



WHEN WHAT YOU SEE ISN'T WHAT YOU GET

Many times in life, we may have a certain perception of what it is that we need to do or want to achieve. We may be highly motivated and our sense of purpose might be very intense but somehow we get “waylaid” along the way. Something might occur or circumstances may crop up that weren’t anticipated and we might tend to become discouraged. Many people give up and abandon their goal even though they might be on the threshold of discovery or achievement only to later find out that someone else had a sense of purpose that resulted in their successfully achieving the very process that was abandoned.

If we believe that life is a place in which we are placed in order to achieve certain goals by getting past the obstacles that might stand in the way, then there is a lesson that needs to be learned. My sister was stricken with the dreaded polio virus at the tender age of eight. Unfortunately, she contracted the disease at a time when there was no known source or cure available. She was kept immobile in a place called “the Crippled Children’s Guild” in Buffalo, NY for three years. Years later, a nun by the name of Sister Kenny found that muscle movement was vital to the process of getting polio patients to become mobile much sooner than keeping them immobile. Many years after that, a man named Jonas Salk was looking for a cure for cancer when he accidentally came upon a discovery that led to the polio vaccine. He made a mistake which, in effect, helped millions of people to avert the disease which to this day is still the most effective method of prevention.

Making a mistake for those of us who may have perfectionistic tendencies can be very discouraging and result in a sense of defeat and our giving up on our goals. In effect, the quality of perseverance tends to go by the boards and abandoning many otherwise worthwhile projects results. Instead of rebounding while relaxing those standards, we then walk around with a sign on our backs reading “kick me”. What we see may not be what we get but ultimately, what we get may be more worthwhile.

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.