



THE MEANING BEHIND “CLIMBING THE MOUNTAIN”

Several years ago, I had a close friend who invited me and my family to go to his cabin and spend a few days exploring nature. The cabin was located some distance outside of Buffalo, NY in the beautiful rolling hills of Cattaraugus County. I remember deciding one day to take a hike with my family up the mountain that was adjacent to the cabin using a well-marked path. It was a very hot and humid August day and the mosquitoes were in abundance as we started our climb. My children were quite young back then so we proceeded slowly to accommodate their smaller steps. Of course, the occasional stopping to throw some stones at a target needed to be a part of our climb as we made our way to the top. We stopped for cold water by a natural spring's spout on the mountainside while the children drenched themselves in order to cool off their bodies. Those were days when contamination was not a concern and the trust that the water was pure and safe was without question.

From time-to-time we would stop to rest as needed. For the most part, the climb was quite steep although there were rest bits of level ground that gave the opportunity for us to “catch our breaths”. The flora and fauna were simply gorgeous and we would stop to examine some of the beauty more closely as my camera did its work for posterity. Part of the mountainside contained sweet wild grapes and berries which we ate with gusto. We even saw some wild animals ... large and small ... which infatuated all of us except my wife. Unfortunately, we didn't reach the pinnacle of the mountain because some of us were quite tired, hot and thirsty so we started our descent but took another path so that we could experience a different view from our climb. We reached the cabin around dinnertime which was resplendent with all of the stories and excitement that our experience had provided in our climb. Those stories were combined with the insect bites, scratches and sprained ankles that some of us sustained which made the recounting all the more exciting. The experience still lingers in my memory to this day.

My experience was the basis for my naming my article *CLIMBING THE MOUNTAIN* which is also the title of my monthly Newsletter, which, by the way, I'd be happy to send to those interested if they would supply me with their e-mail addresses. In many respects, life is like climbing our own individual and unique mountain containing steep and level

areas that we must maneuver. Certainly there are stressful and precarious times that we all experience but there are also successful encounters that keep our spirits alive allowing us to keep on going.

As there might be some rest bits that we might take on the climb, there is also a need for creating intense energy to maintain our purpose, balance and footing. It certainly can be a difficult climb at times. Discouragement and elation are both partners in our climb and the farther we climb, the more we learn about ourselves, life and the world around us. Even looking back at some of the seemingly negative experiences can provide a sense of excitement and realization that our strength of purpose might be much stronger than we had thought.

CLIMBING THE MOUNTAIN will deal with everyday life, business philosophical, positive and negative issues...all of which are encountered while proceeding up the mountain. It is my hope that my series of articles might help readers to make their climb easier and more productive. The nature and subjects contained in the articles will hopefully help people deal with their lives more effectively in order to create a happier lifestyle pattern. ENJOY!

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.