



WHAT YOU DO VS. WHO YOU ARE

“Hi, my name is Jim Jones. What about you? What do you do?” This wouldn’t be uncommon banter at a business meeting or even a casual encounter. Very often, if not most often, people are identified by “what” they do. Epitaphs concern themselves with the accomplishments of those who have passed as do obituaries. In the day-to-day busyness of our society, there seems to be little time to get to know others for “who they are”. In fact, we are so busy most often that we don’t even know “*who we are*”. It seems that the only time we might spend some time asking this question of ourselves or others is when there is a criticism to be levied. There seems to be so little time to appreciate ourselves, our qualities, strengths and sensitivities...even our limitations.

We always seem to want more...get better...accomplish more. An exercise that is usually quite difficult for many people is to practice “living in the moment”. This means being focused and totally attuned to whatever it is we’re doing, saying, feeling, etc. to the exclusion of what happened previously or what may be about to happen. Try it! It can really help you to be more aware of yourself as a person. It might seem a little uncomfortable at first but as you continue to practice, as with anything else that you want to change or accomplish, the more comfortable you’ll become.

It seems that the more we can be aware of and accept our humanness, the happier and more productive our lives become. It’s not just psychological “mumbo-jumbo” but it really works. And so, maybe this Thanksgiving, in addition for all of the benefits and favors that we’ve received for which we are grateful, we can also be grateful for who we are. Loving ourselves and others for who we/they are is **WHAT IT’S ALL ABOUT.**

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.