

THE EPIC LIFE

CREATE THE LIFE YOU WANT OR TOLERATE THE
LIFE YOU HAVE

ROBIN AUSTIN REED



ROBIN REED

DEDICATION



Congratulations to the men that have reached adulthood.

You did it!

Now it's time to design the life you want!

*The Six Steps to Create An Epic Life - WITHOUT SACRIFICING
YOUR SOUL*

ROBIN AUSTIN REED

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INTRODUCTION

THE SIX STEPS TO CREATE AN EPIC LIFE -
WITHOUT SACRIFICING YOUR SOUL



It takes guts to create the life you want versus tolerate the life you have.

I know first-hand the pain of feeling out of control and powerless.

For twenty-five years, I struggled with a debilitating depression, like a dark cloud of despair that just followed me around, coating everything and everyone I touched in negativity.

I masked it very well.

I learned to perform, growing multiple real estate companies and property portfolios into multi-million-dollar revenues.

I became very sophisticated about how I dressed, spoke, and acted. I was careful about the associations I maintained and the image I projected.

While that wasn't a bad thing, much of it was compensating for not feeling good enough, approved, accepted, or wanted.

I've since learned to enjoy my gifts and talents for what they are, but when we rely on things, people, circumstances outside ourselves, we suffer a thousand slow deaths.

My journey nearly ended because of suicidal thoughts and compulsive behavior that kept me enslaved. While I never went down the often-deadly rabbit trail of recreational drugs. I learned that many things can be a drug.

I was too vain to allow drugs to control me. Rather, control was my drug. Fueled by wild, intense ambition, a relentless drive to be the best kept me in an adrenaline-fueled lifestyle of using caffeine to get me going, sugar to keep me going, and alcohol to bring me down.

- I was sad.
- I was lonely.
- I was desperate.
- I had everything that everyone else wanted. I was lost.

In 2005, after a five-year engagement, my fiancée left me for another man and I hit rock bottom. I was heartbroken on every level and was officially done living the way I had.

I sold my company.

I sold cars, motorcycles, homes, everything. I was tired of the payments, the maintenance, the insurance, and my trophies were worth only a fraction of what they cost.

I had invested in all the wrong things and my soul ached.

I met a pastor that loved me. He taught me about grace, love, kindness, surrender, and how to live in peace. He taught me how to love myself, to pray, and that I could be spiritual and have a relationship with some kind of higher power, calling it whatever I wanted.

He invited me to church and let me sit with him.

He gave me a key to his house and let me come over any time..

He taught me I was good and life wasn't over.

He showed me "my way."

I would love to say things got better, but truthfully, over the ten years to follow, life dismantled even further to a deadly journey of self-healing and growth. Life catalyzed in 2015 when I surrendered my struggles and finally accepted that I needed to go all the way.

I was done.

I gave up the old and decided to begin again.

I checked into a treatment facility in Bowling Green, Kentucky for six weeks.

No internet. No TV. No personal freedom. Monitored food, drink and a seven-day-per-week schedule that included six hours a day of group therapy between meals

and twelve-step meetings at night. (Alcoholics Anonymous, Alanon, etc)

It cost me everything.

I left the center with \$256 in my account, no car, and a one-way ticket to my friend's house in Austin, TX on August, 16, 2015.

I had nothing but I had everything.

I was free.

For the two months that followed, I began building. I managed to finance a car (a total miracle) and began driving for Uber and Lyft. I attended meetings, I read books, I met with sponsors, mentors, guides and people that had gone before me. I asked a thousand questions and took copious notes.

I wanted more. Much more.

Then it happened. On October 10, 2015 I pulled out of Austin with everything I owned in a small U-Haul trailer and headed west to California. Being a Texas boy, I dreamed of the blue Pacific Ocean, the sun, the palm trees, and the cool Cali-vibes that just resonated in my soul.

It took me three weeks to get there. I ended up driving through nearly every ski resort on the off-season in Utah, Colorado, and New Mexico, camping under a black sky riddled with twinkling stars. I found myself parked in those lonely, deserted camp grounds and for the first time I could remember, I was truly happy.

THE EPIC LIFE

Pulling into San Diego, California on November 15, 2015, I was reborn. I was going to begin anew and I did.

I've learned a lot since that day and in Jan of 2016, I created a manifesto.

It was called:

The Epic Life

WHAT IS EPIC?

THE SIX STEPS TO CREATE AN EPIC LIFE -
WITHOUT SACRIFICING YOUR SOUL



What does “epic” mean and why is it so impactful?

ep·ic

'epik/noun

A long poem, typically one derived from ancient oral tradition, narrating the deeds and adventures of heroic or legendary figures or the history of a nation.

History is stories, long poems just like what's described above.

In spite of all the development, the education, and the advances we make, we all exist in some level of tolerance. We don't truly realize just how dangerous this is.

Like a prolonged erosion of your house's foundation, we

never know the danger we live upon until the ground gives way and our home crumbles to the ground, often with us in it.

As dualistic creatures of habit and evolved beings that exist to outreach our grasp, it is unfortunate that pain is the motivator that moves us from the warmth of comfortability to give us the ability to actually change and reach for more.

We humans are wonky beings! You have to laugh at the consistent inconsistency we bring to life and also the ruts of ingrained for boring redundancy.

The ebb and flow of moving closer to pleasure and away from pain is the moderator of our motivations, our compulsions, and the activities that often keep us stuck.

The desire for pleasure is a call to action to embrace a goal or seize an opportunity by simply grasping what is right in front of us. Tragically, this is replaced with hopeful wishing and limp conversations diluted by the mystery of luck or karma.

The avoidance of pain is an internal warning sign, our inner truth alerting us of danger so that we may champion a cause and grow stronger.

Yet tragically again, we don't rise but rather numb ourselves with obsessive compulsions, disorderly behavior and lie to ourselves, and others, about the reality of our bleak situation.

So how do we REALLY create a life that is worthy of you?

This is a bold invitation to set down the motivational

WHAT IS EPIC?

quotes littered across Facebook from ones that pontificate about how great life is and regurgitate quotes as if they are the author's own.

Sorry, not trying to be ugly here but I can't take it anymore!

Here are six steps to create the life you want.

STEP ONE

GET RAW. GET REAL. STEP IN.



That's right, you have to first get honest with yourself about the reality of your situation but not beat yourself up. Denial is a sneaky comforter that isolates us, stopping us from facing reality and rarely can anyone self-assess.

This is where coaches, therapists, and trained pros can gracefully guide you into a space of true understanding. THIS is the first step to massive change!

I wanted to share a confession before we get too far along here.

I didn't always have an Epic Life.

Truthfully, I still don't. I mean, there are SO many things I want to improve about myself, my business, my love life, and just my general sense of happiness.

And I think that's the point, right? We're always changing, always growing, constantly in motion.

STEP ONE

Even now, in self-examination with my mentor, he had me make a list of both character assets and flaws. I'm happy to report the good outnumbered the bad...but oh my, I have some things to work on, my friend!

Which leads me to talk about the first thing I needed to do to create an epic life - number six on the list: Get Raw. Get Real. Step In.

There's an expression, Denial (The Nile) isn't just a river in Egypt. It sounds better spoken versus read.

But you get it...we're all in denial until good ole Pappa Pain visits and delivers an ass spankin' to jolt you into the bright light of reality.

"Ouch!" we said while frowning, looking over our shoulders and rubbing our butt cheeks. You remember the kind as kids.

Getting a reality dose can take a serious mental, physical, and emotional price but for the person that will look in the mirror and get a true assessment, it's the birthplace of all change and growth.

Why? Because you're not falsely building.

Why go to marriage counseling when you both are dating other people and don't want to be together anymore?

Why are you looking for a different job in the same industry you hate?

Why join another dating app when you aren't getting success on the one you've tried?

Get Real!

I think it was Einstein that said, *“You can’t solve problems by using the same thinking we used to create them.”*

That means you can’t do it alone and trying to create something epic from something broken never works.

The Law of Attraction guys got this one right - whatever you’re doing, whatever results you’re experiencing, you’re going to experience even MORE of.

Like energy begets like energy (sorry, for the “begets” - I’ve been reading Shakespeare lately. It will never happen again).

Yikes!

I’ll caution you against thinking you can do this alone. We never see the booger in our own nose, smell our own breath, or know when toilet paper is stuck to our shoes as we stroll out of the bathroom on opening day of the new bar.

Ya, note to self, we all look REALLY good but truth tells us that we could use some polishing.

Make a list. Just like I did...not just of the ugly, but the good too. Creating an epic life doesn't mean destroying the one you have and it certainly doesn't mean shredding what little confidence is still in you.

You have skills. You have talents. You have gifts. You were made for a purpose, so survey the landscape of YOU and ...
MAKE YOUR LIST.

Then share it with a trusted friend, or better yet, a coach

STEP ONE

or mentor. There's a worldwide program called Alanon that is amazing for this and I highly recommend it.

One word of caution, I advise you NOT to do this with your lover, spouse or partner.

ALERT. Stop sign! Not good!

You want to be vulnerable/authentic with your romantic interest, but that is NO place to do the sacred work of self-realization and change.

Our romances are serious mirrors for ourselves, so take observation, remain neutral, and write the traits down on your list of what shows up in your romance, but don't do the work with them.

Your Romance wants to know you've burned the letters from the high school sweetheart, not attend the ceremony in the backyard BBQ pit while you cry over old memories.

Never a good look.

If you need to know how to handle your romance during this shift, shoot me an email and I'll load your lip (that's sales talk for "tell you what to say to her/him")

Get Your List - the ole Ben Franklin list. On one side, The Good. On the other side, The Not-So-Good (I don't like calling our traits "bad" - too much shame from childhood.)

This leads me to my next step, START OVER discussed in the next chapter. This six step plan was created in January of 2016 when I, too, had just started over.

Do it safely, don't leave a trail of wreckage in your path, and really fuel some powerful growth but start over.

STEP ONE

Don't be scared.

By the way, I welcome your comments and would love to read how you're doing through the steps, what challenges you're facing, and if you need a little positive reinforcement so please consider leaving a review on Amazon or on any of the social channels @robinaustinreed.

Trust me - an Epic Life, is forged through the heat of Epic Change.

So, get raw, get real, get it all on paper, and let's turn up the heat.

Don't be skerd. (Sorry again...I was trying to be "street smooth")

STEP TWO

START OVER



Trust me, leaving an old life, hang-ups, and relationships behind only seems hard, yet nothing can be more empowering because you're now, maybe for the first time, embracing your own resolve.

If you've not read ***Self Reliance*** by Ralph Waldo Emerson or ***Civil Disobedience*** by Henry David Thoreau, I heavily recommend both of these reads among dozens of other poetical thought leaders, sages, and mystics that pioneered our civilization in to the power we hold within each and every one of us.

Another confession, you see, I can be a sideline player at times. I get suited up for the game, I look good, I play a few rounds so I can get a participation medal but if I'm not careful, I sit around and bitch and moan about the way things are, versus focusing on the way things could be.

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It's miserable!

Beginning can be the toughest part of any project, dream, or life ambition, depending on your starting ability.

I've known serial entrepreneurs that literally THRIVE on the start of a new project. It's the fuel that brings them success and energy that keep them motivated. These people are rare AND, they often suck at finishing anything since they burn out in "the dip" of all endeavors because they lose focus.

Most of us don't begin because we either don't know how, are stuck in perfection thinking, consumed by fear or candidly, have so many other things going on, or we just lack the mental and emotional resources to launch.

Which brings me to the next step - START OVER.

It was Einstein that told us in last chapter about using different thinking to get OUT of a problem then the thinking that created it.

Well Einstein ALSO said, *"The definition of insanity is to do the same thing over and over and expect different results."*

Ouch! Hey Brainy-E, you're killin' me! I've been beating my head against a collection of walls and wondering why I have a headache.

Listen - things work...until they don't.

Most of us are so stuck in old ways and patterns of survival that we falsely think we can 'work harder' (that

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never works) and keep trying and trying and trying and magically things will change. Wrong!

A few years back in 2014, I was going through a rough patch of sheer exhaustion. A trusted friend and mentor looked at me while I was confiding in him and said, *“Robin, you are fighting the energy that grows that blade of grass in my front yard.”*

I was speechless. Things were NOT working. In spite of my good intentions and hopeful heart, my ambition was not serving me ... or anyone else.

It was time ... to start over.

As guys especially, we don't want to admit failure. It hurts our pride, our ego and erodes our confidence... or so we think.

The fact is that the humility needed to put down the old, surrender and learn a new way opens us to the Go-Juice of the Universe, the Creative Love that surrounds every living thing, God Source, Flow, Jesus Power, Magic, Creativity...I put these in capital letters to illustrate the divinity that nobody really understands, scientifically, about this planetary spaceship we call home, but we ALL can feel, on some level, whether consciously or unconsciously.

Surrendering - Starting Over is about letting go of the old, the old way of thinking, doing, being and having that ultimately didn't make us happy anyway.

Starting over is an exercise in faith. Faith in yourself, the universe, and the process of infinite intelligence and some

STEP TWO

mysterious energy that grows the trees and keeps the fragility of a very massive planet all perfectly aligned. Somewhere in all that cosmic massiveness, there's at least just a little room in there given JUST for you and your well-being.

The "work" in personal development is this right here.

Letting go.

Letting go of the relationships, anger, marriage, past and the things that aren't good enough to carry with you into an Epic Life that is waiting for you.

That's right, it's already been created. Often, when doing this work with others, I find that the creation process is mainly doing nothing, that is, nothing of the old. Just letting (allowing) the new to be here in existence and RECEIVING is the key to the creation.

I know what you're thinking.

Truthfully, none of this is new.

This is only my journey. And if it relates to yours, then lets do it together.

Spoiler alert - I will make an offer for you in all this, but for the most part, like 95% of everything I do, write, and offer....is 100% free.

So, relax, follow up, let this penetrate your heart and drop me a line.

It's ONLY the ego defending its territory that tells you this stuff is hard.

I get it. I deal with my own massive ego too. All the freaking time!

STEP TWO

Stay with me.

Surrender.

Let Go.

Get in community with others.

Drop me a comment.

And keep reading.

Step four is next.

~Robin

STEP THREE

GET CLARITY



Disciplines such as meditation, prayer, yoga, exercise, and quality nutrition are the first steps to clearing a mind that has been bogged down by a lifetime of confusion, domestication and things we just kind of went along with and now realize no longer work for us. Now comes the bravery needed to claim what it is we want and actually form the belief that we deserve to be happy. I personally struggled for years with believing I deserved anything good due to growing up and forming an identity around survival. I was actually proud that I'd survived the process of life in a more dignified

manner than others and, as a result, many opportunities for abundance passed me by. It was an absurd loss!

When we're CLEAR, Magic happens effortlessly.

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Effortlessly, you ask?

Yes - effortlessly.

Somehow along the way to adulthood, through decades of grinding, we got falsely programmed that everything had to be hard.

"If it's too good to be true, it probably is" - our fathers warned with pessimism.

"Takes money to make money" - our mother beckoned while clipping coupons and following up with, "A penny saved is a penny earned."

"You just have to work hard for a promotion!" our first boss said in efforts to get you to do something for no compensation.

We learned...to grind.

And because of it, we think everything must be hard, or we don't value it.

I'm regularly seeing opportunities to make money and I pass them up because they're not hard enough. So, I grind for every dollar and, trust me, I freaking earn my money. Geez.

When will we learn?

Yes, it's true, life tests us. Sometimes just to forge us a bit, make sure we REALLY want it. Sort of like that new bike you wanted as a kid and your dad said, *"Bring me \$20, and I'll buy the rest of it for you."* He was testing you to see if you REALLY wanted it.

STEP THREE

That's cool. I like that. I respect that.

But hard? Our. Entire. Life.

Bullshit.

I think things are hard because we're not being true!
We're lying to ourselves and others about what we REALLY want.

We say we want a new car - what we REALLY want is to feel important.

We say we want a promotion - what we REALLY want is acknowledgment.

We say we want to save - what we REALLY want is to feel secure.

We say we want to lose weight - what we REALLY want is to feel good/confident.

We spend our lives playing someone else's game.

We're democrat because our father was, and his father, and father before him.

We're Catholic or Baptist or Jewish or whatever because that's how we were raised.

We married a girl because we didn't want to break up with her and it was the "right" thing to do.

We say YES, when we really want to say NO, sometimes desperately.

Lack of clarity is costing us money, time, energy, health and for some....our lives.

What. Do. We. Do?

STEP THREE

Well, you just got raw and real. You made a list of assets, talents, gifts, and some not-so-good traits in yourself.

Now - you get clear.

There is NO harder question than to answer with confidence, “What do you want?”

Hey, remember in *The Notebook* (sorry, I’m a romantic nerd) when Ryan Gossling was standing in the rain, demanding an answer from Rachel McAdams - “*What do you want*”? Over and over again, he just kept repeating himself and she wouldn’t answer (okay here’s a link if you’re clueless about what I’m talking about).

She didn’t know. And because she didn’t know, the two of them spun in confusion, drama after drama, as they broke everyone’s hearts before FINALLY making a choice.

They braved the elements of the unknown. They took a stand for themselves, their dreams, wants, and desires. They risked rejection from other lovers, family, friends, and society to FINALLY answer the question, “What. Do. You. Want?”

And they were happy. Wildly happy. Happily ever after kinda sickening sweet kinda happy. Ugh, Hollywood! Killing us!

But the point is valid - they got clear.

Okay take a breath for a sec.

“How Robin? How do I get clear?”

Glad you asked! Disciplines, such as meditation, prayer,

STEP THREE

yoga, exercise and quality nutrition are the first steps to clearing a mind that has been bogged down by a lifetime of confusion, domestication and things we just kind of went along with and now realize no longer work for us.

You will need to be brave. Remember that friend or confidant you used to get Raw and Real, assemble your troops, my friends. You will need reinforcements because it takes courage to claim what it is you want and actually form the belief that you deserve to be happy.

Get clear! At all costs. Even if you don't DO anything about it, and truthfully, I caution you against taking action just yet. Just get clear. Make a list. I don't care how crazy or ludicrous or obnoxious the thing(s) you want may be, it begins with getting clear and writing it down.

Whew.

Time for another breath.

I got intense on that one. Sorry, not sorry.

Listen, you're in good hands and I'm on this cray-cray journey with you. I'm not telling you anything that I personally, sometimes pitifully, don't go through ALL the time.

So relax. Do the work and in the next chapter, we'll move to step #4:- Form a Plan.

And when I say "plan", I do NOT mean a ten page attorney-approved, double-sided, professional-written plan. I mean a rough guide with a few life variables that's totally realistic and easy to achieve.

STEP THREE

So, sit back, stay focused on what you want, and tomorrow we'll dig in a little deeper.

Ah, the power of clarity!

~Robin

STEP FOUR

FORM A PLAN



There are no shortcuts. You can't go around, over, or under the obstacles that are in our path. We must go through them. Forget what all the people on Facebook tell you with their constant barrage of "think happy thoughts" messages from the safety of their home computer. Instead, begin looking at the ones IN the trenches, the ones too busy to call you back and listen to your stories of why you're failing and you'll find there are very, very few of us with shovels in our hands these days. We love you with great compassion, but unless you're ready to form some calluses on those hands, there is little we can do for you.

Grab a Pen and Paper - we're going to make a plan!

STEP FOUR

Was it Mark Twain that said, “if you don’t know where you’re going, any road will take you there”? I think so. Sounds like something truthful yet annoying that he would say. Dang that Mark Twain...so wise!

Brother Twain is right. Many of us are aimless, drifting in, wandering, anonymously frustrated why things aren’t happening. Notice I just said “things”. That’s where it starts. We speak in generalities and wondering why we’re not getting anywhere when the truth is, we don’t know where we’re going so any path will do.

You’ve spent time getting clear. You’ve answered the question: “What do I want?”

Do you have an answer?

Don’t move forward until you do.

Let’s plan - then execute.

How?

By massive imperfect action. That’s right ... action, lots of it, and wildly imperfect. Perfection is a fool’s mindset, typically coming from fear of trying, fear of failing, or fear of what others think.

FEAR =

False

Evidence

Appearing

Real

I deal with it, too. All the time. You want confidence? Try ... NO ... DO! Confidence comes from trying small things with

STEP FOUR

a calculated risk. Don't quit your job and move to another country just yet. Don't leave your wife and hook up with the cute waitress. Don't sell everything in dreams of being a pro golfer ... chill out.

Take ONE small thing (from your clarity work) that you want. Write it down on paper. Surrender all judgment and clear your mind of outcomes and fear. Get into your child-like, playful state (remember those days on the playground?) and just play. Think wildly as if failure was not an option and money was no object.

Take ONE, only ONE, small step.

Want to write a book? talk to a published author, buy him/her lunch.

Want to start your own business? take a class to sharpen your skills, hire a coach to focus in on an audience you want to serve and then serve them for free ... for a time.

Want a better relationship with your partner? Tell them. Honestly, sit them down and say, "I would like to be a better lover, partner, husband, whatever ..." Watch what they do/say. Wow, blown away!

The point is that we don't take action because of all the silly little fears if we're doing it right. Doesn't that sound silly?! Who's the judge of that anyway? Who makes up the rules of right and wrong? Um, you do, that's who!

Making a plan wildly throws out options.

Some people call this BRAINSTORMING. Ya, that's cool, I

STEP FOUR

guess, but it feels kind of manic. I prefer ... Mind and Heart Mapping.

This is a place where you set the stage and get creative.

If you're in fear - deal with that first because this is no place for negative energy. Put on some music, get your favorite food, breath, relax, and map out everything wildly as if there were NO limitations (because there really aren't).

NO lined paper. NO small pens. NO negativity.

Big, bold, blank, white paper. One time I went to an arts and crafts store and bought a whole roll of butcher block paper, threw large colored Sharpie markers all over the table, popped some bubble gum in my mouth, cranked the stereo to some 80's throwback music (Journey, Van Halen, dating myself here) and went nutso. I mean, insanity times a thousand to the fifth degree and back again

What is the square root of limitless? Robin Austin Reed - that's who! Bam! Get loud. Get proud. Have some fun.

Commit to keeping your hand moving, no stopping, and no linear writing. Make cloud bubbles, map things together. If X happens, then Y will happen over here and will inevitably give me Z. I like Z. Gimme lotsa and lotsa Z.

Z ... is the conclusion.

Z ... is the finish line.

Z ... equals production.

Z ... action.

And ACTION = (typically) RESULTS.

For more on mind-mapping, check out a blog post I

STEP FOUR

wrote several years ago. I literally have dozens, if not hundreds, of mind maps.

I enjoy them so much, I now do them on my iPad and take them with me. There are dozens of apps in the App Store. As of this writing, my favorite is MINDLY. There's a free version, but for \$6.99, you release the universe of creation. Just go for it (don't be cheap, this is your LIFE we're talking about here).

There's gold here, my friend, gold in YOU. Mine that gold for using the power of clarity and then stick to your plan for launch of ... YOU Incorporated.

Forming a plan consists of two things:

- 1. A determined and clear vision with a strong WHY.**

And...

- 2. A support network.**

Lastly, forming your plan means forming your team. This is a more complex step because Forming a Plan must be done in tandem with tomorrow's email where we go even further in Step five: Eliminate all Else.

So, choose wisely and if you're just starting out, consider apprenticing. Even if you're seasoned at your goal and know the plan, I caution you against doing it alone. Hire an accountability coach (NOT a friend) and only tell your friends and family what they NEED to know, and sometimes

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not even that!

Typically, those closest to us are not all that excited about our ideas to make changes. Trust me, they like you JUST as you are because it keeps their world safe with you fulfilling your designated and predetermined role.

Protect your dream. Be all James Bond 007 about it, steely-eyed, tight-lipped ... sport that subtle-smirk-of-silent-secret-ops-plans but keep your dream close to your heart, and protect it.

So, form your plan and execute in quiet, subtle, little actions steps.

Be imperfect.

Mess it up.

Take massive imperfect action in the form of steps that include you being totally detached from the outcome with a grounded faith that the mastery will come from a freedom of just doing.

And ... keep it quiet.

In the next step, Step five: Eliminate All Else, we'll go into this in great detail. So far, we've been discussing INTERNAL resistance and step five is all about EXTERNAL resistance, usually from others.

We'll talk about the principle of "Burn the Boats!" This is a variation of "**burning** one's bridges" and alludes to certain famous incidents where a commander, having landed in a hostile country, ordered his men to destroy their ships so

STEP FOUR

that they would have to conquer the country or be killed. It's famously attributed to Napoleon Bonaparte

Don't worry, I've taken you far here already and won't sail you too far from shore, but we WILL leave the safety of harbor.

Get a good night's sleep – and tomorrow morning read as we get a little closer to your adventure and will cross the greatest divide in where you currently are, versus where you want to be.

I'm here with you in service to the birthing of your greatness (dang, that felt like William Wallace in Braveheart).

I knight thee,

~Sir Robin

STEP FIVE

ELIMINATE ALL ELSE



There is an old expression that goes, "You can't soar with eagles if you walk with turkeys".

It's true, we are the sum total of the five people we spend the most time with. That doesn't mean you have to disown all your friends and family, but you CAN learn how to create healthy boundaries with those that don't share your passion for life and desire to grow, change and create.

Eliminate everything that does not support your commitment, clarity, and the plan you just formed.

Throw away your excess baggage - It's time to LAUNCH with these two principles!

It's true we become like the five people we spend the most time around.

Turkeys ... Vultures ... or ... EAGLES. What kind of people do you associate with?

This is Principle #1: Eliminate all else. Brutally. Deliberately, maybe even ruthlessly.

I'm not trying to be harsh and nor should it be, but it may, and probably will, feel that way. Why? Because you're not accustomed to standing up and doing what you want to get done. You are part of a system, one designed by dozens of other people, and they expect you to fit in. We're often like those little chickens that dance when you plop a quarter in that old-timey carnival machine that heats up the floor, making the hen skip around. While animal rights activists eliminated that machine decades ago, we humans play other games of control and manipulation on each other, such as guilt and shame to keep us in line. Even positive rewards such as promotions, trophies, material objects of status, corner offices, and accolades can keep us performing in an unconscious manner against our ultimate design or will.

The second that gets disrupted, resistance shows up in the faces of those you love and care about the most. And trust me ... none of us want to hurt, upset, or disrupt those we love. Belonging is a primal need and being true to our deepest self is how that happens. It's NOT because of the people-pleasing need to "fit in". For a deeper dive on this, read (or better yet, listen) to Brene Brown discuss this subject in her latest book, *Braving the Wilderness*.

This may be tough to hear, but spend ZERO time with those that don't support you. They are energy drains of the

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worst kind. They live like victims and will nurture the inner critic to all kinds of manic restlessness.

Eliminating all else and forming your plan go hand-in-hand.

Form your Tribe of Awesomeness in the shadows. Develop your own language. Your own code. Keep the depth of it close to your heart and be deliberate in exploring your one dream, your own goal, with massive intention and protect your vision.

“Do not cast your pearls before swine.” - Matthew 7:6. This means, don’t show your valuables to others that don’t value them. I don’t often go Mr. Big Bible on ya, but this one applies when J.C. was advising his people on the Sermon on the Mount to moderate your message to your audience. As Jack Nicklaus said in the movie, *A Few Good Men*: “YOU CAN’T HANDLE THE TRUTH!”

Your wife does NOT want to hear about your disruptive plans to quit your well-paying, safe job and begin a business.

Your boss does NOT want to hear about your desire to form a business around your hobby of buying and selling Star Wars figurines on eBay.

Your friends do NOT want to hear about your desire to get an MBA that will keep you from the boy’s weekly bowling night.

Nobody wants you to sacrifice for the greater good.

Everyone is happy JUST as you are, serving THEIR needs.

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Form your plans in the shadows and launch them quietly in the mornings before they awake.

Make it a game. It's fun! Message me if you need help or support. Truthfully, I would totally get off in seeing you champion your dreams in this way. I may even interview you on my podcast and send it to thousands of people and social media channels. Seriously, I dare you to inspire us!

How do you form your team? Join another one already in progress. Trust me, you'll save a TON of time and resources trying to figure it out.

Apprentice for someone already doing what you want to do. They will appreciate the help and they'll be able to pay it forward to someone willing to be coachable.

AND BE COACHABLE. Don't bring your needs and wants to the table. Bring your heart, your trust, your inner moxy, your talents, gifts, time, money, and energy and SERVE someone else.

My background is in real estate and it is amazing how many people want to milk me for free advice. These get NONE of my time. But show me someone hungry that's willing to roll up their sleeves and get dirty...I will give that person all 17 years of my knowledge and have even given sweat equity if they'll stay and continue their service.

Having a tribe is ridiculously valuable. The God Universe of amazing Source Energy works in numbers and not in isolation and rarely do we have "Newton-like, an-apple-fell-on-my-head-and-the-universe-downloaded-all-its-infinite-

STEP FIVE

intelligence-into-my-brain” experiences. I’ve heard of these supernatural events, but they’re not common and you don’t want to be the one sitting at the mountaintop, waiting for Jesus Christ to return and anoint you (and please don’t email me because I talk about Jesus. Jesus won’t mind me using him in my analogy. He’s already given you the power and we are ALL waiting on YOU to use it).

You want to BUY a boat, and someone else desperately wants to SELL a boat, cheap and fast. As in, come right this moment and toe it away, I’m begging.

You want to date an amazing woman. There’s amazing women everywhere, lonely, very open to an amazing man to show up. As in, please be kind and gentle and safe and I will give you everything you want!

You want a healthy body. There’s a plethora of gyms and groups and activities everywhere waiting for you to join them for co-ed, combined motivation. As in, please help me get here at 5 am and I’ll help you finish that final burpee, squat-thrust combo, and hold your hair while you puke.

Teams work if you’re in the right one. Partnerships, marriages, and relationships are a training ground of personal development. They will mirror back to EVERYTHING you do and don’t like about yourself and, if you’re coachable, you’ll shift very fast. And SHIFT, versus change, is what you want.

****Side note** - Shift comes naturally, effortlessly and you open like a flow in spring time. Change usually happens

because there's so much pain that you're being forced to alter your behaviors.

Ping! Ding! Hey Dad! ... Hey Dad! ... Hey Dad!

Attention NOW!!

Social media become like a persistent child.

This is Principle #2: Turn off the notifications!

The texts, notifications and alerts create chronic distraction that murders the focus of your art, craft, dream, goal, or ambition. Get rid of it!

I, too, struggle in this area and become addicted to the chaos of excitement until my mind becomes burdensome and life dwindles. It's not a good place.

When I create silence, I value a quiet mind and the peaceful life that seems to follow. Immediate replies and are no longer needed, responding to everyone else's agendas and challenges in sacrifice to my own dreams.

This "Epic Life" has become a mantra, opening me up to ways I never knew possible. Food, people, places, and possessions have all transformed into an experience more of vibration, frequency, and energy versus lower descriptions of me evaluating what I "like", which in many ways is just a form of judgement, the constant process of deciding how I relate to all items when in reality, I am it and it is me.

You'll feel the same way, I promise!

The thing you'll find most fascinating is...nothing has changed. Ya, all those people, places, food, and things are

exactly as they always have been. The irony of the grand paradox, is what some like to call it.

Rather, it is you, who has shifted. The one having the experience has focused on defining an Epic Life and has begun, in playful curiosity, building what that looks like, as free (as possible) of the chronic distractions once thought normal.

I've read about this in books, consumed the writings of Jesus, Buddha, and many great sages and poets, both living and long deceased, to experience only a taste, usually in micro moments, of what they described.

It's not without problems or in some blissful nirvana. Rather, it's a freedom of existence, to be without the burden of choice or an opinion that closes one off to the myriad of options available and can't see.

"Epic Life" - If you'll let those two words resonate so deeply that your WHY will be created and continues to evolve alongside you.

I've learned that fascinating rewards, usually in the subtlest forms, await those that will stay in the work of discovery.

Maybe it's the ego becoming a little less dominant. Perhaps God is redeeming us. Certainly, the universe is opening and Mercury's retrograde has shifted. Whatever.

Whatever "it" is, it's becoming less important to be defined since joy and abundance seem to be revealed and escalating. Tragically, and quite paradoxically, once things

are defined, they lose the very form we're trying to give them, thus needlessly extending the burden of a journey meant to be enjoyed.

Love.

Art.

Relationship.

Humor.

Spirituality.

Poetry.

All genres of undefined enjoyment and, my, how blissful this can be! The creation of your Epic Life, like an artist sitting at a blank canvas, is intended to be an adventure of the ultimate Hero's Journey, throwing off the inhibitions and limitations served up by yester-year's old thoughts and pre-programming of youth. It is a brave stepping into the NOW to answer the biggest question ever posed:

What do you want?

Remember, in day #3, we got clear, to ask that bold question together.

And now, everyone, and I mean EVERYONE, is waiting for you to get NOT BUSY but INTENTIONAL. Grounded. Resolved. Disciplined. Focused. Single-minded. Powerful. Mature.

God is sitting like a grandfather, rocking in an old chair, smoking his pipe.

The universe assembles the elements of earth, ground, wind, fire, and metal to be made ready for your summoning.

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Women are waiting for your king-like masculinity.

Men are waiting for your queen-like femininity.

Promotions are waiting for your focus and discipline.

Friends, mentors, and associates are waiting for YOU to decide.

Instead, tragically, the grand adventure ticks into the common horror story of a life misspent, heart dying at 30, body buried at 80, returning to the mere dust from which we came to join the myriads of other grains of sands on the endless beaches of time.

Your name has thus been forgotten.

Tragedy indeed.

Will you write a different story for yourself? Together, we'll do it right here. Right now!

Like turning the page of a good book, there is danger afoot. The smoke is there, you can feel the heat, yet only YOU know the fire that burns within.

It is the burn of a calling held deep, often judged, labelled and thrown to the side as useless. The few that learn the precious ways of rediscovery and surrender learn a new way, a way of not moving forward, at least not initially, rather returning to the place where we turned from our true and perfect nature to hunt down, capture, and then defend the one that was lost. The place of our essence.

This is rebirth.

ELIMINATE WHAT DOESN'T SERVE YOU.

THAT, for me at least, is the closest I'll get to defining

STEP FIVE

Epic Life. In many ways, it's different for us all yet carries common elements and ideals, tenants and covenants to be embraced. Not as a tribe or WAY, rather as YOUR way.

Epic Life.

It's only two words to most. For me...it's everything and it can be everything for YOU too.

Now if you're breathing heavy by now, I've done my job.

If you are having NO emotions, check in with yourself. Don't let this be just another corny exercise to fool you into thinking you're doing something good. You're not. Don't just be another person getting in the way of progress.

Check in around this. And if you REALLY want to play, if you REALLY want to show up, take the final step with me into day #6, where tomorrow we'll talk about the NUMBER ONE way to create your Epic Life.

I'm holding you to strength, honor, and integrity. The highest of qualities from one person to another. Ultimate dignity exists between us, the delicate space of massive respect and heartfelt compassion.

I love you.

We meet ... in the next chapter

~Robin

STEP SIX

CONTROL YOUR THOUGHTS AND WORDS



Yes, I believe in the law of attraction, energy, God, universal love, and all those teachings that are really popular right now. What I'm talking about, however, is creating a rigorous discipline around the **ONLY** thing any of us have real control over: our thoughts and words.

Life and death are in the spoken word (Proverbs 18:21) and everything in the universe has an energetic frequency, a vibration that migrates to its equal match.

Want more shit in life? Presto! Just complain endlessly about all the shit around you and you'll have more of it.

Conversely, do you want more love, money, sex, beauty, or amazing experiences?

Place your thoughts and words around such things and slowly, in time, you'll not only attract those things, you'll

realize it was all around you this whole time and you just couldn't see it.

This process will become a comical game, as if you have a new set of eyes and you're seeing everything for the first time.

When in reality, you're just descending from the dark clouds and seeing sunshine for the first time in the way of little victories.

Unless you can say something nice, don't say anything at all.

That was what our mother use to tell us. Well now...I'm telling YOU that.

Your words are the only thing you have to create.

You can't force anyone to do something.

You can't alter the chemical state of matter.

You can't shape-shift into something else.

All you have is ... your words.

And you're (most likely) misusing your power!

You hold immense power to decide, yes simply DECIDE, who you are and in that, you will become.

The painful reality is you are a horrible self-critic.

While talking a dear friend through a recent breakdown he was having, I remember saying, "If someone else spoke about you the way YOU speak about you, I wouldn't listen and would stop them immediately."

Think about that.

Would you let someone stand there and berate you with painful, disrespectful statements about who you are as a person?

If you would, then we have other problems. Please message me about your self-image and a healthy confidence. I do work there with people as well.

From our beliefs, come our thoughts. Your words and the way you speak about yourself, others, your lives, circumstances, and the general way you think is all reflected by the mouth.

Most of our beliefs aren't even our own, and they're certainly not positive or sustainable for the Epic Life we desire to create. This from the mouth launches creation.

So, what are you creating?

Our words are frequencies on all levels. Every living thing is in motion, with atoms bouncing around at epic speeds creating vibrations that literally create, transform, and grow.

Arguably, the two most powerful words ever spoken:

I AM.

When you begin to consciously utilize the power of "I AM" statements and change your words, your life **will** transform immediately.

In time, it becomes such a habit that you develop an awareness around what you're thinking and what you're ABOUT to say.

Often times, especially while in unusually low energy, I'll

stop myself from speaking or respond very slow. I'll even tell the other person, "I want to be careful with what I say here. Please give me a minute to properly think/feel through it and respond."

Why?

Because I don't want to create something falsely.

Let me give you an example.

Often while coaching clients through problems, I hear them recap the problem they think they have and it's set up as a no-win situation

"Why don't women want to date me?"

"What's wrong with me?"

"Why am I so broken, late, fucked up, etc?"

"How do I possibly own a home when I've been renting my whole life?"

"Who would possibly want to date me, lend to me, marry me, be friends with me?"

Get the point?

Those are shitty questions. They're creating shit just by asking a question.

And from shitty questions, we get shitty answers. Why? Because we're using shitty words that create a Victim Mind-set. Ugh, that's just ... say it with me: Shitty!

Stop creating shit.

There are times I've been SO down and depressed that I just stopped talking. If the Law of Attraction is real (and it is), it never shows itself faster and stronger than in this

space. Immediately, we can create good or bad by just a few words.

And we need a foundation for all this.

This is why this is a SIX step plan and not a ONE step plan.

Day 1: You had to Get Raw and Real = get rid of stored pain. Feel the dormant feelings.

Day 2: You made the decision to Start Over = let go of the old, usher in the new.

Day 3: You got Clear = asked the question, “What do I want?”

Day 4: You Formed a Plan = got focused and stopped the misdirection.

Day 5: You Eliminated all Else = got a team around you and ditched all negativity.

And now drum roll we’re here:

Day 6: Control your thoughts and words.

The trick is to dig in and really discover by asking where the negative words are coming from.

Even if the statement is true, such as “Why do I hate my job?” (a shitty question by the way), ask yourself what's behind the thought or statement.

Once you know the deeper need, you can transform them by replacing with more a more supportive story.

“Why do I hate my job?” becomes “What is it about my job I love?” (a gratitude list is helpful here, by the way).

Look, we’re ALL believing and telling stories. Humanity

STEP SIX

survives and tribes exist because of our ability to solicit an emotional response so we'll move into action ... from stories.

So, why not tell yourself a good one?

The most important area is the statements that you think “define” who you are, also known as the “you are what you think people think you are” mentality. You are who you create yourself to be.

You are who you WANT to be.

There is nothing holding you back because of the society you live in, genetics, family, past experiences, childhood, etc.

But we feel stuck, usually from decades of telling shitty stories so it's become a habit. A shitty habit.

STOP!

Stop talking if you have to.

Quiet your mind every time this happens and check in around these five easy questions:

1. What do I need?
2. How do I feel?
3. Am I running from something?
4. What am I hoping for?
5. What would that mean for me?

This is how you transmute feelings, get clear, and discharge the emotional feeling of negativity. It's not real!

It's an indicator to ask the bigger question. Tricky, huh?

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It's like we're standing under a rain cloud wondering why we're all wet. The rain cloud is an indicator to move to a place of emotional safety by checking in with ourselves and meeting our own needs.

Ya, we were never taught. We were taught to fit in, perform, don't make waves. It's called DOMESTICATION and it drives me crazy!

Instead, you're learning to take care of yourself FIRST!

From a place of abundance and overflow, you then serve others.

NO longer does anyone get your reserves.

This is the fastest way to stop the vicious cycle of all the sucking energy around you. Incubate.

H = Hungry

A = Anger

L = Lonely

T = Tired

S = Scared

Take care of yourself first with the five check-in questions above and use this HALT acronym as an indicator.

Then....

Transform the I AM statement.

I promise your life will change ... immediately.

"I AM STUPID" becomes "I AM SMART".

"I AM NOT ABLE" becomes "I AM FULLY ABLE".

"I am too old" becomes "I am young."

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“I am not good enough” becomes “I am always good enough”.

“I am lazy becomes “I am responsible”.

“I am fat” becomes “I am fit”.

“I am always late” becomes “I am always on time”.

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THE SIX STEPS TO CREATE AN EPIC LIFE -
WITHOUT SACRIFICING YOUR SOUL



Listen, I'm not here to load you with positive feel-good affirmations. That's just you believing another person and most of us have been doing that for WAY too long.

You must control this. It's the **ONLY** thing you control. Surrender everything else and **OWN** this.

It's not easy - but it's also **NOT** complicated.

It's remarkably simple, but we don't get fit from only one workout at the gym. You have to check in daily about this, sometimes hourly.

While working with clients through trauma and PTSD symptoms, it's normal to speak with one another daily, usually in the mornings to help them get their day started. I tell them:

Check in one hour at a time.

Can you get to 10 am with positive thoughts and words?

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How about lunch? Hey, I can get to 3pm, bedtime, etc?

This is why days 1-5 were so important. You need a foundation for this Epic Life stuff because you can't do it alone.

One day at a time, formulate thoughts and words that support the clarity and plan you've created. And ask for accountability from your team.

Regularly in my own coaching and growth sessions, I tell my guide, "Please gently tell me if it sounds like I'm complaining or acting like a victim."

Why? Because I know I can really easily show up like this. It's just my wiring, but I've learned to rewire and grow from it.

Okay.

That was a long and powerful six steps for anyone and it's my hope that you'll take this slowly but regularly. I'm proud of you for sticking with me through all this. Well done.

Listen, I've been doing this a LONG time. I'm forty-six and I think this work began before my mother took me home from the hospital (funny, but true).

I've got a story also, one of loss and pain and some really rough circumstances. And I've created an Epic Life, one that's getting better and better every day. It's exciting!

So, here's my offer: Join me!

It's a decision. Just. Join. Me!

I consult with clients all over the world, especially ones going through life transitions and challenges.

I invite you to a twenty-minute discovery call to see if me

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and my team can help you create an Epic Life. If we're a good fit, GREAT!

If not, no problem. Stick around and enjoy more videos, books, and posts about this subject. I'm continuously writing about it and I love to offer value and guidance where I'm able, and the best part - 95% of it is totally free.

Creating the life you want is not easy, and yet it's also not complicated. There are clear road maps, success clues, and others along the path that are intelligently pursuing their own creations that are eager to welcome you to the tribe.

So, this is an invitation. Cry your tears. Cast your smiles. Embrace the love.

The ego is the only thing that is truly "alone" and it is a tenacious recruiter to its ranks.

Make a decision and join the ones along the path of creation, the ones making change, the ones that get real and authentic with the ups and downs of life and are CHOOSING every day to create an epic life.

Listen, I really honor you for sticking with me here and learning these six steps.

Please consider inviting a friend to take this same journey by clicking [here](#).

Also, please consider leaving a comment on one of, or all, the videos and share what you got from the email series.

Now go, create, dream, live, explore. You...are Epic!

Much love.

~Robin

IN CONCLUSION

For a facilitated conversation about these topics and more, reach out to me at Epic@RobinAustinReed.com or visit RobinReedAuthor.com to discuss how the effects of mind control in the medial and culture lead to serious self-sabotage.

THE EPIC LIFE

AN INVITATION

FREEDOM FROM SELF SABOTAGE AND RECOVERY FROM ADDICTIONS



What is Self Sabotage?

Self-sabotage is any behavior by which a person actively inhibits or destroys their own potential for greatness, happiness or prosperity, without understanding why they're doing it.

Often it manifests as various addictions, ill health or different forms of perpetual “busyness” or chaos.

The chronic self-saboteur is involved in constant cycles of try and fail, with very little positive headway to show for their efforts. They may join a gym, start a diet, commit to address an unhealthy addiction or promise themselves never to date or marry “another person like that again” etc, but the saboteur ends up right back where they started, several months or even years later.

The saboteur constantly starts fires in their own life,

without seeing the patterns or understanding the solutions. It's almost like the saboteur is programmed to be the exact same person, to act the same way, to have the same income, to never get ahead and to have the exact same life they've always had, regardless of how hard they try to change.

Obviously this can be a very frustrating feeling but there are concrete solutions for overcoming these cycles.

Reprogram for Success and Abundance in all Areas of Life.

The solutions involve the following areas of education:

- Understanding why the brain is easily tricked into these self-sabotaging cycles.
- Explaining how your health impacts the intensity and frequency of your self-sabotage.
- Reviewing your in-depth questionnaire that will reveal where you're actively sabotaging in your own life.
- Customizing a personal action plan for yourself regarding what you need to do in order to overcome your self-sabotage.
- Putting you in personal contact and coaching with our in-house Certified Marisa Peer RTT Hypnotherapist for additional coaching at no charge, in regards to reprogramming and

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rearranging the belief systems, ideas and behaviors that are holding you back.

The overcoming self-sabotage process I use goes as follows:

- I send you an in-depth questionnaire that's written in a way where it will expose your personal self sabotaging behaviors and belief systems.
- After you fill out the questionnaire, I'll send you a selection of short videos to watch, which will aid in our coaching session.
- Once the questionnaire is filled out and the videos watched, we're then ready to meet one on one for our coaching calls via ZOOM. (or video chat on other live meeting platforms etc) We engage together for 2 x 1.5 - 2.0 hour calls, 1 week apart. In these sessions we're going to address your areas of self-sabotage, exactly where your behavior is coming from and how to remedy the situation with proven solutions.
- Once our 1 on 1 sessions are complete, I send you a final summation of our time together, including our recorded sessions and solutions.
- I then put you in personal contact with our in-house Certified Marisa Peer RTT Hypnotherapist

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for additional coaching at no charge, in regards to reprogramming and rearranging the belief systems, ideas and behaviors that are holding you back.

- You also have full access to all recorded programs that I've conducted. This FREE inclusion resource is getting quite extensive and will help you understand more deeply where your self sabotage is coming from and why so many people are trapped in this cycle. Solutions are always offered in each talk, program or presentation that I conduct.
- My prep time (reviewing your questionnaire etc) and direct time with each client via ZOOM is approximately 9 - 10 hours. I invest 9 - 10 hours directly in each client's file and always answer my client's questions for any follow up they may require. I'm your coach for life.
- Our Certified Marisa Peer RTT Hypnotherapist will invest 2-3 hours of time with you.

This option for overcoming self-sabotage is highly effective at:

- Lose weight and getting fit.
- Build better relationships with your loved ones and the people around you.

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- Increasing your health and decreasing your disease state.
- Feeling inspired, empowered and ready for change.
- Overcoming addiction.
- Becoming more confident, outgoing, happy and satisfied in your life.
- Getting your finances together.
- Starting that business you've always wanted to start.
- Walking freely into a better way of living.
- Taking effective action on your dreams.
- Seeing the toxin and indoctrination based control grid that has always existed in front of you and preparing you for an empowered life outside that control grid.
- Reconnecting with who you really are and helping you rebuild your intellectual, spiritual, physical and financial strength.

Here's how it works:

Detailed Intake Form

The intake form assists me to clearly see where you are self-sabotaging and what adaptations you have acquired which are holding you back.

I can clearly see where you are self sabotaging and I will

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provide you with subconscious messaging to drive a new frequency into your subconscious mind - one of health, abundance, wealth and success.

Video Materials

Prior to coaching, I will send you video materials to review which will educate you on how the subconscious mind works and will set the stage for our coaching sessions together.

These videos will prime your subconscious to be ready to take in the coaching and be more prepared. You will find this material eye-opening and enlightening.

ZOOM Coaching 1 on 1

We will meet three times on ZOOM, one week apart, each session being an hour to an hour and a half in length.

Each session will be recorded and shared with you so you can review our sessions together.

Final Summation, Notes and Resources

Within 24 hours of the completion of each second session, I will send you my final summation notes, health PDF's, PDF affirmation print-outs and a hypnotherapy audio session for you to download.

I also give all clients access to my other programs / courses for FREE!

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Session One - we cover the operation of the subconscious mind and how it functions. I will take you through an opening ceremony which you will love. During the opening ceremony, I will drive a new resonant frequency into your subconscious mind. This new frequency will manifest in affirmations specific to YOU which I will give to you in a downloadable & printable PDF book, which you can place around your environment.

Session Two - we go in depth into your subconscious adaptations and evaluate your intake form thoroughly. Session 2 is where breakthroughs happen, where you have the opportunity to see the subconscious and how it has kept you tethered to the ground / stuck. Session 2 is also where I will hand-pick a hypnosis audio (quickest and easiest way to get into the subconscious) specific for you based on your intake. We will conclude the second session discussing some pitfalls you will encounter in your conscious evolution with your new found insight. At the conclusion of session 2, I will provide you with all of my notes and insights.

Session Three - we have an opportunity to discuss any health issues or areas of neglect that I see in your intake. Your diet, home environment, toxicity and deficiency will be discussed. It is of the utmost importance to optimize your

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bodily health and gut health, since the health of your physical body is directly linked to your ability for your subconscious to feel 'safe' moving into an abundance. I will provide recommendations, notes and supplementation protocol notes at our conclusion.

Ready to Begin?

I invite you to book a complimentary 30 minute discovery call to discuss your self sabotage and see if it's a fit for us to work together.

Just click here to begin:

Robin's Calendar

I'm looking forward to meeting you and learning about how YOU can live your best life!

~Robin Austin Reed

ABOUT ROBIN



Robin is all about your uniqueness, the individual qualities and values you bring to life that are as unique as our own fingerprint and living fully in your life.

Robin has been in the sales and marketing world for 20+ years and has coached hundreds of people on better ways to deliver their message and add value to his clients.

From a sales director for several real estate companies and condominium projects to an owner of a RE/MAX agency, Robin has been involved with the interpersonal connections needed to build value and deliver products and services people want in fun and creative ways.

With a background in ministry and philosophy, Robin spent 30 years struggling with the pillars of religion. Finally breaking free, he questions the “normal” to now be considered an evocative, and sometimes controversial, thought leader.

Pushing the limits of society and culture, Robin guides others to find their own freedom in a life of self-empowered

creation partnered with deep resonance to live with originality.

Robin is an ordained minister, performing marriages and the customary duties of ministry, including spiritual guidance and consulting.

Robin's passion is in seeing strong masculinity meet the opposite world of radically elegant femininity.

Teaching about self-development, personal energy, and breaking away from limiting beliefs, Robin works with his students and clients to create pure and honest alliances for personal and business relationships.

Find me on Social Media @robinaustinreed

Web: RobinReedAuthor.com

Please consider leaving a review on Amazon and letting us know how you enjoyed the book.

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For additional orders of this book or to schedule for Robin to speak at your event, visit RobinReedAuthor.com

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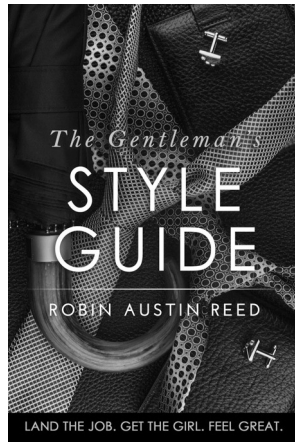
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ALSO BY ROBIN AUSTIN REED

THE GENTLEMAN'S STYLE GUIDE



You don't have to struggle to understand the complex world of fashion.

Learn who you are as a man, develop your own unique image and then compliment that with great clothes that are comfortable and require easy care.

Women decide if they can trust a man by how he cares for himself. Looking great gives you the confidence to have empowered relationships.

Employers judge you based on your appearance in the first six seconds.

If you can't blend with their culture, you won't land the job. I'll show you how to show up wearing clothes that builds confidence.

Readers learn how to:

- Develop unshakable internal confidence
- Feel great by dressing in stylish and complimentary ways.
- Avoid common fashion
- Build your wardrobe cost-effectively
- Have fun in shopping efficiently

Click here : The Gentleman's Style Guide

www.RobinAustinReed.com/Style

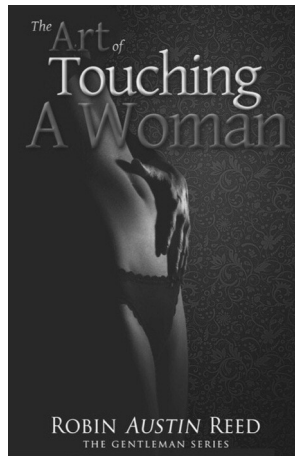


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THE ART OF TOUCHING A WOMAN



The Art of Touching a Woman removes the many misconceptions that hurt men in their pursuit of women.

Whether you're looking for the love of your life or to deepen existing business and social relationships, this book

will help you with simple and easy to follow steps. Readers will learn:

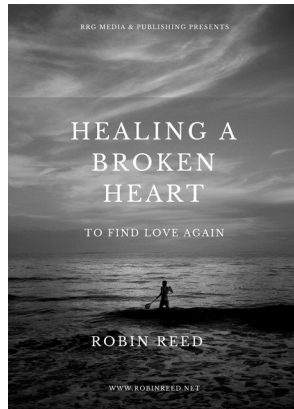
- how to create intimacy
- understand touch barriers
- become more emotionally available
- improve personal energy and develop the self-confidence women love.

From the categories of women, their psychology, good manners, and tactile techniques for a wide variety of body parts; this is the ultimate guide for the man who wants to make the right impression and avoid the pitfalls of trial and error.

Click here : [The Art of Touching A Woman](http://TheArtofTouchingAWoman.com)
www.RobinAustinReed.com/Touch

ALSO BY ROBIN AUSTIN REED

HEALING A BROKEN HEART



Life isn't meant to be done alone. We need others, which is both the most difficult and also rewarding part of life.

Choosing to step into forgiveness is an amazing journey and also the one we avoid, perpetuating the toxic cycle of frustrated relationships and mismanaged trust.

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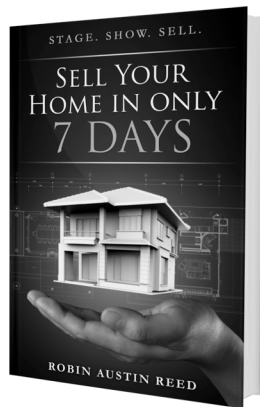
This is a practical, free, step-by-step guide on healing your heart and restoring the peace within yourself.

Click here : [Healing a Broken Heart](#)

www.RobinAustinReed.com/HealedHeart

ALSO BY ROBIN AUSTIN REED

SELL YOUR HOME IN 7 DAYS



Save thousands by selling your home yourself. Anyone can do it with the right expert advice that will walk you through the important steps to sell your own home for maximum dollars and in only 7 days!

Whether an investor or your own home, I've helped

thousands of people sell property using these simple steps, saving clients thousands of dollars.

As a Realtor for over 15 years, I partnered with over 2,500 property owners to get their property ready, marketed, shown and closed successfully by using the power of marketing and a full service attitude.

Don't be scared or nervous about sale time. Whether you're partnering with a full service Realtor or venturing at this alone, this book will give you the needed knowledge and resources to understand the process and feel empowered to negotiate and sell property effectively. I look forward to hearing YOUR story of how you sold property like a pro!

Click here : Sell Your Home in 7 Days

www.RobinAustinReed.com/sellhome

BLOG CONTRIBUTIONS



Writer: The Good Men Project



Writer: Thought Catalog

BLOG CONTRIBUTIONS



Writer: Elephant Journal



Writer: Minds Journal

