



SOMETHING ABOUT THE CART AND THE HORSE

I don't know of anyone who wasn't deeply touched by the conclusion of the 2006 British Open Championship's conclusion. Apart from the "come-from-behind" victory that Tiger Woods was able to accomplish, his emotional expression associated with the loss of his father when he had completed his task received universal media attention. So too were his remarks expressing his thoughts and feelings after the hoopla concluded about the man who was his mentor and best friend. He maintained that nothing...neither winning nor any tournament was more important than family. It was very interesting as well that Chris DeMarco came in second in that tournament after having suddenly lost his mother to a heart attack.

As a business consultant and stress management expert, I am always amazed and saddened at the attitude of many business people who believe that business and their making a success of themselves as measured by the amount of money they can make. They cannot understand why they may suffer from symptoms such as depression, anxiety or fear of failure. In the meantime, their personal relationships with the people that they love and who love them are sorely lacking because of the preoccupation they have with their careers. The only times they might spend with them are on plush vacations and holidays but those are more about "time spent" than a true sense of emotional involvement. This pattern is not intended but rather is a natural outcome because of the priority that "doing business" has in their lives.

In order to be successful and enjoy that success, our lives must be balanced which is a very difficult achievement in today's world of rushing and materialism. Unless our priorities are clear and in keeping with the creation of that balance, our ability to make money and gain notoriety will prove to be meaningless. There should not be one day that passes where we don't make time to become involved with those whom we love and cherish. When we feel guilty about not being able to spend time with them takes up a great deal of time and emotional energy which detracts from our ability to enjoy "the fruits of our labor". Making the time is the best cure and doing so with the purpose of truly getting to know those people instead of just spending time and taking their presence in our lives for granted will provide mountains of pleasure and incentive to accomplish even more in our business worlds. There is no greater gift that we can give them or ourselves that that. It is more important and necessary than that plush vacation or that lavish funeral. I believe that the cart still belongs behind the horse...doesn't it?

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.