



# Why most relationships don't work

# Welcome.....

## How this works!

Firstly I'm not one for tradition or following the status quo.

Therefore this book will be unique in many ways. It won't be in the normal black and white format, nor will it contain excess or difficult words that try to impress.

My intention is to write this and ensure it is easy to read and straight to the point.

You will find words spelt differently, quotes to make you think, questions to get you to assess yourself and exercises to use the knowledge in your life.

This book has been written with 20 other people who have dedicated their time and effort in sharing their stories, providing feedback and of course spell checking and help keeping me on track.

## Why the book?

We are currently in the information age. People are hungry for knowledge and we are learning and adapting much faster than we did 40 years ago.

We want more; can achieve more and most people like shortcuts.

This book is about providing the shortcuts and knowledge that we don't get taught at school.

## The order

I don't read books in order, basically I can't stand reading. I find books are too long and they frustrate me. However there are some books I can't put down. Reflecting on those books, it's because they are in colour, each topic has its own chapter and I can find what I want quickly.

This book will be written in chapters with no particular order. It will have colour, pictures and a useful index to allow you to pick it up and read for 5 minutes and put it down.

## About me

- ▶ How the book works
- ▶ Why the book?

- ▶ About the Author
- ▶ Dedication
- ▶ Conscious vs. Subconscious learning

I didn't fit in at school; I was teased and grew up mostly in solitude. I was misunderstood and don't fit the norms of society. Due to this I've learned to become highly adaptable and flexible to blend in the environment or situation on hand.

I fully believe this led me to spend a lot of time analyzing and reflecting as I didn't have anyone to talk with or share with.

What I've learnt is that most people do things and they don't think about what they do. Most people don't STOP and break down something. They don't look at each step. They fall down a set of stairs and the next day they do the same thing. Only when they hurt themselves will they break it down and look at each step individually. Then they find the cause and look at which stair has the trip hazard.

Maybe I think differently, maybe this is my opinion, but something makes me different in the way I learn, think and look at life.

I have had many challenges in life and have had to face suicide twice. This caused me to face my inner demons. Not once, but twice. The second time was much more powerful than the first and it made me a much stronger person on many levels.

Again consciously I can help people process suicide step by step. Many therapists, counselors and psychologists tend to do a lot of listening. You sit there pay loads of money to just talk, vent and unload.

Personally none of that helped me one bit, just cost me a lot of money.

What did help me were people who understood how the mind works, what patterns cause what effect and how to deal with the thoughts, feelings and emotions **STEP** by **STEP**.

I've also helped people let go of the depression label and one Solaz member has now written her own book on this process called the "Upside of Down" by Tamra Mercieca.

**My favourite quote is** "what doesn't kill you makes you stronger". My favourite movie hero is "Lara Croft". Lara thinks differently, she's strong, takes on the world and looks at a scenario and finds a solution". My nickname is Lara (hence Lara's Journals) and of course my favourite movies are Tom Braider 1 & 2!

**Another quote that has significantly changed me is "HARD/EASY"**. It was a concept presented to me by Robert Kiyosaki (Author of, Rich Dad, Poor Dad) and Presenter of the "Money & You" workshop.

He said this **"Life either gets harder first or easier first, it depends on what you choose to work on. If you work on the hard stuff first, it gets easier. If you take it easy, sooner or later it will get hard"**.

I remember that day. I stopped and consciously made a decision to take the **HARD road first**. I didn't want my life to be harder when I was older and had less energy.

Basically I made a decision that when I encounter a problem, issue or challenge that I would face it head on.

I believe that if I jump off a cliff, I will land on my feet. I believe that if I make a mistake, I will learn from it. I believe that smarter people have made more mistakes. I believe that we can create anything from nothing!

It's taken me close to 37 years of my life to realize that I am different to most. I don't fit a normal job, I don't think like most people do and just like an autistic child has astounding gifts, I also have a gift and at 38 I've realized it's time to



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share what I've learnt, in the hope that it will help others.

I believe in short cuts, I believe in learning something consciously in my experience that is where the real shifts happen.

So let me explain the difference (in my opinion) between learning something consciously and subconsciously.

### For example: Learning to drive a car.

The first lesson generally teaches the very basics; indicators, the handbrake, gears and the breaks.

As you progress, each lesson includes more aspects to learn. It can take hours for some people to coordinate the clutch and to change gears correctly whilst others may take hours to learn to break properly. Either way in the very beginning... you have to think about it step by step or manually as I call it.

What happens with practice is that you automatically know when to change gears, how to use the indicator and to look in the mirrors simultaneously without even thinking. This is what I call automatic or subconsciously.

**Conscious** is when you think about something each step of the way.

**Subconscious** is an automatic process where you don't think step by step. You get in the car and drive and don't even think about the steps.

Therefore if you don't learn something consciously, how do you expect to do it well subconsciously?

If we bring this back to learning consciously, the most effective form of learning, changing, developing and healing is when people **STOP** and break down the learning, **STEP** by **STEP**.

So whilst I provide the shortcuts which may sound like a contradiction. I provide answers step by step which if you adhere to, assists you to learn the steps much faster consciously, which assists the subconscious mind to learn easier and faster.

Basically people don't chunk things down. **You don't build a brick wall at once; you do it brick by brick!**

I'm 38 years old, never been married, nor had kids or settled for less. I believe that I am worthy of having an extraordinary partner and extraordinary life and I won't stop until I achieve and receive this.

I could have course write a whole book about my life but this is not about me. It's about imparting the conscious steps which I call shortcuts to whoever reads this book.

Life is what you make it and relationships are a massive part of our lives for everyone on this planet.

Thank you for being open to receive this and please remember this is all **IN MY OPINION**, you take what works for you and leave the rest.

We are all individuals; we all have different beliefs, cultures, opinions and experiences.

I hope the knowledge provided in this book will fundamentally change the way people think and behave in relationships.

I hope that people will begin to take responsibility and think about relationships and I hope the world becomes a better place as a result.

I hope that when I'm in heaven I am not remembered for the car I drive, the house I live in or the fame that may come from this.

I want to be remembered for **CAUSING A FUNDAMENTAL SHIFT IN HOW PEOPLE THINK and BEHAVE IN THEIR RELATIONSHIPS.**

**2 UNHAPPY HEARTS MAKES 4 UNHAPPY HEARTS.**

**2 HAPPY HEARTS can change the world!**

## Dedication

This book is dedicated to my beloved daughter of 16 years. Sharman was a major part of my life; she was by my side thru the darkness and thru the light. She would sit next to me when I cried, she walk with me when I needed time out and hug me when I needed a hug. She slept by my bed every night and was there when no one else was.

Sharman taught me unconditional love and when she transitioned to heaven in April 2011, she taught me love is beyond the physical as I still feel her presence everyday.

I thought I would fall apart when the time arrived for her to leave this earth, but thankfully I was blessed and able to spend the last week of her life with her.

Her death taught me that, life is short and every moment is precious. I learnt that death changes you in a way you can't explain until you experience it. I learnt that you can get stuck in grief or you can use it to make you stronger.

Sharman was awesome and my family and friends knew the bond we shared was unique and powerful. I still miss her and am bawling my eyes out as I write this, but I know her purpose was completed and its time to complete mine. She gave me a wake up call to get on with it. So with that, below is a picture that I absolutely adore and cherish. It was Xmas 2010.



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Thank you Sharman.  
RIP April 2011