

Why, Why Be Normal...?



Why would I write a book entitled "Why Be Normal..."? Who am I to give advice and what makes me think anyone would be interested? Well here it is.

I'm a Registered Nurse (RN), wife, mother of two boys, professional real estate investor, and a motivational speaker. I'm not a multi-millionaire. I'm neither famous nor infamous, I'm not running for political office, nor am I trying to get my own TV show and I've not even had any near death experiences. I'm a simple person with some simple ideas that I'd like to share with you in the hopes that it will help you as much as it did me I believe life should be enjoyed, and that we all have the ability to live in total health, peace and happiness. I'm looking for people who believe or would like to believe the same thing.

Some people are natural born leaders, I am one of those people. In sports, I was usually the team captain. In high school and nursing school, I was the class president. When I was 18, I took a seasonal job at a greeting card store. By the end of the season, instead of being laid off, I was asked to stay on as an assistant and then a store manager. When I became a nurse, I was urged to become a charge nurse.



While still a budding real estate investor, a student, I was asked to teach a real estate investing class.

Where I go, others follow, even when I wish they wouldn't. Historically people have come to me with their problems and asked for my advice. Basically they knew that when I learned something new that improved my life, I would have a burning desire to share it with others-hence the desire to become a motivational speaker. I have done some motivational speaking, enjoyed it and was encouraged to pursue it professionally. I wondered who would hire me, with somewhat limited experience. Although I knew I could get a job as a speaker *presenting other people's ideas*, that was not an enticing prospect. It would not only involve memorization, a skill I haven't perfected, and it would be presenting other people's ideas. I concluded because my pay and hours were great I would continue with nursing even though I was very unhappy. The more I worked, the less I liked it. I did not hate it because I like people and nursing is people work, but many of my shifts ended with me crying behind my steering wheel. I kept thinking about the phrase: "Do what you love and the money follows." I love leading, inspiring, and motivating! It's my passion. I have to be a motivational speaker! I love helping others to enjoy life, but what would I speak about, and who would listen? Hmm...

There were some things I knew I should share. For example, I learned that when I was happy, I was also healthy. When I was happy and healthy, life kept getting better. In contrast, when I was tired, I got sick, depressed and life kept getting worse. When I felt this way, the last thing I wanted to hear was some motivational speaker telling me to "be happy and healthy and life would be fine." I also realized how often people told me I was lucky. It really irritated me. "Oh you're so lucky; you're a nurse." "You're



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so lucky; you have such a wonderful husband." "You're so lucky; you have healthy children." "You're so lucky to be able to live in southern California." The list could go on and on. The more I heard the "you're so lucky phrase", the more annoyed I became. I wanted to scream, "I'm not lucky, I'm good. I've worked hard for what I have and you're just lazy!" Then I got it. Once my thinking cleared, I began to understand that people aren't lazy; they're scared and tired. That helped me to understand my life's purpose: to lead and encourage others to live their lives true to their hearts in total health, peace and happiness.

Who was I to tell people to do what I hadn't yet mastered?

I wasn't living my life true to my heart in total health, peace and happiness. In fact, I was still working at a job I did not enjoy, arguing with my managers, 85 pounds overweight, and frequently on edge with my husband. Though I love my sons, there were times when I lost it - I spanked them in frustration or, I'm ashamed to say, broke their toys. I wanted to scream (and did), I wanted to throw them out a window (and didn't) or as a last resort, driven to distraction, possibly sell them. Luckily there were no takers at the time. Who the heck was I to be preaching or promoting peace?

I'll tell you who I am. I am a believer! In spite of my imperfections, I truly believe with all my heart that total health, peace and happiness are possible. I may not have achieved it yet, but I'm continually moving in that direction. My life just keeps getting better. I'm 41 years old and though clinically obese, I'm healthy and take no medications. Although my husband of 12 years annoys me at times, he also challenges me and makes me laugh. I've yet to find someone else I'd rather be married to, not that I'm looking. I work less and earn more. I don't dread old age because I look forward to getting older and wiser. I find that my quality of life is constantly improving, as is the



quality of my friends. I truly believe the world is steadily becoming a better place.

It's taken me several years to write this book, mostly because I was scared. Scared I wouldn't be able to prove what I said was true. I believed I should be an expert and be able to prove my theory beyond a shadow of a doubt. So I did a lot of research. I studied health, healing, success principles, religious studies, sociology and quantum physics. The more I learned, the less I knew - or so it seemed. The less I knew, the more there was that I wanted to learn, and the scarier it became. Many times I said to myself: "Holy crap, this is going to be a big book. Will I ever finish it?"

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I'm not here to do a hard sell, nor am I here to prove theories to you. I'm here to find those who believe but are too scared to speak out. To affirm that things are getting better and to set their hearts at ease. Rather than a collection of theories and principles, I am offering stories and thoughts intended to encourage you to believe in yourself and the infinite knowledge that you possess. Go with your first answer. It's usually the correct choice. Just follow your heart. I know that you are out there, you who believe the same as I do, or at least want to. My hope is that by sharing some of my stories, thoughts and ideas, I'll ignite a spark of hope within you. That spark will kindle a fire and become a burning desire to seek the truth and experience your many capabilities. We all possess unlimited potential and deep down we know it. How many times has it happened to you that you *knew* the truth but let someone talk you out of it? How many times have you said to yourself "I knew it"? Well, I hope to empower you to trust what you already know in your heart. To let your instincts lead you in the direction you're intended to go.



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If you have not read the children's book The Emperor's New Clothes by Hans Christian Andersen, let me sum it up for you. Knowing that the Emperor is fond of wearing the latest fashions, a couple of con men offer to make the emperor the most impressive clothes ever *seen*. They tell him that the clothing is made of the finest, softest fabric, and that it is so fine that it can only be seen by intelligent, hard-working people. Being the vain peacock that he is, he of course can't resist this enticement. When the emperor dons his exquisite new wardrobe, he is distressed to discover that he can't see the clothes! He can't admit this for fear that he'll be thought to be less than intelligent. He pays the con men the (ridiculous) price they ask. He and his "gorgeous" new clothes go on parade so that the people of the kingdom can admire his taste and envy his rank. Since it was widely advertised that only intelligent and diligent people could see these clothes, everyone applauds and cheers as the emperor rides by. Everyone, except one small boy. Out of the mouths of babes! As the emperor rides past, the boy shouts out the truth that no one else is willing to say, "Hey, The Emperor is naked!"

That's the theme of this book in a nutshell. I guess I could have used that title if it hadn't already been taken. Many of us simply dare not say what we know is true. We've been conditioned to believe others before we believe ourselves for fear of negative consequences (i.e. fear of ridicule). I was once accused of being like the boy in the story, which I'm rather proud of because I find comfort and value in the truth.

I've learned a great many truths - truths that have caused me to doubt much of what I've been taught to be true. Ironically, I've learned most of these truths by being wrong. When you're as stubborn, bossy, and opinionated as I am, it provides many opportunities to be wrong. As a



nurse I've seen people live who should have died and people die that should have lived. I've also learned that arthritis is curable no matter your genetics and that our medical system tends to treat symptoms instead of cause. Mostly I've learned that we've been bullied and lied to for so long, that we no longer trust our own innate knowledge.

So I'm writing this book for selfish reasons. I have learned that by serving myself, I also serve man and womankind. I'm a leader who's too scared and tired to stand-alone. I'm calling out to those who are willing to stand up and acknowledge that we're not stupid or lazy, but that the emperor is naked. This is what I believe it takes to make the world a better place. Exposing the truth isn't considered normal. So I ask, **Why Be Normal?** I want something better, don't you?

