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A LIFE-CHANGING LITTLE JOURNAL

GO BE BRAVE



24¾ ADVENTURES FOR A FEARLESS, WISER & TRULY MAGNIFICENT LIFE

LEON LOGOTHETIS
CREATOR OF *THE KINDNESS DIARIES*

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PRAISE FOR GO BE BRAVE

"Leon Logothetis makes a compelling case for the importance of bravery in our lives, then lays out a series of steps for achieving this lofty aim. If you're searching for the path to your best life, the journey starts here."
—DANIEL H. PINK, #1 *NEW YORK TIMES* BESTSELLING AUTHOR OF *THE POWER OF REGRET*, *DRIVE*, AND *WHEN*

"This book will get you out of your head and into your heart. It's like rocket fuel for the soul. Bravery is daring to think what you have not yet thought and to dream what you have not yet dreamed, reaching beyond who you used to be. *Go Be Brave* is the road map that will take you there!"
—MIKE DOOLEY, *NEW YORK TIMES* BESTSELLING AUTHOR OF *INFINITE POSSIBILITIES*

"Leon Logothetis has spent years being a champion of kindness. Now he's spreading the gospel of bravery. This world could use a lot more of both, which is why I'm doing my part to spread his gospel."
—A.J. JACOBS, *NEW YORK TIMES* BESTSELLING AUTHOR OF *THE YEAR OF LIVING BIBLICALLY*

"The world desperately needs creative, authentic, and kind people who can solve the world's problems with curiosity and compassion. This journal truly helps mobilize the brave behavior that lives in all of us."
—HOUSTON KRAFT, COFOUNDER OF CHARACTERSTRONG AND AUTHOR OF *DEEP KINDNESS*

"*Go Be Brave* is a fun and breezy read—but don't let that fool you. This is a book that challenges reader. Read it and you'll have no choice but to go out and be brave. Leon Logothetis has precisely the message the world needs right now. As Leon makes clear, bravery takes many forms. To me, bravery begins by being unafraid to stand up for your beliefs, but also try to understand to those who believe differently."
—JONATHAN KARL, ABC NEWS CHIEF WASHINGTON CORRESPONDENT & COANCHOR OF *THE WEEK*

"An uplifting examination of self. If fearless introspection is your thing, this book is for you."
—JAMES BREAKWELL, AUTHOR OF *HOW TO BE A MAN (WHATEVER THAT MEANS)* AND @XPLODINGUNICORN

"*Go Be Brave* is a lovely and highly readable book that encourages people to live their authentic lives—and provides real and practical strategies we can all use to live our best (and bravest) lives!"
—DR. CATHERINE SANDERSON, AUTHOR OF *THE POSITIVE SHIFT*

"This book is a true gem for our generation and much needed. And it reminds us that once we find the courage to face our fears, everything changes. Great book!"
—KURTIS LEE THOMAS, AUTHOR OF *THE WORLD IS YOURS*

"*Go Be Brave* is coming into our world at an ideal time. Everything is calling us to bravery . . . bravery in how we show up, bravery in how we use our voices, bravery in our healing, bravery in our actions, bravery in our compassion. It's most definitely time to go. Be. Brave!"
—TRACY LITT, AUTHOR OF *WORTHY HUMAN* AND FOUNDER AND CEO OF THE LITT FACTOR

ALSO BY LEON LOGOTHETIS

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Go Be Kind

Live, Love, Explore

The Kindness Diaries

Amazing Adventures of a Nobody

GO BE BRAVE

24¾ ADVENTURES FOR A FEARLESS, WISER, AND TRULY MAGNIFICENT LIFE

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Leon Logothetis

Illustrations by Dheeraj Nanduri

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Dallas, TX

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10440 N. Central Expressway
Suite 800
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benbellabooks.com
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DISCLAIMER:

When you read beyond this page,
everything will change.

That is a warning.
And a promise.

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"SHE WHO IS BRAVE IS FREE."

—ANONYMOUS

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FOREWORD

"WHEN PONDERING ON THE VASTNESS OF THE COSMOS, PLEASE KEEP IN MIND, BELOVED, THAT IT GOES EVEN FARTHER INWARD, FROM WHERE YOU NOW SIT, THAN OUTWARD.

YEAH, YOU'RE DEEP."

—THE UNIVERSE

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P.S. SAVE GAS, PAPER, AND THE ILLUMINATION OF YOUR E-BOOK READER: GO WITHIN—WHERE ALL OF LIFE'S MYSTERIES APPEAR IN "PRIMARY COLORS."

It's not every day we make a friend who knows us well enough to ask questions that slide past our defenses, who shares our values, and who loves us no matter what.

Which makes today rather extraordinary.

Because starting today, Leon, through the timeless nature of the written word and the hidden, magical organization of this brilliant Universe, is that new friend for you.

Maybe that sounds like a bold claim, but I speak from experience—not only because I've known Leon for years, but because I was among the first to read this gem and to muck it up with scribbles, smiley faces, and a few tears.

Even better than having Leon as a friend, however, is becoming a friend to yourself. While working my way through this wonderful little journal, I've marveled at the wisdom his simple but pointed questions have elicited from me, revealing how brave I am and how much I deserve—and how, by seeing my own humanity, I can see the humanity in others.

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As humans, we've been taught for far too long, since time immemorial, that in order to seek greater knowledge we need to search more, read more, and study more. A *lot* more. And however much we've already stretched ourselves in these pursuits, conventional wisdom demands we stretch further. But absent from such sage and well-intentioned advice has been an invitation and the guidance to look within ourselves, a place where there are truly no secrets. A place where all the knowledge and power and love we could possibly seek already reside.

As you embark upon this adventure into the sacred jungles of time and space, **as you embrace the**

most vulnerable parts of yourself, there's nothing more debilitating than not knowing the truth. Conversely, there's nothing more empowering than discovering it. Our highest calling in life is to ask ourselves more questions, and it's everyone's right and highest responsibility to answer them—no matter how clueless we may feel at first. Life, after all, is the ultimate *unknowable*—it's where we find out who we are, how we got here, and what we can do with our time in space. And the more we begin to understand ourselves, the more we connect with our humanity, and the richer our lives become. For if you're beginning to understand that, through the law of attraction, *thoughts become things* and that you are (your) life's creator, then you're ready to understand that, as the creator of all you survey—whether your figurative lions and tigers and bears or your most outrageous dreams—you are their greater. Without you they would not exist.

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Time and space are not the Harvard of reality but its kindergarten. In other words, they're the foundation of our being. Just look at how well we've already done for ourselves, individually and as a civilization, in spite of *not* knowing who we really are. Can you even imagine how much more spectacular life will become as you delve deeper and

deeper into self and truth? It's the ultimate act of vulnerability. Of fearlessness. I don't think we can quite imagine all of the glory that awaits us when we tap into this bravery, which, happily, won't stop *your* inevitable march towards gaining mastery over all things. *All things.*

Of course, the certainty of your happily conquering self and of life's illusions doesn't mean your path is going to suddenly become easy. But you didn't sign up for easy. You signed up for adventure, and the telling proof lies in the challenges you've already risen above along the way. Still, if you're like me, confidently and bravely moving forward could be a lot easier than you've made it so far. *There's a sleeping giant within you that longs to awaken*, which is exactly why you've made it this far.

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You hold in your hands the keys to the kingdom/queendom of your wildest dreams. Not just because that's where the world spins, but because, I presume, you are holding this very special little journal. A journal that is as beautiful as it is potent—much like yourself. Let it be the portal into the *best version of your life*. Allow Leon to guide you back into the world of people and love. I encourage you to play full-out with its exercises so that you may sooner come to know and love

yourself—it worked for me. You have nothing to lose and everything to gain. *Everything.*

Go be brave,



Mike Dooley

Author of *Notes from the Universe* and *New York Times* bestseller *Infinite Possibilities: The Art of Living Your Dreams*

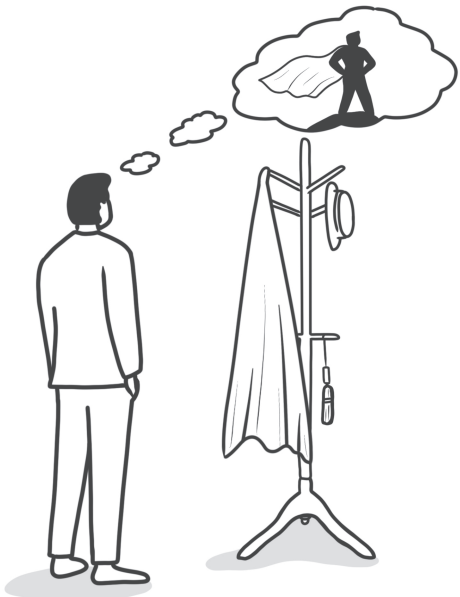
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A RATHER LONG DEFINITION OF WHAT IT REALLY MEANS TO BE BRAVE

(OTHERWISE CALLED THE INTRODUCTION)

When was the last time *that you were* BRAVE?



Yes, you ☺, the wonderful reader of this little journal that will most definitely change your life.

Yup, I just went all out and promised you that by reading this journal (and *doing* this journal, because there is a lot of doing in these pages) **YOUR LIFE WILL BE CHANGED**.

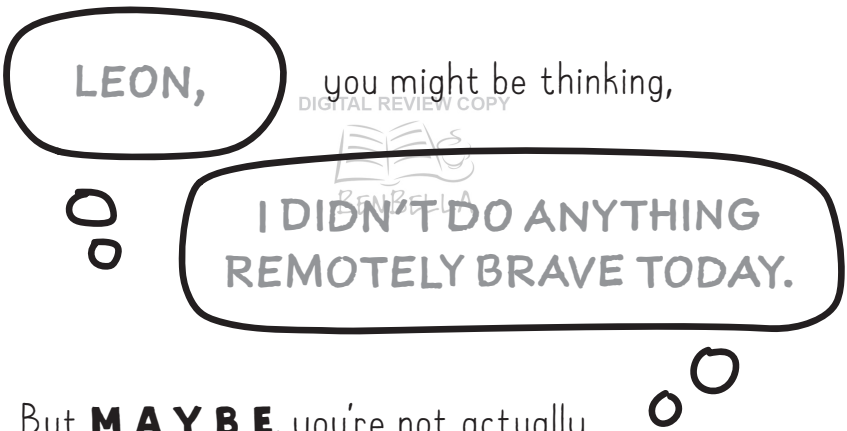
I'll ask it again, but a little quieter this time:

WHEN WAS THE LAST TIME *THAT YOU WERE* **BRAVE**?

Now, wait a second before you answer. I am going to surprise you—it's a good surprise, I promise, and well worth the wait . . .

I am 99.9 percent sure that you were brave *today*.

You might find that hard to believe.



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But **MAYBE**, you're not actually sure what bravery means . . .

Time for a **POP QUIZ**!

WHAT DO YOU MEAN?
WE JUST GOT STARTED!

And, yes, we did—but we're not wasting any time here. We've all spent enough time reading books,

listening to podcasts, trying to find the thing that will make us . . .

TRULY HAPPY.

Well, guess what? That big truth has been inside you ALL ALONG. That hidden treasure has been waiting for you to find it.

But in order to find that hidden (and sometimes buried—like really deeply buried) treasure, in order to discover those truths, we first need to learn how to be brave. But maybe not in the ways you think. So, first try to answer the question . . .

WHAT DOES BRAVERY MEAN TO YOU?

My definition of bravery is:

Great! Now, I'll offer you mine:

LEON'S (FORTY-SOMETHING YEARS IN THE MAKING) DEFINITION OF BRAVERY:

1 *Bravery* is befriending the vulnerable place at the center of our being that needs us more than anything has ever needed us before.

2 Bravery is *choosing* to reconnect to our humanity.

In other words:

BRAVERY IS ACTUALLY THE GREAT ACT OF BEING HUMAN.*

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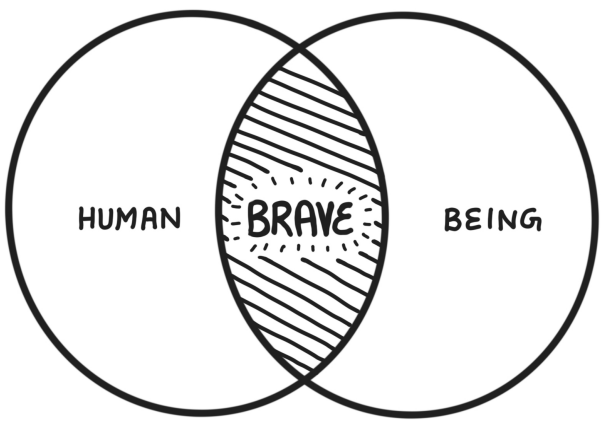


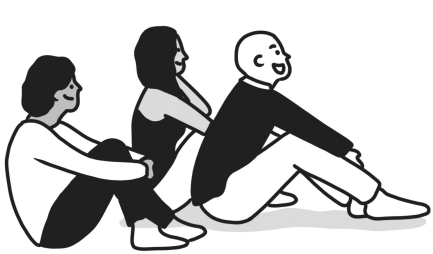
*Illustration Disclaimer: See that previous illustration? And the one before that? Now, wait a second before you just move on from them. Take a moment and look at them. Do you feel something? What do you feel? As you work through this journal, I ask that you pause at the illustrations, and let yourself experience them, let yourself feel them, and then keep reading once that feeling has passed. The illustrations aren't here just for decoration (though they're pretty cool—thanks Dheeraj!); they're here to help you truly *feel the feelings* that will allow you to become more fearless, wiser, and live a more magnificent life.

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When I was a kid, I dreamt of being a Navy SEAL—I mean, I'm English, so this dream wasn't exactly realistic. But the point is, I wanted to be a great warrior. I had been bullied my whole childhood and I wanted to be someone that other people respected; someone who was brave, strong, even invincible—and in my mind, this described Navy SEALs, perfectly.

So, you can imagine my surprise when, years later, I was attending a spiritual retreat for depression and found myself sitting across from a real-life Navy

SEAL. And he was struggling with the same issues I was: chronic depression and anxiety.





It didn't matter that he *had been* a warrior; he was still a human being.

But what really shocked me was what the Navy SEAL shared on his last day at the retreat. He told us that in his work, he had seen what most people considered bravery out on the battlefield—where risking one's life is part of the job description—and that his fellow SEALs were certainly brave, but, as he shared, "The real bravery is what happens in here, between all of us. Because when people are sharing *who* they are, when they're *trying* to get better . . . *that's* bravery."

BRAVERY means to find the place within ourselves that feels broken (sometimes in big ways, other times in small ones), a place we all have, and to give it hope. It means finding that place at the very center of our existence that we've been avoiding, but that desperately needs our attention and love. That

delicate place, the one that we're so afraid to let the world see because we've been hurt there before. That place is the key to unlocking our bravery.

It is the hidden treasure within us all.
The most true and powerful source of who we are.
AND THAT PLACE is our humanness.

Bravery is *finding* that space; courage is *living* it.

I know what you're thinking . . .

OH, NOW YOU'RE THROWING IN BRAVERY AND COURAGE, LEON?

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But they are equally important because you can't be courageous without being brave. Just as bravery is finding the vulnerable place within us, *courage* is taking the action to share it.

And when we choose bravery, when we're really, really willing to be vulnerable enough to embrace our humanness and share it with others, we can create a magnificent life from that human place. A life that is filled with wonder

AND MYSTERY

AND CREATIVITY

AND CONNECTION AND LOVE.

And we discover that seeking the truth of who we are is actually the greatest adventure we can take. An adventure bigger than skydiving off the tallest building in the world (which would also require a trip to Dubai), more exciting than the pyramids of Mali (which outnumber those in Egypt by far), more powerful than facing your greatest fear (which we actually do every day— the question is do we also *embrace* that fear).

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I'll be honest. I haven't always been so good at embracing it myself.

For a long time, I refused the adventure. I played it safe, I stayed small, I didn't face many fears, I barely even looked in the mirror. And then one day, I said . . .

ENOUGH!!!!

So I set out on a journey, and what a JOURNEY it has been. I've spent the last fifteen years traveling the world, connecting with different people, cultures,

and countries—I chose adventure. And in the process, I realized that I didn't need money or stuff or all the things I thought I needed to be happy.

I JUST NEEDED TO BE KIND.

In fact, I've kind of become known as **"THE KINDNESS GUY."**

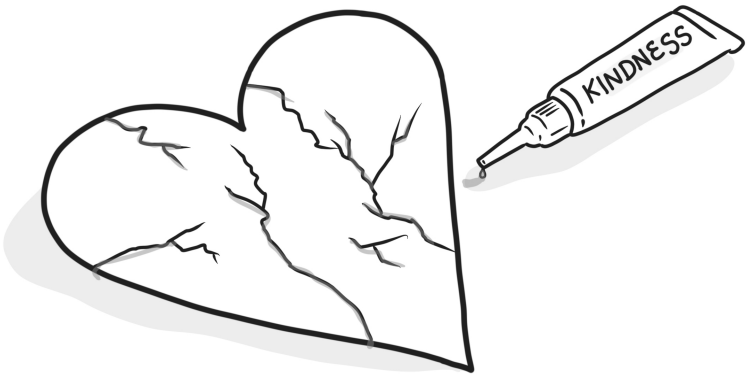
It's my handle, my brand, my business. But one of the most powerful things I have learned about kindness is that being kind is the bravest and most important act each and every one of us can make.

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Why, you ask? Because kindness connects us to our humanity, to that vulnerable place at the center of our being that needs us more than anything has ever needed us before.

And it's from that space we are able to move out of

FEAR, HESITATION, AND ISOLATION.



And instead, that vulnerable place is where we begin to live our most magnificent lives from. And when we access that humanity, that vulnerability, we find that hidden treasure . . . the treasure that's been there the whole time.

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Now, here's a (possibly) unfortunate **REAL-LIFE FACT:**

We live in a world where the delicate nature of our hearts and our humanity takes a back seat to how many followers or how much money or status we have.

But what if none of that material stuff truly mattered? (No, seriously, sit in that for a moment: What if none of it *truly* mattered . . .)

I'm not saying you have to sell everything you own and wander the world like a monk—though if that's your thing, go wander!

I'm just saying, what if all that mattered
was that we woke up every day
and chose to stand in our HUMANITY,

> to tap into who we are, like this funny, spontaneous, brilliant, exceptionally handsome, loving, odd English guy I know, who likes to travel the world and talk about kindness (you have no idea how much therapy it has taken for me to be able to say that, even as a joke)

and go out into the world . . .

and be that person **EVERY DAY.**

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The crazy, scary truth is that we can't truly be human (or at least be in touch with our humanity) until we tap into the deepest, most delicate parts of ourselves and then share those parts with other human beings.

Humans just like you! And me. (And my dog Archie! More on him soon.)

> So, I'm going to be tough on you a bit—like a Navy SEAL, but a really kind one.

I'm going to say, **START LIVING THE LIFE YOU WANT RIGHT NOW**. Or at the very least, by the end of this journal.

Because here is the secret that I shouldn't share so early in this journey but I'm going to anyway because I know you're going to keep reading, and you're going to do the missions, and we're going to have a lot of fun—like so much fun, you won't even realize you're reading a twenty-something-dollar hardcover you just bought at (insert bookstore here).

The not-so-secret secret is:

EVERY TIME WE CHOOSE BRAVERY, OUR LIVES CHANGE FOR THE BETTER.

Because no matter what has happened to us in the past,

every second of every new day, we have a choice.

We can choose to play it safe, we can stay small, we can refuse to face our fears,

or we can choose the great adventure—24¾ of them to be precise—to remind you of just how magnificent life (and especially YOUR life) can be.

Yes, there are 24 and ¾ adventures. And yes, I expect you to do all of them.

Curious about what exactly to expect from these adventures? Well, wait no longer . . .

THE 24 AND ¾ ADVENTURES THAT LIE AHEAD

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Some of them will be inside adventures—journeys into your heart and spirit, points of reflection and understanding. They'll involve getting to meet the *you* that may have been lost for eons.

Some of them will be outside adventures—journeys in your neighborhood, in another neighborhood, in your town, or maybe even another country. They will require you to talk to strangers, and go on scavenger hunts, and, spoiler alert, find a bravery buddy.

And every time you complete an adventure, whether internal or external, you will receive the award of a lifetime (move over, Emmy, Grammy, Oscar, and Tony!): you will receive the **MAGNIFCIENT MEDAL OF BRAVERY**!

Because we don't have to run into burning buildings or become Navy SEALs to go be brave (although those are both very noble endeavors); we just have to accept the mission to connect with who we really are.

We have to go find that person, that true, inner self, like Indiana Jones seeking out a buried treasure (except with less rolling rocks and shaky bridges—though there will be bridges to cross).

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Some missions will be easy; some you will be tempted not to do.

DO THEM ANYWAY.

(Please.)

Because if you picked up this journal, if you are reading these words right now—whether you are thinking that your life is great or not so great—

there was something in you that thought, "But maybe my life isn't TRULY magnificent."

And maybe it isn't.

Yet.

But it's about to be! Because by the end of this journal, you will do the one thing,

make the **ONE BIG DECISION**,

take the great big **STEP**

to leap into the most magnificent version of life, into the **GREATEST VERSION OF YOU** (also known as **GVOY**! More on that soon).

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Maybe it's something you know you need to do to live a better life, or maybe you know some part of your life could be better, but you don't know how to get there yet.

Just keep reading.

It's going to be hard and scary, and it's going to be everything you have been waiting for.

Don't worry, it's not going to happen all at once—we're going to work on it together, one step at a time, starting right now . . .

Because if you choose to accept these missions (which you already did since you started doing this journal),

if you actually go out and do them (which I know you will),

your life will be forever changed—like *really* changed—and not just because some random English guy is promising you that, but because **YOU ARE GOING TO FOREVER CHANGE YOUR LIFE** (I promise).

So, we are going on this adventure together, you, me, and everyone who is doing this journal.

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We are all going on an expedition to discover the true human space inside of all of us . . .

and then we are going to start living the magnificent life that comes from that

BRAVE SPACE.

So, let me ask you again: When were you last brave?

You might have a different answer now than you did when I first asked.

Either way, that's great!

Write it here: _____

_____

What did you do? How did it make you feel? What could you do to repeat that brave act today?

Actually, I take that back. What could you do today to *make it bigger*?

I'll wait—don't worry. How can you go be brave **TODAY**?

"I can _____."

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Awesome! You've just taken the **GO BE BRAVE PLEDGE**. You've made the choice to go be brave, and guess what that also means? You've made the choice to be kind, to be curious, to be deeply connected, to be adventurous, to be forgiving, to be fearless, to be in love.

To be. A legend.

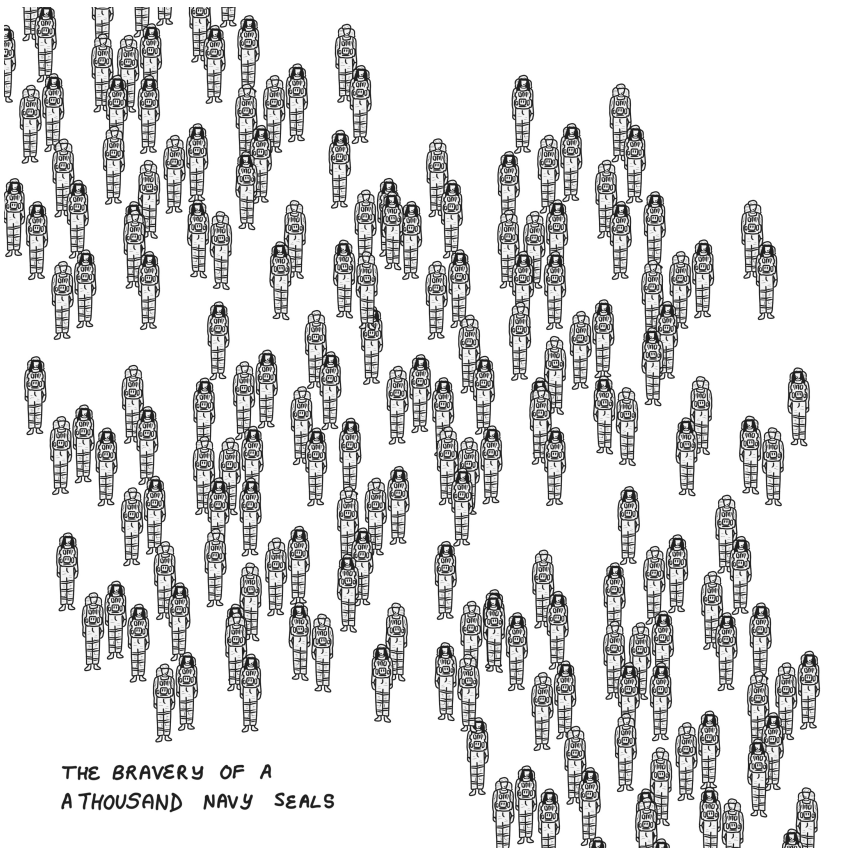
Yup, I said it.

A LEGEND.

So, are you ready?

(Of course you are!)

Because I think we can all agree it's time to live the lives we have always wanted, to live the lives we deserve. It's time to reach out and say, this has been hard and scary, and I don't know how we made it through, but here we are; and it's time we stop hiding who we are and what we mean to each other. It's time to celebrate our great shared humanness. To connect and love one another with the bravery of a thousand Navy SEALs. To go out and **GO BE BRAVE**



I can't wait to start the adventure with you.
Your mission has begun.

In bravery,

LEON

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ADVENTURE #1

WHOOOOO ARE YOU?

How many times have you been told to

JUST BE YOURSELF?

You're about to go into a job interview . . .

You're about to go on a big date
(a really, really BIG date) . . .

You're about to start at a new school, or job, or meet someone important (life-changingly important), and what advice will you receive nine times out of ten?

JUST BE YOURSELF.

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Easy enough, right? Hmmm, not really . . .



STRUGGLING TO CHOOSE
WHICH SELF TO BE

Because being YOURSELF is in fact one of the **BRAVEST** things you can do. Ever.

Being YOURSELF is the ultimate act of being human.

It is finding that place inside of yourself that hasn't been disconnected from:

THE TRUE AND DEEP KNOWLEDGE

OF **KNOWING** WHO YOU ARE

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AND WHAT YOU BELIEVE IN

AND WHAT YOU CAN CREATE AND ACHIEVE AND BECOME

AND WHAT WE MEAN TO EACH OTHER.

It's where the GOLD lives.

And all those things sound really amazing, because they are.

But they're also absolutely terrifying. **#FACT**

Being yourself means that you can't hide behind anyone else—whether that's your family or your friends or your community or even your Instagram profile.

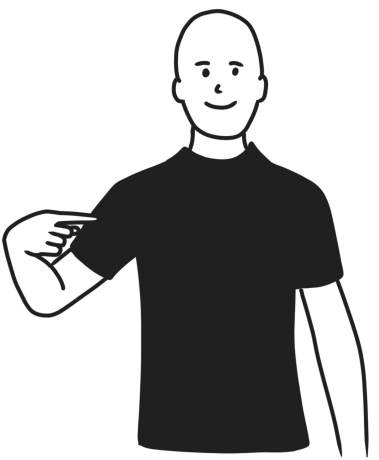
It means saying,

THIS IS ME.

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I am right here,

with every incredible talent and strength and fear and flaw.



This is me,
and I am not going to hide who I am anymore.
I am right here, and I am going nowhere . . .

Look, I get it, you're probably saying,

WHO IS THIS GUY TELLING ME THAT I HAVE TO JUST BE MYSELF?

IF IT WAS THAT EASY TO BE YOURSELF,

THEN EVERYONE ON EARTH WOULD JUST BE THEMSELVES.

You're right, and I'll be honest with you: being yourself is hard.

DIGITAL EDITION BY BENBELLA

It's very, very hard.

It's why you are embarking on 24 and ¾ missions to figure out . . .

WHO THAT PERSON IS.

Because we have been conditioned
to NOT be ourselves.

To. Not. Be.

OURSELVES.

We have been conditioned to **BE WHAT OTHERS WANT US TO BE**!

So, we conform. And then we lose.

We forget that we are more than mere biological entities existing here on earth:

We contain vast oceans of
knowledge and understanding,

we contain all the stars in the universe
and the stardust that makes them,

we contain the DNA of every
human who came before us in
an endless parade of human love
and loss and life and death.

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Yet, despite all of the magic and wonder we contain, we continue to behave the way *others* want us to behave.

So that <u>they</u> will love us.

So that <u>they</u> will **RESPECT** us.
<u>They</u>. Not us.

We tap into what some rather clever humans have called the monkey brain,

the part of us that is hardwired to believe

that if we are thrown out of the cave,

we might be eaten alive by a saber-tooth tiger.

So, we will do anything to belong.
We will become someone else,
we will ignore the vast oceans inside us,
we will hide who we truly are.

WE WILL HIDE WHO WE TRULY ARE.

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I get it. More than you may ever know.

(But.)

What I also get, is that if we do not become who we are MEANT to be, our lives will NEVER be our own. They will belong to our families, our fears, our pasts, our politicians, our roles and responsibilities. We will not be OUR *SELVES*. Ever.

That sounds pretty terrible if you ask me.

A catastrophe of epic proportions.

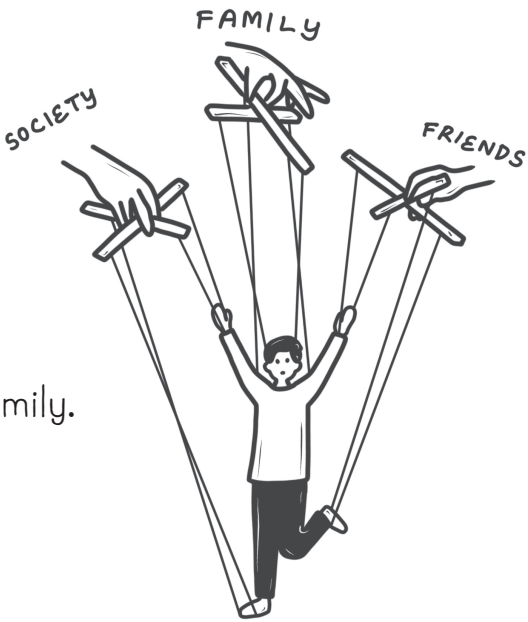
A travesty of this opportunity to LIVE.

BUT IN ORDER TO BE OURSELVES, WE HAVE TO FIND OURSELVES.

A LITTLE STORY ABOUT A MAN NAMED LEON

DIGITAL REVIEW COPY

I grew up being told who I was going to be and what I was going to do. Sound familiar?



For a long time, I followed in the footsteps of my family.

But I wasn't living *my* life.

I was living someone else's life, and that
life was fine for other people.

But it was heartbreaking for me.

Every day, I would wake up and go to work, and
there was no joy to any of it.

Do you know what joy feels like? When your whole
life lights up from within, when you feel so alive, it's
like the ocean is inside of you?

Yes. JOY. You can almost taste it. As I sit here
writing, I literally *can* taste it . . .

But then there is the other feeling . . .
the one where you can't feel joy.

DIGITAL REVIEW COPY

Where it feels like you are drowning in darkness,
the place where we cannot taste the joy
or sense the great ocean of life.

For a long time, I was drowning in darkness.

One of my first great acts of
bravery was to finally say,

"This might work for you, but it doesn't work for me."

The pain got so bad that I was forced to be brave.
Brave enough to face the pain inside me,
brave enough to face the truth inside me,
brave enough to face *myself*.

To. Face. Myself.

But I also had to find the courage
to do something about it.

After a long time (probably longer
than it should have taken), I was finally
brave enough to *see* myself.

But more than that,
I was courageous enough to finally *be* myself.

Everyone has their own mountain to climb,
but, ultimately, all mountains lead to the same
destination—the ability to be our true selves.

DIGITAL REVIEW COPY



To find the gold, we can either make our way up to the top one slow step at a time,

or we can take the shortcut

and become someone else. (And I promise you, the shortcut doesn't lead anywhere fun . . .)

So, there is now a very kind but stern Navy SEAL standing in front of you! That is, if this Navy SEAL was a bald Englishman. And he is saying:

DIGITAL REVIEW COPY

STOP WASTING TIME! STOP LIVING SOMEONE ELSE'S STORY ABOUT WHO YOU ARE SUPPOSED TO BE. STOP DENYING WHO YOU REALLY ARE!*

*Disclaimer: I am, in fact, not now, nor have I ever been, nor will I ever be a Navy SEAL. But I can impersonate one quite terribly to get across Very Important Points (VIPs).



FAKE NAVY SEAL

DIGITAL REVIEW COPY

I promise you, I PROMISE YOU, YOU ARE MORE THAN ENOUGH! I may not know you. But I see you. And I see the hidden treasure that lives within. It is calling you, every day, whether or not you are willing to listen, and it is saying:

"GO FOR A SWIM."

"JUMP INTO THE DEEP END."

"IT'S TIME TO KNOW WHAT YOU ARE MADE OF."

It's time to recognize the humanness in you, to reconnect with what makes *you* happy. Maybe this means sharing a secret you have been holding onto.

Maybe it means admitting a fear.

Maybe it means setting a boundary.

Maybe it means telling someone, "You know what, I just can't do this anymore."

But before we can do any of these things, we need to decide where to start making changes in our lives. Where in your life are you holding onto a fear? Where in your life are you holding onto a secret? Where in your life do you need to set a boundary? Where are you not being yourself?

DIGITAL REVIEW COPY
BENBELLA

ROCKS AND MIRRORS

It's time to go hunting for your hidden treasure, but FIRST, we have to dig through the rocks . . .

So go ahead, and on each of these rocks, write:

Your fears . . .

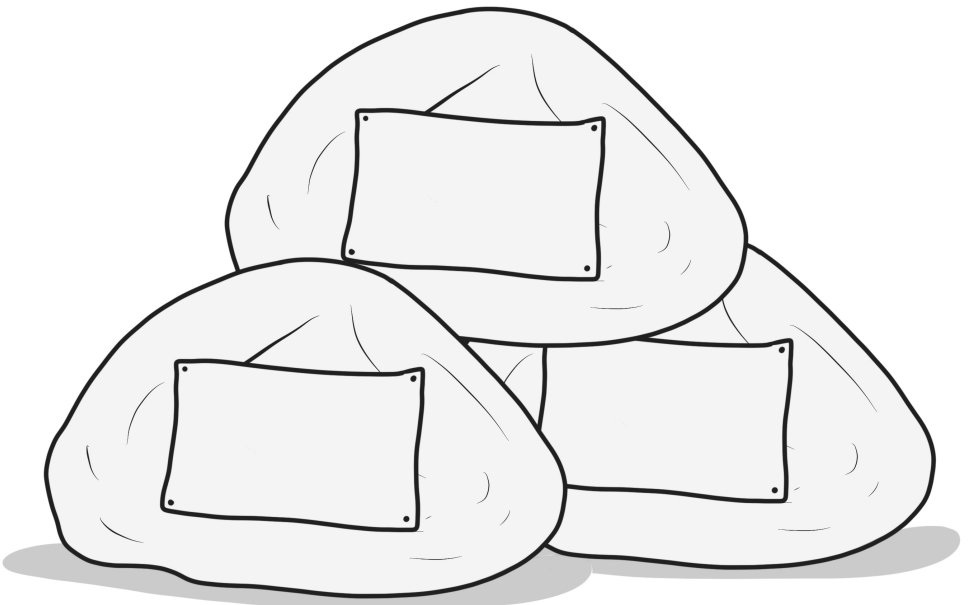
Your secrets . . .

Your dreams . . .

Where do you need to set a boundary?

Where are you not being yourself?

Where are you holding yourself
back from a magnificent life?



ETCHED IN STONES

These rocks are just the beginning. As promised, there will be lots of adventures in this journal—you will go places and draw things and write stories and make art and connect with people.

And also, you will be asked to do things you may not want to do, but, as I suggested earlier,

DO THEM ANYWAY.

(Please.)

Including this next one:

I want you to go to a mirror.

Right now, bring the journal, but go into your bathroom or find a mirror nearby and set your phone alarm for **FORTY SECONDS.**

DIGITAL REVIEW COPY

Why forty seconds?

Because I want you to see who is in front of you . . .

I want you to think of everything they have been through . . .

I want you to think about every dream they've ever had.

I want you to think about every fear they've overcome

(or haven't overcome),

and I want you to say . . .

THE BE YOUR SELF PRACTICE

Today, I, _____,
promise to stop hiding the ocean of magnificence inside of me. I *know* who I am. I *believe* in who I am. And I *promise* myself and Leon (the guy in the soccer jersey) that I will start to be **MY SELF** every chance I have. I will practice being **MY SELF** with my family and friends. I will strive to be **MY SELF** at work and at home. I will begin to notice the moments when I am not being **MY SELF** and I will do one simple thing.

I will ask myself: Who am I, right now?

WHO ARE YOU, RIGHT NOW?

_____

_____

_____

_____

I beg you. Wake up.

Face yourself.

Bravely.

And what will happen, is that
you will meet yourself on the
path and tap into your

REAL

self. After that, your
humanity will shine as brightly
as the sun, and it will extend as
deeply as the deepest ocean.

It all starts with a feeling. A spark of magic
from within. Feel it, and everything changes.

MAGNIFICENT MEDAL OF BRAVERY:

BRAVERY IS BEING YOURSELF IN A WORLD THAT ALWAYS TELLS YOU TO BE SOMEONE ELSE. TODAY, I HAVE CHOSEN TO BE MYSELF—IN ALL MY INCREDIBLE MAGNIFICENCE. BECAUSE I REALLY AM MY OWN GREATEST HERO (TO BE READ WITH ROCKY MUSIC PLAYING).

BENBELLA