void, your happy deeds will replace the unhappy things that used to make you annoyed and angry in the past. You'll begin to see that they were meaningless and unimportant.

Your time will be focused on your purpose, regardless of its shape, form, or color. The rewards will appear while you live through your reality.

The impossible will become possible—and opportunities will show up as you practice the ABC formula.

You'll attract these opportunities. You'll believe in the opportunities your inner voice guides you toward—and your creative juices will flourish.

Apply this wisdom in your own life and before you know it, you'll be in a better place. The answers to your questions will turn into positive outcomes. When you honor—and act on—the choices your inner voice suggests, you'll begin to replace the void with a success consciousness, and successful outcomes. That success could be about love, friendship, career, financial security, health and fitness, or anything else.

It took me a long time to turn my own voids and missing links into the powerful yeses that now fill my life. I'm happy to share that journey with you, and shave years off your own path. Discover for yourself how to extract the seeds of understanding. Take advantage of this intimate look into my life. Laugh, cry, or express excitement alongside me—and know that I am walking

alongside you on your own journey, cheering for you every step of the way.

Because we are all originals, all unique, it will look a bit different for you than it does for me—just as siblings (or even twins) can be amazingly different.

A friend of mine has three daughters: a medical student, an actress, and a soccer athlete. Each daughter has a seed pulling her toward her own unique goal; each has made choices that mold her character.

My friend and her husband support each child in their individual quests. And that's a beautiful thing.

Physical...Or Emotional?

As I researched this whole process, I actually found physical evidence that **practicing** the DOXA method will reduce the emotional weight dragging you down AND help you create a healthier life. You'll see a powerful example of this in Chapter 18, when I describe a crisis and a miracle in my mother's (and my) life.

What do you think has more of an impact on your happiness, achievements, and peace of mind—physical or mental/emotional disability?

Other people can often see a physical disability, while the mental or emotional barriers—just as real—may be hidden to the casual observer, and only become apparent as you get to know that person. But it's those mental and emotional handicaps that magnify our voids and lead us toward the black hole of an unhappy and destructive life—of settling for less than we should. As you get proficient in DOXA, you'll lessen both kinds of stress.

You've no doubt encountered people who are not available emotionally, or who are still mentally stuck in a relationship that ended years earlier. You might begin to feel some sympathy for them, now that you recognize that they were injured and have not figured out how to recover; they haven't learned how to listen to that amazingly powerful inner voice. It's hard to make good decisions when you're damaged and trying to heal without a roadmap.

The DOXA method showed me how to be patient, to take one step at a time and invest my energy into the flow of events. When something doesn't flow or

consumes too many resources, I let it go and choose another path—even if I'd been stubbornly set on that goal. Listening to the inner voice provides the courage to change the destination.

As we overcome those barriers through the DOXA method, we get to go beyond mere existence and live in abundance. We find our voice as well as our path. And that voice lightens our burdens, opens up our thinking, and dissolves that scary feeling of impairment.

As a DOXA practitioner, you'll learn to blend emotions with common sense...to attract, believe, and create what you truly seek and desire...to discover that inner voice and learn to listen to the intuition and wisdom within you, without fear or reluctance.

Chapter 18:

What I've Learned to Get You There Faster

As an introvert, a double-immigrant, a single mother, and someone who came to the United States with no savings and poor prospects, it took me a long time to find the peace and wisdom we've been talking about. As I said, I was 53 when the door finally unlocked for me. But I did come out of my shell—and now I embrace your presence next to me on the road, and the blessing that is you—wherever your dream takes you.

I want to empower you to find a more direct path and get there sooner.

To put it another way, you'll turn your dysfunction into go-function. You'll do it your own way, design your own shapes, and paint it with the colors you prefer.

And I think sharing some of my own journey with you will help with that.

So please let me tell you some stories from my own life that can shine a light on the path and the outcomes you want. I'm inviting you to metaphorically draw up a comfortable chair and listen.

Believe me, I've had plenty of voids in my own life, and had to learn, slowly and carefully, to fill them with something positive. And after writing 16 books, I finally feel open and easeful enough to share them with you.

They came in many sizes: tiny little unimportant ones, up to big, huge, all-consuming ones where I couldn't rest until I'd dealt with them.

Illness and Isolation

The first of those huge voids I remember was getting hit with scarlet fever at age 7, when a winter epidemic hit 100 children in my birthplace of Cluj, Romania. We were not even allowed to be near anyone else, so I was in a room by myself for 17 lonely days.

It was the first time I'd ever been separated from my mother. My parents had divorced when I was five and I have no siblings—so as you can imagine, my mom and I are incredibly close.

But even she was not allowed to visit. Mom and Dad spent hours outside in the cold, waiting for the rare times when I could gather strength to stand at my window and wave for a few seconds before I crawled back to bed, exhausted.

The only things I had with me at the hospital were a coloring book, a few crayons, and a small wooden doll. My only human connections were two nurses wearing face masks—one who gave me my daily shots and the other who brought me my meals on a tray—and the doctor who came daily and made his dire pronouncements to my worried parents.

That isolation was really hard for me—and for Mom. I missed the human contact, and I also missed the steady dose of exciting culture. I was used to a life filled with movies (often imported from India!), theatre, opera, music, and museums—and in those days (the 1950s), there was no option to watch online, or even to play a video.

After 17 days, my parents couldn't bear it anymore. It had been a terrible void for all of us. Mom wrapped

me in a bunch of blankets, leaving only slits for my eyes, and took me home from the hospital—on one of the coldest days of the winter—and brought in an in-home nurse. 57 years later, I still remember feeling my body's intense feverish heat battling with the icy cold as we went home in a taxi ride that seemed endless. My father was waiting at our apartment and carried me up 60 stairs to our third-floor apartment. I still felt weak, but my heart and spirit were finally warm. Mom cooked a delicious chicken soup. I felt her love mingling with the carrots, potatoes, dill, parsley, and young chicken in every spoonful. These days, if I have ill friends, I make the same soup for them.

It took me another three weeks after leaving the hospital to finally feel recovered. I found comfort in playing the piano. The music warmed my heart and Mom's—and gave us the strength to go through the tough times—to stand in line in the cold air for an hour just to get a loaf of bread, share our bathroom with 2 other families—and once in a while, dream of an orange.

The First Feeling of Being an Outsider

Although we still lived in the same city, I didn't see my father much after the divorce, once I got over the scarlet fever. The following summer, we went to visit my aunt and uncle in another city, as we did every year. On the second day of our visit, my cousin ran to her father and jumped into his lap. Then she turned to me, eyes aflame, and announced, "I have a daddy, and you don't!"

Of course, I was furious and upset. I wanted to run into the house and hide. My uncle graciously offered his other leg to me, but I still felt the anger and humiliation of my cousin's insult—that day, and long afterward.

The feeling of not belonging, of being an outsider, is never comfortable. Fortunately, it's also usually not true—but that can be hard to see when someone is insulting you or calling you names. Remember that their small-mindedness, and not your being different, is the problem.

Turning the Odds Around

A much larger void showed up the next winter. It was so cold that Mom kept me home so I wouldn't have to walk two miles each way to school—and then she got sick with a high fever.

The doctor was not optimistic, and for the first time in my life, I had to worry about being alone without her. What would happen to me and where would I go if she died? My father and I were not close emotionally; he lived on the other side of town, with another woman.

Mom got so sick she couldn't even swallow hot tea. Finally, the doctor asked me if I could cook a chicken soup. I bundled up and walked the three miles to the market in the cold and snow, thinking not of my own comfort but of my big wish to get Mom well again. And within three days, her health had turned around.

This was the first of many times I had the privilege of cooking a healing chicken soup for my mother, who had cooked them for me so often.

Here's the secret. The magic isn't in the chicken soup, but in the love it expresses. Chicken soup cooked with

love got us through cancer surgery, a broken leg, two hip replacements, and several bouts of pneumonia.

In 2014, the raging pneumonia was so bad the doctors put her into hospice. They told us she would choke if we gave her anything to eat or drink, so they starved her and ordered a morphine drip.

But I knew in my heart that she wasn't ready. She had been stripped of her dignity and deprived of her food. But watching her fade, I was not going to let my mother starve to death.

Gathering my courage, I blended some banana with apple and fresh orange juice. Although I was anxious about it, I found a tiny spoon and fed her a bit. To my great relief, she didn't choke.

The caregiver and I gave her a little bit more every 35 minutes. By that afternoon, she was able to manage a soft-boiled egg. Three days later, I cooked the magical chicken soup (and pureed it in a blender). She got stronger and stronger. A week later, when she was able to eat at the table, I canceled the hospice care and sent

the nurse home with the morphine. Everyone called it a miracle.

I had driven away the void with the power of love!

As I write this a few months ahead, she's looking forward to celebrating her 100th birthday on October 25, 2016, with another trip to Las Vegas—she's been there twice since the doctors gave up on her.

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Chapter 19:

My First Immigration

When I was only 10, I had to give up everything I knew, everything that was familiar. Mom had decided that it was time to leave Romania and start a better life in Israel.

All we could bring were three suitcases. It was not an easy move. We had no place to go when we got there, and spent a few days homeless on the streets, immersed in the deep void—until a kind stranger took us in. That stranger's kindness was the first of many miracles we experienced in those early days in our new country.

Eventually, I was separated from Mom and sent to work with other child immigrants and orphans on an agricultural kibbutz. Living in a dorm with three other girls, learning Hebrew, and working on the farm—that was my exhausting new life. While it felt like a void at the time, looking back, it was a really positive period.

However, it didn't start that way.

My first job was collecting eggs. I knew nothing about chickens—or about farm life. The chickens intimidated me and I felt smaller than them. At the end of the week, I was reprimanded for my low productivity.

After spending the weekend with Mom, I returned to the farm, feeling that I didn't belong and missing her terribly. The sadness was so deep that I needed to let the feelings out. I began to sing an aria from Verdi's opera, *Rigoletto*. To my amazement, the chickens calmed down and listened. They walked back to their cages and allowed me to pick up the eggs without a fuss.

I was able to collect more and more eggs every day. Magically, the void had become self-confidence.

Pretty soon, I was promoted to work in the kitchen, set the dining room tables, and pick oranges.

Another miracle was Mom falling in love again. 14 months after our arrival, she married a loving man with a good career, and we moved to his home in a beautiful neighborhood. And after more than a year of loneliness in between visits with Mom, we could be together again.

Chapter 20:

Looking for Love

Why do we call it “falling in love” and not “rising in love”? Is love falling into a hole? Or is it more like soaring through the skies and riding the currents aboard a hang glider?

My first romantic love hit me hard when I was 16— young, naïve, and totally absorbed in the new feelings flowing through me. Until then, I’d experienced love only as my mother expressed it to me. She poured everything she had into me, but she was also very controlling: obsessing over what I did, where I went, and who I hung out with. I led a sheltered, protected life—but it was also isolated. Like any teenager with controlling parents, I yearned for freedom, and for a “normal” teenage life.

One evening, Mom agreed to let me go to a live-band Chanukah dance party with two girls I knew. As soon as we got there, I noticed Hugo, standing in front

of the band and smiling. He wasn't in the band, but he ran the event

You may think that "love at first sight" is a myth. But I can tell you, just looking at him made me blush and feel a new sensation of warm and shaky heat. My entire being felt hypnotized.

I told my friends I'd meet this man and dance with him before the evening was over. They scoffed, pointing out how many older and more sophisticated girls were in the room—but not only did I get to dance with him, he invited me to go with him to see a play the following week.

When he came to pick me up so we could walk to our theatre date, we had no idea that Mom was following us on the other side of the street, making sure that really was our destination. We only found out after he walked me home again, clutching his umbrella over us on a cold and rainy night.

He was five years older than me and also an immigrant from Romania, and we began dating on weekends. We walked, we talked, we laughed, and

we shared. On our third date, we kissed—and it was so magical I wanted it to last forever. After that, we were always kissing and hugging. Our union felt extraordinary—fresh, new, and challenging. The first time we made love, I was overwhelmed: with his gentleness, with the charge I got knowing I was his, and with the physical combination of pleasure and pain. I surrendered blissfully into this swirl of feelings.

When I was in his arms, I could forget all about the uncertainty of our lives, our future. The world seemed complete for the first time.

But while I felt happy and free, Mom was concerned. I wasn't even 17. What would happen to my plans for work and college after I finished high school?

She seized the moment when he went off to take his exams and I felt lonely. She told me the relationship was unhealthy and I was being consumed by it, and that he'd never marry me because he was too young to make a commitment and was only after me physically.

She was relentless. She had also lost nearly her entire family in the Holocaust and then lost her first husband

to divorce and immigration; I was almost all she had. And even though I knew Hugo and I had a much deeper relationship than Mom imagined, I was still under her influence. With deep regret, I broke it off and returned to being a “good girl.” Hugo was distraught, but I felt that Mom’s intentions were noble and I couldn’t disappoint her. When we made love for the final time, I was crying inside, holding onto that precious moment as long as I could.

Meanwhile, Mom introduced me to a wealthy man 14 years older than me, bald and overweight. “He’ll take care of you and your life will be easy,” she said—but all I could feel was the void, back again.

I didn’t marry that guy. But I did marry my first husband, Yehuda, who was almost as old. I didn’t love him or feel any passion but I felt comfortable around him, with his serious expression, pure heart, and deep love for me. I liked the way he pampered me—and he loved enough for both of us. He proposed marriage only a month after we started dating, promising to always treat me well and love me—promises that he kept.

At the wedding, I was pregnant with Hugo's baby, but didn't tell Yehuda. I felt so confused and guilty that two weeks after the wedding, I moved back in with Mom and my stepdad. Yehuda told me, "You're young and this is too much for you—but I'll stand by you no matter what." And he did.

Three days later, I had a miscarriage. I still remember the siren of the ambulance that took me to the hospital, the eruption of feelings as they cleaned out my uterus. I was so discouraged that I decided to give up on love and sex.

A month later, when I was still floundering in loss, feeling out of control and without hope, Mom took me to a gynecologist who prescribed birth control and anti-anxiety medication.

Finally, I was ready to reach out to Hugo, but he rebuffed me. "Enough playing with my feelings and toying with my emotions! I'm dating your friend Dahlia and we're getting married next year."

I felt worse than ever. "Why would you do that? You loved me!"

“Yes, and I always will, but you destroyed all that we had. Dahlia and her parents trust me. Thank your mother that you feel miserable and that you have a weak character that depends so much on her approval.”

It was the last time we spoke. I heard, years later, that they’re happily married, have a couple of kids, and live a steady, calm life.

I, on the other hand, went through several relationships and a few marriages, searching for love I wasn’t able to give but was eager to receive.

Ten months after I walked out on him, Yehuda and I reconciled. And on October 23, 1970 (after a second miscarriage), I gave birth to my only son, Shlomi (Sean). I fell in love with him instantly. At 9 pounds, 3 ounces, he was a big boy, tall and handsome with jet-black hair, hazel eyes, and a lovely smile. Despite the two failed pregnancies, I’d never given up on the dream of having a child.

Living in a marriage where I felt no passion and missed all the emotional highs and lows I hungered for, Sean filled my void. Yehuda gave me all he had,

but it wasn't enough. I had known ecstasy and passion with Hugo, and I craved it. But I knew I could never feel romantic about Yehuda. You might call it selfish, but I was no longer willing to settle. I had several affairs and one lasting relationship with a married man who also loved me unconditionally. He would have given up his family for me, but I didn't love him enough to want that.

Not long afterward, we emigrated again, this time to the U.S. I left Israel without saying goodbye to my lover, who stayed with his own family. 14 months later, I finally ended my marriage to Yehuda.

Chapter 21:

What Is Love—and How Can It Last?

So what is love, anyway? Does love mean we give up our own identity and dreams, passion, spirit and purpose? It felt like that to me in my early years, but now I know better.

Questions to Ask About Love

Let's start by looking at love in your own life. Ask yourself these questions, and take some time to think about—and write down—the answers. There are no right and wrong answers, and what's true for you may not be true for someone else. Don't think of it as a quiz, but as a powerful tool of self-examination and personal growth.

- Is love suffocating you?
- Are you receiving love, or do you lack it?
- Do you express love?

- What are the facets of love?
- How do you translate love into many shapes and forms?
- Is love the mystery of life—or is it the puzzle of keeping us safe?
- Is love only based in emotions? Or can it be logical and lasting?
- Does love grow with time and respect?
- Is physical love important to sustain the relationship?
- Does newness transform into love? If so, how can you maintain the passion when the novelty wears off?
- Is chemistry the most important component of love?
- Can love be innocent?
- Is love a sin?
- How do you deal with love when it brings guilt, shame, and judgment?
- What are you willing to give up for love?

- Is love generosity? Money? Time? Adventure?
Kisses and breathing?
- Is sex love? Is love sex? Is energy love?

Don't worry if you don't know all the answers yet.

I don't even know all the answers in my own life. But I do know this: love is something we all seek—but how it manifests to you is unique—intimate and individual.

Believe me I tried it all. When looking for love year after year, I tried to fill the void with meaningless sex, X-rated movies, and even with infidelity. I chased inner happiness in the mirrors on the walls of cheap motels. It's hard to argue with the power of a great orgasm. I felt like a conquistador, relishing my power over these men.

But once the encounter was no longer fresh and new, I saw that these empty temporary unions also left my spirit empty, and those liaisons didn't last. I had to find something deeper than physical pleasure that instantly evaporated.

Then I tried monogamy. For twelve years, I slept only with my second husband—though I made sure to maintain several intimate friendships, so that I wasn't

relying only on him for emotional support. Despite my insecurities and low self-esteem at that time, those strong relationships kept me afloat through my thirties and early forties.

In the beginning, my second marriage was filled with love and passion—but that, too, faded. Finding his son ungrateful and difficult, I couldn't welcome the child into my home—and that not only created friction but wiped away the passion. He was a good, loving man, but I couldn't give up, give in, or give more.

I was a sex addict. Sex was my fix—packaged with hot music like Pink Floyd, Chris Rea, Moody Blues, Sting, and Steely Dan. My lust for the forbidden and intimate was my passion—maybe not what you'd expect from a privacy-loving introvert. I'm ashamed to admit that I shamefully let my first husband bring my son to a bat mitzvah party for my best friend's daughter, because I had a sex date with my by-then-ex-second husband. We had sex dates once or twice a week, long after we were no longer married—until one day, I broke it off

suddenly. He's now happily married and has a son of his own.

Because I was so addicted, I had another boyfriend as well. This second man would have committed to me, but I still wasn't available emotionally, physically, or mentally. I liked the variety and the false sense of freedom. Three things kept me excited and passionate: sex, music, and the ocean air.

What keeps you excited?

Looking back, I now see my young self's narcissistic swagger, balanced precariously on all my insecurities. But that wisdom came much later.

I did manage to stay friends with Yehuda, my first husband, through the end of his life—but we never had real closure. I was out of the country when my son held him as he died. I wish I could have said goodbye properly, asked him for forgiveness, and told him how much I appreciate his unwavering love and loyalty to me. On the day of his funeral, I spoke these words softly, only for his ears. And I believe he heard them.

People were already calling me “the magnet,” because I seemed to be able to attract whatever I wanted—but I hadn’t yet learned to filter my choices—to wish for and manifest the right things. And that’s why I didn’t know how to replace the void with an authentic inner voice.

Would I be where I am today without these experiences? Of course not!

Would I exchange my life for a new life? No. I understand now that my life is a work of art, designed just for me—and yours is designed just for you.

I could ask you a thousand questions more about love. But ultimately, you’ll have to ask and answer your own questions. Just know that you can do it, even if it takes more time than you think it will.

Use Good Judgment—But Don’t Be Judgmental

It’s easy to judge, to criticize, to blame. But we own our actions. By owning them, and by releasing them, we get closer to the source—the internal mirror we’re so happy to face.

I've learned never to make assumptions and I try not to judge others. I do believe most of us are doing the very best we know how to do at any moment. Just because we still have more learning to do, or because we find ourselves in a bad situation after making bad decisions, doesn't mean we should face ridicule or harsh judgment.

When we judge others, we don't know the whole situation, and we might jump to false conclusions. Have we walked in their shoes? Do we know truly what they feel and experience? We can't spy on their childhoods to discover what made them the way they are. The situation, and all that led up to it, are theirs, after all.

But what we can do is focus on what feels lastingly right and good, without wrapping it in guilt—taking the new and wonderful sense of self and making it familiar enough to experience over and over again. We all have bridges to cross, mountains to climb, oceans to swim until we find ourselves in a place of promise and success: a place where the void can't suck us in, because it's gotten too small to have any power over us.

This is what I do my best to achieve, every single day. Yes, it's still challenging—but I smile through all the challenges!

Love Later in Life

Let me share a snapshot of my life right now, in the present. Today, in my 60s, I have an amazing relationship with my third husband, Mario. I have two fabulous grandchildren, a beautiful home, delightful friends, and a career that I'm deeply grateful for—it allows me to travel the world and greet people from every walk of life with human love and genuine validation.

My own son, the father of those wonderful grandchildren, is embarking on his own search for meaning, and his own new life. And I know he will find it.

Chapter 22:

Every Day a Celebration

Life is full of chances to celebrate: a new child, a birthday, wedding, anniversary, graduation, career move, new home... At these happy times, we often have a party. We break out food and drinks and share music, dancing, and conversation.

These are great. But why do we need a life milestone to celebrate? Why not celebrate a random day, just because we're here and we've been given the opportunity to love our lives. Isn't that something to celebrate? No special meaning or reason—just a celebration of the glory of life. Imagine receiving a greeting card that says "I'm celebrating, just because. I don't need a reason, and I'd love you to come to the party."

Think of the positive impact on the economy, keeping all those party products makers, balloon sellers, cake bakers, and entertainers extra busy <wink>.

Now, let's bring some food along to this imaginary party: something extraordinary, something we don't experience every day. I'm a creative cook and used to cater parties, so this part is easy for me. If cooking is a struggle for you, read on. You might get some ideas and amaze your friends at the next party.

One easy way to come up with something new is to combine the unexpected: flavors from different parts of the world, ingredients in unusual combinations. For instance:

- A Greek or Mediterranean salad with a Mexican cilantro dressing
- Pancakes made mostly of eggs and cheese; leave out the flour entirely (if you have gluten-free guests) or just use a tiny amount
- Stuffed peppers with rice and several types of meat combined: ground chicken breast, dark-meat turkey, and quality ground beef, so no matter what kind of meat you crave, you get it in the just one dish—and no one can guess what it

is, but everyone says it's delicious (no more than 5 percent fat, please—keep it healthy)

- Flavor water with all sorts of other things besides just lemon slices—try sliced oranges, apples, watermelon, peaches, or even cucumber, and let the water sit a few hours so the flavor percolates into it (here's a tip: when the pitcher is almost empty but still has a couple of inches at the bottom, add more water and put that pitcher aside for later, while you bring out a fresh one you premade earlier)
- Add mashed or chopped avocados and chopped fresh dill to egg salad
- Sauté zucchini and yellow summer squash with lots of thinly sliced onions and mushrooms
- Bake, broil or roast your main course in fruit juice, or in beer
- Make an easy Russian or Romanian-style eggplant dip—roast, puree, and add tomatoes and garlic. If you use the thin Oriental eggplant varieties instead of the big pear-shaped Italian

kind, you won't even have to peel or salt the eggplants.

- Make anything taste Chinese with a quick sauce of soy sauce, dark sesame oil, rice vinegar, grated fresh ginger, and chopped fresh cilantro and scallions; add coconut, basil, and optional fish sauce or unsweetened peanut butter if you're looking for a Thai taste.
- For authentic Indian taste, add a tablespoon or two of curry powder as you sautéing onions just before they start to turn brown (your house will immediately smell like an Indian restaurant)—or “cheat” by spooning in a dollop of purchased Indian garlic pickles
- Serve a variety of sliced high-quality breads and cut fruits and vegetables on the same plate (add some fancy cheeses, if you like)
- For dessert, bake any kind of fruit, sprinkle with melted dark chocolate, and optionally add ice cream, whipped cream, nuts, or nothing at all

In short, be different, unique, and original. Once you get the hang of quick and creative food preparation, this will be easy, and you'll amaze your friends.

Cooking for friends, with love, will help remind you that life is not about all the things making you unhappy. Sure, it's easy to focus on the thousands of upsetting and disappointing things in your life—but that just keeps you in a deep funk. Focus instead on all the things that make you smile inside and out—the ones that light our spirit with a little glitter, that warm our soul with genuine happiness.

As for all those negative impulses—don't let them bring you down. Just press the delete button and enjoy life.

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Appendix:

Thoughts and Statements to Stimulate Your Mind

Here's a long list of conversation starters for a dialogue between you and your mind. This is not about right or wrong, or judging at all—it's just a tool to help you figure out what you think and feel.

Some of these will resonate with you. Others will make you angry. And some will wash over you entirely, because they don't have either a positive or a negative association for you (but they do for someone else). I hope you find it useful. Also, feel free to add your own entries.

Food and Drink

Counting calories

What do you want for breakfast?

Breakfast in bed

I am into coffee

My favorite coffee shop is my regular pit stop
every single day

Do you need a lift? Will coffee do the job?

One more drink will make me feel at home

Cooking for the road

I need a recipe

Can't eat meat today

I enjoy the food I prepare

What's your favorite salad?

When I cook, I empty my mind of all life's stress

Making a great vegetarian dish makes me feel
like an artist

I love to make homemade dressing

Fruit juice with olive oil is great for marinating
fish and meats

Do you like sweets after a great meal?

It's all about portions and variety of foods

Job and Career

Are you happy at your job?

Is your work your passion?

Did you get that raise?

Work is my hobby

Why do I resent Mondays?

So much work!

Appearance

Not happy with the mirror

I am always on a diet

When I gain a few pounds, I'm miserable

I could put on a few pounds

She looks fantastic

I want to change my hairstyle

White is a good color for me

Looking for new shoes

Love and Sex

Need to connect with the guy at the office

Office romance is not healthy, but what shall

I do?

She thinks too much of herself

Can I approach her with a phone call?

He brought me flowers

What are his intentions?

Lovers smiling, saying nothing

Love long walks on the beach

I like holding hands

A kiss can last so long....

A kiss can change your destiny

I'm fearful of getting into a commitment

The diamond ring—so much ring to it!

The fireplace reminds me of our union

Can't imagine life without you

Purchased bedroom furniture

Can I join you tonight?

Love the chase

Dating is such a pain

The anticipation of seeing you again warms my
heart

Broke up

She got dumped for the second time

I thought that he would make me happier

Hate to live alone and I HATE sleeping alone
even more

He took me for a boat ride

She gave him a headache

No sex tonight, got a headache

Do you love me?

I can love you tomorrow too

Can't have enough of you

Toxic relationship

Intimacy is not always the answer

I can't run into him all the time

Red lipstick and perfume will attract him to you,
she says

She wants my love

I don't know how to love

I desire more passion

It does not love me back

Money

I'm saving some, but things happen

I spent lots of money on a new dress, shoes, and
purse

My car needs fixing

What can I give you?

The gift was too expensive

Wish I could buy a home

The compensation is not fair

Selling out

Is the price right?

What's the trade-off?

House and Home

The neighbors are too loud
Planting roses—smell the roses
I love bright colors
Decorating is fun
One room at a time

Having Fun

Joined a dance class
Tango is fun
Take a photo and keep it in my mind
Travel to Italy once again
I decided to start a new hobby
Golf is not my idea
Two of my friends golf around the world
I saw an amazing movie
Orchestra seats in the theatre
Where should I go next?
I took another way to get there
Packing for a trip

Music to my ears!

I decided to visit my cousin in Argentina

Look at the stars

Communication

Is this seat taken?

Barely knew him—but I knew him

Can't get a clear message from him

Avoiding having to deal with the issue

Did I hear you clearly?

What did I say?

When is the best time?

Timing is your friend

The flight is delayed

Where can I meet you?

Don't challenge me again

Trust is an issue here

I saw this coming long ago

Starting this is not easy

I couldn't say anything to that know-it-all!

Give me advice; I'm desperate

Is tomorrow too late?

Questions bug me

Understanding is never easy

Paint me the picture again

Sorry is not enough

Can you follow me?

Catch my thought

Purpose and Attitude

What is my purpose?

Life can be so boring

Time is running away

Can't think of anything new

I want to sweat it out

What is this challenge all about?

Attitude is more than 50% of the battle

Education is overrated; what did you do with
your diploma?

Education is crucial, if it teaches you to think

School is tough
My attention is weak
I've got what it takes
Discipline is my friend
I've got to learn about changes in life
Choose your battles
I am repeating the same habits
Doing gives me results
What's the answer to my problems?
Can't solve the puzzle
I can try it once
I can try once again
My life is a mystery I want to change
There's room for growth
Teaching makes me happy
Enthusiasm and energy
Too excited to think
My mind tells me
You can look ahead

So much waiting for us

A new outlook

I pray and pray and feel

I want to learn

Did you plan for this?

If I only...

If you could...would you?

Family, Friends, and Feelings

If I could only capture this moment!

The kids are driving me up the wall

My elderly parents need support

Same old game with new players

Letting go is so hard

My friend is no longer my friend

Feel lonely or feel down?

New places, new faces, new feelings, what else?

Where were you when I needed you most?

Hugs and smiles as essential ingredients of life

Is time alone the answer?
Kindness goes a long way
Children are a blessing
Is this the right present?
Emotions mislead me
What did you take from me?
I gave it to you anyway
I couldn't stop my weeping
I laughed at myself
A good friend is...
I am afraid to express
This song reminds me of you...
The guitar cries out to know what you think
A play without play
Play this for me again
What does a room without art mean to you?
I am tired of thinking
Thinking that I'm tired of...
I want out!

I am offering you...

I can try once again

Sweet

I dreamed about you

I could not sleep

Energy

I feel so tired!

I want to pick up more energy

My energy is low

I feel their energy influencing my thoughts

My energy ignites my passion

When I eat healthy food, I feel energetic

Exercise fills me with energy

Can you give me more energy?

Walking is great

I chose the gym close to my home

Energy is essential

Is energy a huge component in our lives?

Why energy?

Time

Can you trade time?

Is time available to you?

Do you make time for what you love to do?

Are you punctual?

I plan ahead

I love being in the NOW

Yesterday is time in the past

How much time you've got?

I scheduled an important meeting for that time

I like driving for hours

Traveling does take time

Time and timing—a great team

What time is it in your country?

Time moves forward, regardless

I cannot stop time

What the mind cannot do, TIME can!

Relationships

We have an amazing relationship

Relationships contribute to success and happiness

Choose your relationships

Work relationships influence business success

Outside relationships build the organization

Is it all about relationships?

Family relationships can be tricky

Traveling with family is great

Some people don't get me

How many types of relationships do we have?

Are all relationships connected?

Health

Mental health will influence your thinking

Sports!

How many hours do you exercise a week?

Do you choose the foods you eat?

Are you a smoker?

Is fresh air important to you?

You're always indoors

Where do you travel?

Do you research supplements?

Do you like nutritional products?

5 fruits a day

Vegetables: great resources

Do you like juicing?

Small quantities—eat slowly

Love my water!

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Endnotes

- ¹ [https://en.wikipedia.org/wiki/Viktor Frankl](https://en.wikipedia.org/wiki/Viktor_Frankl)
- ² <http://www.firstpeople.us/FP-Html-Legends/TwoWolves-Cherokee.html>
- ³ <http://quoteinvestigator.com/2015/02/03/you-can/>
- ⁴ https://www.brainyquote.com/quotes/authors/t/thomas_a_edison.html
- ⁵ <http://www.handloadersbench.com/forum85/27479.html>

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**About Ana Weber...Business
“Rainmaker,” Writer, Speaker,
360 Degree Lifestyle Leadership
Coach-Relationship Expert, and
Philanthropist Founder
of The DOXA method**



The consummate
“people person,” Ana
approaches every person
and every new experience
with joy and love. Her
employees love to work
with her, and her friends
love to be around her. And
at every company she has
helped to manage, she’s

helped engineer massive revenue growth. As an
example, she took one company from annual revenues

of \$250,000 to \$62 million in just five years, while creating 83 new full-time jobs. If you ask Ana the secret of her long string of business successes, she'll tell you it's all about building relationships.

In addition to her many decades of business experience, Ana has achieved success in multiple parallel careers—as a writer, speaker, personal and business/professional coach, and philanthropist:

Writer:

Since 2005, she's published 17 nonfiction books on personal improvement, covering personal happiness, time management, healthy eating, business/personal success, parenting and money relationships as well as a novel and a poetry collection. Her books have been featured on some of the top websites in the world, including SheKnows.com, VenusDivas.com, and Divorce.com. American Airlines, USA Weekly, Wall Street Journal and Bank of America Newsletter April 2013.

As a freelance journalist who has published in Parents Magazine, Lifestyle, USA Today, USA Weekly, Wall Street Journal, Bank of America, American Airlines on flight Magazine, Celebrity, Orange County Register, and TV Guide, she has interviewed dozens of high-profile high achievers, among them supermodel Kathy Ireland, anti-aging expert Dr. William Andrews, and *Melanie True Hills*—e-business strategist, author, and founder and CEO of the American Foundation for Women's Health.)

Speaker:

Ana's recent presentations include Canyon Ranch, Avalon European River Cruises (general public); Southwest Airlines, ADP, JetBlue, Virgin Atlantic (corporate), American Institute of Architects National Conference, University of Michigan Annual Education Conference, Eastern Michigan University (academic and professional organizations). University of Delaware, Cal Poly, San Luis Obispo, Author 101 University and High Point University, **Harvard Business Expert Forum at Harvard Faculty Club**

360 Degrees of Success Coach and Lifestyle Leadership Coach

Ana provides individuals and groups with practical tools to maintain a high energy level... merge their passion, talents, skills, educations and experiences...live in the present...and, most importantly, live a balanced, joyful, and successful life linking the 4 essential ingredients money-relationships-energy-time. Ana empowers individuals and organizations to reach their optimal level of achievements-influential leadership-focus – letting go and flow with change.

Philanthropist:

Known for her generosity in the charity and celebrity world, Ana raises funds for the American Heart Association, American Cancer Society, Children's Hospitals; Los Angeles, Atlanta and Heifer International. She has participated and given away gift packaging containing her products at various events including the American Music Awards, Golden

Globe Awards, Google Awards, Academy Awards and Hoodie Awards., Women of Global Change, Institute for Humane Education and College Summit.

Books by Ana Weber:

- o 360 Degrees of Success!
- o The money flow, have a great life and improve the world
- o Sweet Nothings - Lead you to everything, an inspirational journal (English –Spanish version)
- o The Circle of Success - is waiting for you; book/program
- o Eat the foods that love you back - 3 simple steps to love what you eat!!!
- o I love Monday's
- o Eat the foods that love you back
- o The Happiness Thermometer
- o ETM the Circle of Success
- o Your 48 hour day
- o Apples. Eggs, onions A diet for Change

- o A diet for change
- o Dumped – The Ultimate guide to starting over
- o Lemons into Lemonade without the sugar
- o 11 step formula to bridge the gap between parents and teenagers
- o Silky Emotions (poetry)

Education: Ashworth University Masters of Business

Administration

Continued education Oxford University, Brookes

College, England

BA International Business-University of Tel Aviv

Additional certification with IPEC – CPC and Master

Practitioner Coach

National Speakers Association Professional Member

Ana will conduct a workshop at universal music
London a 8 billion dollar organization.

Media

Ana has been interviewed extensively on television including:

- | | |
|---------------------|--------------------|
| ❖ FOX NEWS | ❖ CBS Denver |
| ❖ ABC San Francisco | ❖ KUSI 9 San Diego |
| ❖ Good Day New York | ❖ Celebrity TV |
| ❖ NBC Chicago | ❖ Fox Houston |
| ❖ NBC South Florida | ❖ NBC Austin |
| ❖ ABC Phoenix | ❖ FOX L.A. |
| ❖ UNIVISION | ❖ NBC St. Louis |

Articles by and about Ana have appeared in print media including:

- | | |
|-----------------------|-----------------------------------|
| ❖ USA TODAY | ❖ Philadelphia Edge |
| ❖ Wall Street Journal | ❖ Herald May |
| ❖ Woman's World | ❖ O.C Register |
| ❖ COSMOPOLITAN | ❖ L.A. Times |
| ❖ Chicago Sun Star | ❖ Chicago Tribune |
| ❖ Fairfax Times | ❖ Atlanta Journal
Constitution |
| ❖ O.C. Metro | ❖ Daily Camera |
| ❖ Copley News | ❖ Celebrity News |

Ana has appeared on syndicated nationwide radio shows including:

- | | |
|-----------------------|--|
| ❖ Be the Star You Are | ❖ WMET Washington |
| ❖ Straight Line Talk | ❖ The New Lifestyle Radio |
| ❖ ABC Radio | ❖ Internet Radio |
| ❖ XM Radio | ❖ Playboy Radio |
| ❖ The Bev Smith Show | ❖ Table Talk Santa Barbara |
| ❖ The Nigro Show | ❖ Clear Channel Radio,
Philadelphia |

"Ana, in her definitive concise book is the reader's all-in-one spirit guide, cheerleader, and experienced life coach/mentor as she boldly encourages us to pursue with passion and purpose our truest and highest calling."

-- Rena Yoga

"This is a fascinating story that is beautifully written, and offers useful lessons about life for many people."

-- David Mahal, Author; Instructor, UCLA;
President, DGM Associates

“Ana Weber, the author of some sixteen books, has once again brought home some valuable thoughts in her latest book, *Passion, Spirit, Purpose*. From Romania, to Israel, to the United States, she and her beloved mother traced a path from hardships beyond belief to great achievements. This book is dedicated to her mother’s upcoming 100th Birthday. As Ana relates in the book, a life without purpose is an empty bowl. She offers her unique DOXA Method to help fill that bowl. Ana emphasizes that we can all change the course of our lives with a simple choice. If we’re bored, she gives us a bold question to turn that around. She also recommends that we take inventory of our lives so we can excel in our lives. If you’re looking for a greater purpose, I would highly recommend *Passion, Spirit, Purpose*”

We take your life to the next level.

* Speaker of the Year for the world’s largest
organization of CEOs

* Appearances on Lifetime Television’s *Balancing Act*

--Boaz Rauchwerger

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