

No Problem!

4 simple tools
to solve
any problem

A step-by-step guide for solving
personal problems

About This Book

No Problem! presents **four simple tools** that you can use to solve any problem that life may bring. To use these tools you do not have to learn new skills. You already have the necessary skills, you just have not been using them to their full potential.

By using your existing problem solving skills more effectively, you can reduce your stress, improve your sleep and feel happier despite having problems. I will not ask you to visit the sins of your parents, or to recall your childhood, or to search for someone to blame, or to rediscover yourself. I will ask: do you want to face your problems? For this book to help, you need to:

- *face your problems*
- *focus on solutions*

The **four simple tools** teach you how to maximize your personal power and it is with this power that you will find solutions. These tools are brought together in a *Problem Solving Plan* that gives you a step-by-step guide for working through problems, so when difficult problems do arise you can say:

*I can handle it, I have a plan.
No Problem!*

This book also reviews what the best-selling authors and experts in human behavior and relationships say about how to handle problems. I will identify the 'best read' chapters of the books reviewed, so that you can go straight to the 'good oil' and reap the benefits more quickly than by slowly reading through all of the books in their entirety.

Books reviewed include:

Stephen R. Covey - *The 7 Habits of Highly Effective People*

Dr Phillip C. McGraw - *Life Strategies*

Anthony Robbins - *Awaken the Giant Within*
- *Unlimited Power*

Norman V Peale - *The Amazing Results of Positive Thinking*

Louise L. Hay - *You Can Heal Your Life*

Dale Carnegie - *How to Stop Worrying and Start Living*

M. Scott Peck - *The Road Less Travelled*

Susan Jeffers - *Feel the Fear and Do It Anyway*

Joseph Murphy - *The Power of Your Subconscious Mind*

Napoleon Hill - *Think and Grow Rich*

Richard Carlson - *Don't Sweat the Small Stuff*

CONTENTS

1. No More Excuses! 12

Part 1 The Problem

2. Houston, We Have a Problem 21
3. The Write Stuff 41
(Writing tool)
4. Own Your Choices 59
(Ownership tool)
5. Honesty, the Hardest Word 77
(Truth tool)
6. The Balancing Act 107
(Balance tool)

Part 2 The Solution

- The No Problem Journal* 133
- Write Your Wrongs* 140
- Your Problem Solving Plan* 143
- Index 204

CHAPTER 1

No More Excuses!

Do you make excuses for the problems in your life?

Do you blame your parents, your partner, your boss, your children, your lack of education, your bad luck, the economy, society and so on? Somehow you have come to accept your excuses and use them to stay as you are and think that it is okay to be unhappy.

It is not okay. You need to stop believing that it is okay to be stuck in problems and to be unhappy. The world is made up of two types of people – people who make excuses and people who get results. Which do you want to be?

How are you going with solving your problems? If what you are doing isn't working, it could be that you are stuck in the 'excuses' trap.

The four tools help you to approach each problem as an experience that can work for you. You will learn how to create *value from adversity*. You will learn how to deal with problems so that they won't steal your joy.

Stop making excuses and start dealing with all your problems now. Use the four simple tools and you will get results!