The alarm clock goes off. It’s time to get out of bed. This is your first decision of the day. Will you get out of bed or hit the snooze button? You press the snooze button and roll over. What just happened? No big deal, right? Wrong. You just lost the first battle of the day. Resistance just kicked your butt. Resistance has broken your will before you’ve even gotten out of bed. You will most likely be its slave for the rest of the day.

I have been battling resistance my whole life. As we get a little further into this book I think you will discover you have been too. What is resistance? It’s that sluggish feeling of not wanting to do something that you know is good for you, it’s the inclination to do something that you unabashedly know is not good for you, and it’s everything in between. It’s the desire and tendency to delay something you should be doing right now.

Do you ever feel like you are your own worst enemy? Have you ever thought you could accomplish great things if only you weren’t so busy with so many little things? Do you struggle to make decisions with confidence? Are you tired of setting goals and not accomplishing them? Do you procrastinate? Are you afraid to say what you really think and feel?


This book is very inspiring and we hope you set aside some time to read this book. It may be applied to the lives of all adults, college, high school, Jr. High and even grammar school age. Maranatha! St. Pius X