

expressyourself

Get the life you want

BARBARA and Allan Pease thought that they had it all. After writing the internationally successful Body Language book series in the 1980s, Allan experienced global fame for more than a decade.

Subsequent television series and documentaries followed, which funded his and his wife Barbara's enviable lifestyle of expensive cars, a beautiful home on the Sydney waterfront and a large ocean cruiser.

But in 1994 it all came crashing down when a series of bad decisions left them bankrupt.

"We became victims of our own bad judgment," says Allan, 65, a relationship and communication expert. "We lost everything – our home, investments, cash and self-esteem. We were broke."

The couple were at a crossroads: to accept their lot and wallow in self-pity or pick themselves up and start again. They chose the latter.

"We sat at a plastic card table that a friend had lent us and wrote our new goals out by hand," says Allan.

"We detailed the lifestyle we would live and the success we would achieve. We didn't know how we would do it but we decided we would."

After deciding their strengths lay in writing books, Allan and Barbara, 54, set their sights on producing new titles that the public would want to read.

Wanting a fresh start, their first step was to leave their native Australia for Britain in 1997.

After setting up a new life in Henley-in-Arden in Warwickshire the ideas started to flow.

"We immediately started to see new ideas to write about," says Allan.

Their first book, *Why Men Don't Listen And Women Can't Read Maps*, sold 12 million copies worldwide and earned them enough to clear their debts.

Against all the odds the couple turned their lives around to become two of the most successful body language experts in the world. They now travel across the globe, holding business seminars and helping others to achieve their goals.

Here they share their life-changing tips to help you do the same this year.

STOP WORRYING

If you're stressed or worried about any of the things in your life and your negative thoughts have become a habit, put a deadline on when you will get over them.

Decide that from a specific time on a specific day you will not think negatively about the things that happened to you in the past.

Disasters happen to all of us and are a part of life. But just because you get knocked down doesn't mean you're out of the game. You are only defeated if you stay down.

Expect that you may feel fearful when new or unexpected opportunities arise but don't let this stop you from working to achieve your goal.

LEARN FROM YOUR MISTAKES

Making a bad choice does not mean you're a failure. The consequences of a poor choice are life's way of telling you that you need to learn a lesson.

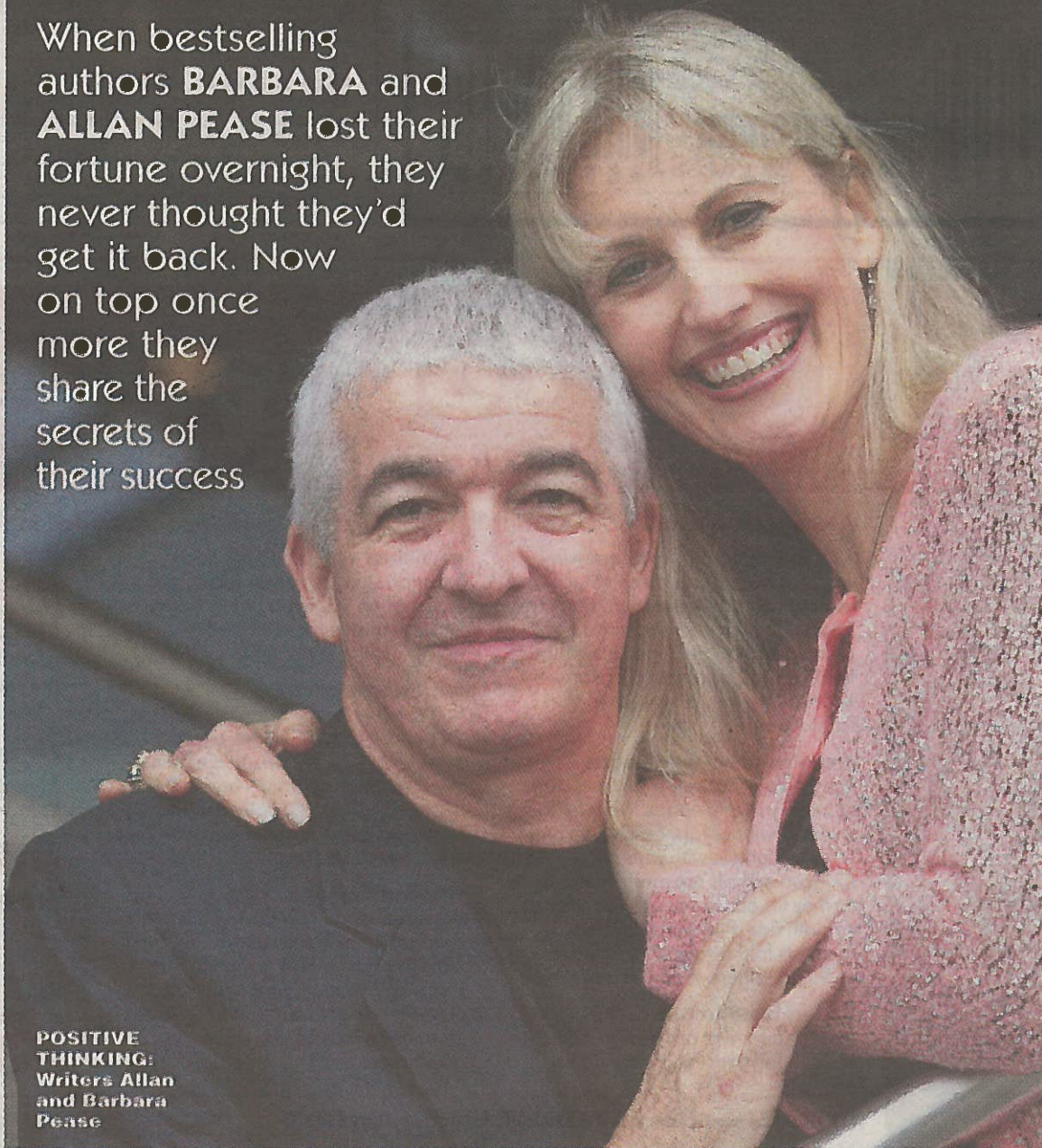
If you make the same poor choice a second time then life will show you again that you still haven't learned your lesson.

Most people have the bizarre idea that you can keep repeating the same behaviour over and over while somehow expecting to achieve a different result.

The reason you have the life you

We turned our lives around and you can too

When bestselling authors **BARBARA** and **ALLAN PEASE** lost their fortune overnight, they never thought they'd get it back. Now on top once more they share the secrets of their success



POSITIVE THINKING: Writers Allan and Barbara Pease

have and the things you own now is because you keep repeating the same ways of thinking and behaving. If you want different results, the kind that will dramatically improve your life and lead you to your dreams, then you must start behaving differently.

The great news is that you have

100 per cent control over your choices from here on. Decide right now to change how you respond to the events in your life. Begin talking positively about what you can do and will do.

ASK THE EXPERTS

Seek out people who have already

done what you are planning to achieve. Whether it is climbing Mount Everest, riding a horse, losing weight or growing organic food, there will be plenty of people who have already done it.

From books and evening courses to online video tutorials, there are so many ways to find out more

and gathering all the information you can will help you to achieve what you want.

Experts can show you the shortcuts and pitfalls on the way to your goal. Don't reinvent the wheel – simply ask them how they did it and then follow their lead.

Yet while expert advice is a must, do not ask the opinion of people who have never done what you want to do. The chances are they will only tell you why it can't be done, which is neither productive nor helpful.

Don't be afraid to ask for what you want. And if you get knocked back, ask again.

SET YOUR GOALS

Break your goals down into bite-sized pieces and tackle one bit at a time. Be sure that what you set as goals are the things you really want and not merely what others expect of you.

Write and then rewrite your lists. The most successful people in life write down their thoughts and prioritise their ideas. This focuses your attention on what really matters.

If you don't look like you are able to reach an important deadline, then step back and adjust it. The most important thing is to keep moving forward.

The difference between successful people and the rest is that successful people are focused on action.

No matter what happens they keep moving forward and stay on track despite other people's attempts to dislodge them.

VISUALISE YOUR SUCCESS

There are countless stories of people who have achieved their goals by using affirmations to focus their mind on their intended outcomes and who visualise their success ahead of time. Goals must be first accomplished in the mind before they can become materially accomplished.

From today every time you say something negative, restate it in a positive way.

Visualisation works because it strengthens the neural pathways in your brain for any particular skill and it will work for almost any goal you set.

Visualisations and affirmations can break down the barriers to your success and set you free to unlock more creativity and untapped potential than you ever dreamed would be possible.

They also keep your enthusiasm high and give you the time that is necessary to develop the new habits and rituals that you need to succeed.

STAY CURRENT

Think of an older person you know who proudly declares that they do not have an email address or internet access.

They are completely unaware that they have not only relegated themselves to the bottom of most career opportunities, they have completely sidelined themselves from the realities of 21st-century life. By embracing the changing world you will allow yourself to move forward into new and exciting areas.

● *Extracted by SOPHIE DONNELLY from The Answer: How To Take Charge Of Your Life And Become The Person You Want To Be by Allan and Barbara Pease (Orion, £14.99). To order call the Express Bookshop on 01872 562310, send a cheque or postal order made payable to The Express Bookshop to Express Bookshop, PO Box 200, Falmouth TR11 4WJ, or order at expressbookshop.co.uk. UK delivery is free.*