



# INTRODUCTION

## **If I were fearless, I would....**

I have been fortunate to meet so many amazing people throughout my life. Over the years, as an employee, I fought to be the voice for people who didn't have one with their employers. As a manager, I looked for ways to integrate people regardless of their titles or positions. As a leader, I continually searched for ways that supported companies to value people as unique individuals who added a distinctive value to the company's success.

One of the most common elements, regardless of their positions, that prevented people from solving problems, working together, creating their best lives or living their truths was fear. Fear was present at every level of the company's organizational chart and manifested its way to all parts of every person's life, including his or her home life.

This fear prevented many talented people from being promoted, having great relationships, happiness, joy, and fulfillment. It was the fear of not being good enough, of having their vulnerability exposed, of failing, of not being skilled enough, or one of the thousands of reasons that kept them trapped in

an imaginary cage wanting someday to express their desire for freedom.

If this situation sounds familiar, or you know there is more to life than what you are currently experiencing, then this book is for you. It is amazing how much talent and resourcefulness lies in the untapped potential within you at this very moment. Now is your time!

*Stop Thinking, Start Believing* is a message to stop dwelling on thoughts that do not serve you, and instead, to believe in yourself and the possibilities that exist in the world. Thinking in the form of reflection can be beneficial for growth. However, the process of over-thinking that creates doubts about your abilities, talents, and gifts is a self-imposed roadblock to happiness. Thinking occurs in the mind. Believing comes from the heart.

Now is your time to put aside the complacency and excuses, to quit putting the dreams on hold, to stop thinking, and to start believing! It's time to break through your fears and ignite your brilliance. You already are brilliant. Now is the time to remove those masks of your brilliance that prevent you from bringing and sharing your talents and gifts to this world.

How would you complete this sentence?

**If I were fearless, I would....**

You may have great ideas, dreams of a better future, or goals you would like to accomplish in this lifetime. What if you were fearless? How would your life be different? What would you do differently? How would you be making a positive difference to those around you and in this world?

This book is not just about overcoming fear. It also includes: Leadership, Motivation, Inspiration, Life and Work Balance, Conflict Resolution, Change, Collaboration, and many other elements you can use as tools to support you in igniting your brilliance.

More importantly, this book is about empowering you to know you have choices. Choices to dream, create, and live a life according to your own design, your values, and your beliefs. It moves you from your head to your heart. It reinforces that you are not defined by your circumstances, but rather, what you make out of them.

This book reduces the complicated to the simple. My wish is for this book to make a positive difference in your life. You deserve a life of fun, happiness, and fulfillment. Start believing that you can make it happen. Why not start now?

With Love & Respect,

A handwritten signature in black ink, appearing to read 'Jeffery Bow'. The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Jeffery Bow

April 19, 2011