

## Introduction

There was a time when asking me to publish a book about having self-confidence was like asking a plow horse to put out a 'How To' book on winning the Kentucky Derby.

When I was a kid, I was always the class clown, the 'smart kid' who was always voted *The Wittiest* in those class superlatives. I had an awesome, reasonably well-adjusted childhood. The wheels fell off when my family made the move to another state when I was in fourth grade. Goodbye friends; hello rejection and ridicule. I was instantly transformed from 'one of the guys' to 'an outsider,' and for no other reason than being an outsider and not being in any peer niche, not even the geeks or nerds.

In my young mind, my life plummeted from the seventh heaven to the seventh circle of Hell. I'll shorten up the next few years by saying that kids can be cruel, that I don't think I was equipped to handle it well, and that I cannot honestly endorse clinical depression as a good time. Oh, and that using 'approved' anti-psychotics on an adolescent who's endured a severe concussion makes everything unbearable. Things were difficult for everyone in the family, and I'm in no way blaming my parents or saying they didn't try everything to help me. They did everything they knew to do.

Do I have to say that all these 'issues' blew away my self-confidence? (insert segue) I don't think the fact that lots of yucky things rushed in to replace my healthy self-confidence is important to dwell on as much as answering the inevitable: *Why did it happen?*

With the coping skills I had at the time, I could only fight the tide for so long, and so I gave in to let one lie lodge in me: *Somehow, I must deserve this poor treatment because of something in me.* I guess you've heard what Hitler's friend said about repeating a lie long enough and loud enough.

It took me several more years to finally realize this important truth: *You always believe what you tell yourself, even if it isn't true.* This book isn't about pumping you up with how awesome you are; though I'm sure it's true. My hope is that you can identify the habit of telling yourself untruths, that you can replace that habit with a better one, and end your battle for self-confidence.

As a man thinks in his heart, *so is he.* Proverbs 23:7