



THE CAT IN THE HAT

The other day, I was at a friend's home to tape a radio broadcast when I had the opportunity to watch her small kitten in action. The black with white trimmed feline was a joy to behold. It had a small ball made up of tin foil that it would carry around and literally throw while running with a snap of its head. Then, she would catch it before it stopped rolling. At one point it jumped onto my friend's lap (who was undaunted by this) and proceeded to reach something on the wall that caught her interest.

I wondered about the sense of freedom that this animal displayed and how eager all of us are to enjoy that same sense. The freedom to be who we are instead of the compliant, "keep up with the Jones' ", "how am I doing?" kind of person we may have become. Comparative thinking is the enemy of creativity and, in reality, if two people think alike, there's not much thinking going on. The sense of "who we are" is lost in the need to be successful sometimes. By "who we are" I'm referring to the free spirit we used to be when we were very young and didn't care about conformity.

The other day at a party there was a beautiful child...I would guess about 2 years of age...walking among the adult guests while swinging her arms in a display of obvious confidence with her father following behind her. She might have stopped for something to eat, touched something that interested her, decide to start running in another direction...all within moments of each other. I was mesmerized and wondered whether this was a clear demonstration of confidence and freedom of thought and feeling that I can only feebly try to help my clients attain. As a psychotherapist working with corporate moguls I would often direct them to a playground to watch children at play in order to help them capture the sense of creativity and fairness that children demonstrate. Some of those who were rather staid in their thinking just didn't get it.

The home page of my website at www.charlesbonasera.com shows a picture of my grandson, Jacob. The caption reads "if we could become inquisitive like a child and ask lots of questions, answers will come. Adults need to re-learn that simple and natural process they forgot while growing up". Some believe they never had it. They did but they're afraid of how they'll look if they go back there. They would need to ask "how am I doing?" instead of enjoying the freedom going there would bring. Only a child could convince them that the adventure is well worth the risk.

A Brief Biographical Sketch

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.