



AS SEEN ON



Rise Above the Anger

Many years ago, when I was working in corporate America, I knew a man named Henry, who had lived through some of the harshest, most painful experiences a child, or anyone for that matter, can endure. I might as well give you the full force of his story. Henry was a child of about 10 when the Nazis came into his Polish village and shipped off or murdered virtually every man, woman and child he had known.



Henry and a few others were able to run into the woods and escape the brutality and capture. I hesitate to use the word "lucky," for he had no choice but to bear witness and take into his heart everything he had seen.

I first met Henry at a networking event. He was laughing and joking and having the time of his life. It was no act; the happiness radiated from his heart. I must admit that over the course of time that I knew him, I never failed to see Henry in the company of incredibly beautiful women or "influential" people. Henry was certainly not a *GQ* model, nor did he have what would be considered a powerful job. He was a manager in an advertising agency, made a decent enough living, but was certainly not wealthy.

One rare evening, I encountered Henry as he was sitting at a table by himself in a restaurant, and he invited me to have dinner with him.

Don't Take Rejection Personally

As we talked, I asked him a question I was longing to ask: "Henry, how do you do it?" I wanted to know how he was always in the company of the rich, or the vital or the beautiful. He started by telling me the story of the Polish village, then he put down his fork and cried. He explained that when he was growing up in America with

Polish village, then he put down his fork and grinned. He explained that when he was growing up in America with distant relatives who had taken him in, he resolved that it was his mission to live for all the people in his village.

He explained that when he went to a party and saw a beautiful woman everyone else was afraid to approach, he went up to her, smiled and started a conversation. If she rebuffed him, he smiled again, walked away and approached another beautiful woman. If he were in the company of rich and powerful people, he would approach them, begin to talk and find out everything he could learn from them. If they rebuffed him, he again smiled and, well, you get the routine.

I asked him if he was ever angry or resentful at what happened to him. Of course, he was, but it did no good to hold onto the anger. It would eat him alive. He was unafraid to approach anyone because their silly rejections could not harm him. He could not be bitter. He realized there would always be men and women more powerful than he was, but not better. Most fears of rejection rest on the desire for approval from other people. Don't base your self-esteem on their opinions.

He would eventually marry a wonderful woman with a warm heart, and they would start a family. I have no doubt he will impart his love of life and his philosophy of life on to his children and grandchildren.

Bitter or Better

In my book *Hide Your Goat*, I talk about the dangers of holding onto anger. We all get angry from time to time, and we even believe having imaginary conversations of what we would say to them, or how we could ruin their reputations or belittle them, will make us feel better. It doesn't. Bitterness hurts us and eats away at us. The angrier we get at some past injustice, the more we hurt ourselves.

Henry was a young boy at the crossroads when he determined that no matter how much pain he felt, he would not let it consume him. He would rise above it.

Life is sometimes difficult, my friends, and we all have our tears and our share of pain. However, life is also beautiful. There is a reason why we embrace rainbows after storms and flowers after a harsh winter. Be soft. Don't let the world make you hard. Do not let the pain make you hate. Do not let the bitterness steal your sweetness. Rise above the anger.

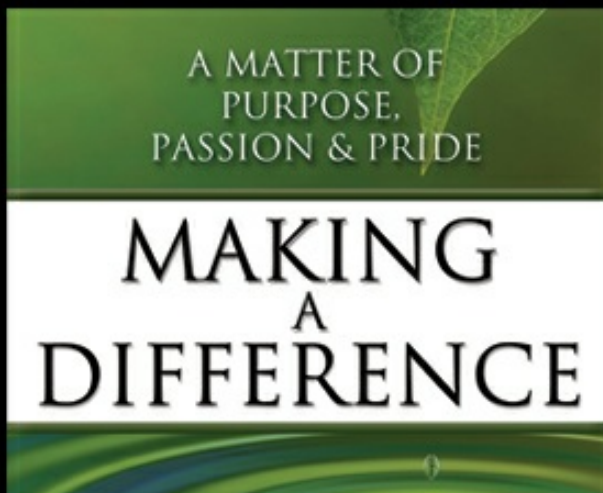
Enjoy The Ride!

Steve

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On May 10, 2016, Steve delivered his signature presentation **Making A Difference** at the Regional Airline Association 41st Annual Convention.





MARGARET-isms

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your silence.





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Dear Steve:

Thank you for coming to Biloxi for our annual dental conference. Your humor brought a lot of much needed laughter and your presentation was filled with inspiration taking our group on an emotional rollercoaster with pauses for self-reflection and evaluation.

Many of the attendees commented on how your message lifted their spirit and evoked new excitement for their profession. You have a gift of using your life experiences to make us laugh, encourage us, and put our difficulties into perspective which resonated in your presentation. Throughout your three hour presentation you had us captivated as you talked from the heart and challenged us to "Enjoy the Ride" by truly evaluating what is important.

It is going to be challenging to top this year's conference next year!!! You made this meeting a memorable one and for that we are truly grateful.

Thank you,

"Your humor brought a lot of much-needed laughter, and your presentation was filled with inspiration, taking our group on an emotional rollercoaster with pauses for self-reflection and evaluation."

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LOOKING AHEAD...

Steve's June 2016 Schedule

- 3 Myrtle Beach, SC
- 9 Spearfish, SD
- 10 Cypress, TX
- 11 Valdosta, GA
- 13 Amelia Island, FL
- 14 Clemmons, NC
- 15 Austin, TX
- 18-20 Washington, DC
- 20 Montreal, QC, CANADA
- 23 Broomfield, CO
- 27 San Antonio, TX
- 28 Orange Beach, AL

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to stay **INSPIRED**

