

Rise Above

- Tips and strategies for teenage life.

This is Mark's first book and the most sort after. It is a fresh, honest, funny and powerfully insightful life tool for any teenager or young adult. It covers a vast range of topics including looks, brains, talent, luck, depression, motivation and loads more. It's an easy read of some very profound stuff.

\$16.95 + Postage

A short excerpt from Rise Above.

Chapter 2 You might be Amazing

When you're at school, it feels like the world judges everyone on Brains, Looks and Talent (BLT). It's understandable that you could feel that way. After all, there are thousands of categories that should be recognized by the media and society, but it focuses on just these three. Brains Looks and Talent. Then we tend get down on ourselves because we don't excel in those categories. In actual fact though, there is another option. It can sometimes sound like a cop out, but when you discover who you are and work with your talents, success is inevitable and suddenly you seem to have Brains, Looks and Talent as well. People only have admiration for you and envy your happiness. I use to think this concept was a cop out too, I swear by it now though.

You'll notice that Brains, Looks and Talent, are things that people haven't had to try at. It took no effort on their part to look how they do. They were born with those things. We all strive for them, but there is no glory in that kind of achievement. It's not really an achievement at all. If someone climbed to the top of Everest, but they had been dropped by a helicopter one metre from the top, no one would consider that impressive. There is no glory in that! Taking two steps to the top is not an amazing achievement. Brains, Looks and Talent are similar to that. We may all want them, but they are no indication of our character, of how whole we are as a person. If you don't think that you have Brains, Looks and Talent, I understand that you couldn't care less about character, but that is because you haven't discovered the really cool stuff about yourself yet.

You at your best!

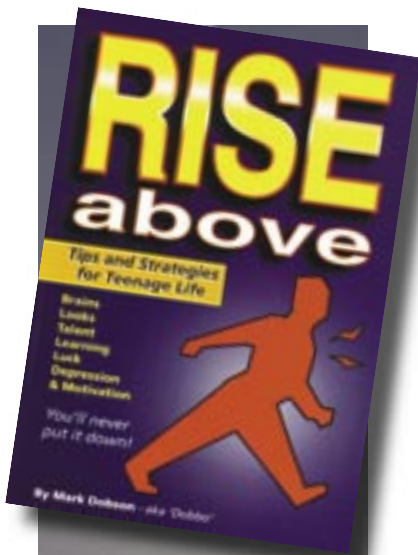
For instance, try to imagine a new colour. Say someone has come all the way from Jupiter with a rock a colour that has never been seen on earth before. On the radio from the space ship, they are trying to explain it to you. You ask "Is it like blue?"

"No" they say "It's nothing like blue."

"Is it red then?"

"No, it's nothing like red either. I can't explain it. Even if there were words you would have to see it."

Your true ability and identity are just like a never-seen-before colour. There are no words to describe it and although it's amazing and fantastic, you struggle to even believe it exists because you have seen no evidence of it. All you know is that there is red, blue, green etc. The thought that there could be an even better colour is a bit much to swallow.



It is time to admit to yourself, what you are capable of.

A better colour does exist in you though. A personality that is energising to others and a person you love being! It's like having the whole universe organize itself so that you are happy, everything goes right and nothing is a chore. You may be saying "Yeh right?" but be patient with the concept and entertain the idea that maybe, just maybe, it's possible. That when you find it you can achieve and do anything you want to. Personally, I never thought it existed but I believe it now, and the first step is to believe.

The next bit of great news is that when you find your better colour, you suddenly realize that you are brilliant in the BLT categories as well. Yes, you heard that right. Even though you may not think that you are good looking, smart or talented, I guarantee you that the more you discover about yourself, the better you become at everything. It's like having a huge bonfire inside you and the more you learn the more it grows and brings light and energy to you body. I don't care if you have a nose sewn on to where your ear should be. As you read you will see that you are better looking than you think, that you're smarter than you think and that talent is oozing out of you like fat from a burger!

You don't believe me yet? Maybe you think it sounds good but deep down you know it's too good to be true. I can understand that, I have felt the same way. So the first thing I want to do is show you how easy it has been for you to think that brilliance is for other people and not for you.

You don't have to be patient any more. It's time to get into the good stuff.

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