



IMAGINE THE POSSIBILITIES

Peggy Lee was one of my favorite vocalists growing up...and I don't mind dating myself. She sang a song which I occasionally hear still today called "Is That All There Is?" The ballad tells the story of a child who, with every experience she encounters, including the destruction of her home by fire, asks "Is that all there is...is that all there is to a fire?" To go beyond the obvious...beyond what we literally see and experience...and begin to imagine what else that experience might portend is what a child does best. It is what children know and what adults tend to forget. We need to keep in mind that our imagination born out of our unconscious minds is the key to creativity while constantly turning to our conscious thinking powers limits that potential.

I remember my granddaughter at the age of about 10 months at her brother's birthday party with about 30 mingling guests. She was crawling around on the carpet when a piece of lint caught her eye. She stopped, picked it up albeit with some difficulty, sat down and began to examine it carefully akin to a scientist running an experiment. She spent about a minute in that task then dropped it and went onto her next adventure. Today, she's fourteen, beautiful, intelligent, inquisitive, is the leading scorer on her hockey team and talks about becoming a veterinarian. She lives in a rural community and has at least six animals she diligently cares for.

Fear and doubt are spawned by our inability to take risks...to experience new things...to gain knowledge. When we choose to stay stuck there...and it is a choice despite its being an unconscious one...life becomes a boring, humdrum experience. There is no sense of adventure or creativity. There is only the plotting and plodding of our next move as we obsessively are preoccupied with not making mistakes so that we will be "perfect". Of course we know that we can't accomplish that across the board but some people stay awake at night thinking about ways to accomplish the impossible instead of living and enjoying life to the fullest.

I believe that there are three secrets to a happy and successful life. The first is to always have something to look forward to. This will allow us to view life as an adventure within our control in our need to experience it more and more everyday. The second secret is to bring as much love into our lives as possible. I believe that the key to mental health and happiness is the sense of loving and being loved which is probably why so many songs are written on that topic. The third is to develop and maintain a sense of humor...including our ability to laugh at ourselves. There is nothing more therapeutic than a good, ol' fashioned belly laugh shared with someone we love. Beyond those three secrets, one can only imagine the possibilities leading up to the question "Is that all there is"?

A Brief Biographical History

After an over 40 year career as a professional psychotherapist and Director of The Sports Stress Clinic in Amherst, NY, Charles Bonasera came to Florida and decided to use the benefits of his previous professional experiences in his new roles of Consultant in Life Management and Business Coaching as well as his expertise as a Motivational Speaker. He once again became involved with athletes in different sports training them with his techniques to help them develop and maintain focus as well as staying in their zone. Much of his training methods are derived from the CD collection he developed under the heading of WIN-WIN SECRETS as the President of Personal Identity Controls. This collection consists of thirty-six programs dealing with vital issues in the management of stress.

Another role that he adopted to add to his professional career was that of Author. Early in the 1980's he wrote Guide to a Life Management Process which he has re-written as a workbook to successfully help people manage their stress which includes his own Working Model. As a result in his interest in golf and realizing that it was essentially a "mind game", he wrote The Mental Side of Golf which can benefit the beginner as well as professionals playing the game of golf.

He then compiled over five-hundred sayings that he had developed in the course of his professional career as stimuli to help people change patterns in their lives entitled How to Stay Well and Live Life to the Fullest. This was followed by a book documenting case studies around disruptive life patterns including ways to change them under the name of How in the Hell Did This Happen to Me? Both his personal involvement in sports as a participant, coach, manager and in his role in officiating, inspired him to write a primer for parents and coaches entitled The Legend of Little League.

Charles invites you to view his website at www.charlesmbonasera.com as well as to write with your comments and questions to his e-mail address (charles@charlesmbonasera.com). He would also be very happy to communicate with his readers by telephone should they desire. His professional motto is "seeking alternative methods to happiness" and wishes those touched by his words to practice the three secrets to a happy life: "enjoy life and enjoy it thoroughly ... develop and maintain a sense of humor ... bring as much love into your life as possible.