



Don't live in the Victim-hood

Fame or integrity: which is more important?

Money or happiness: which is more valuable?

Success or failure: which is more destructive?

*If you look to others for fulfillment,
you will never truly be fulfilled.*

*If your happiness depends on money,
you will never be happy with yourself.*

Be content with what you have; rejoice in the ways things are.

When you realize there is nothing lacking, the whole world belongs to you.

—TAO TE CHING

Abundant is the adjective to describe the amount of literature available on learned dependence and accumulation disorders. The same thing can be said for therapists and friends who tell you, “It’s not your fault,” or “You’re a victim.” Listen, if you enjoy being a victim, this book will not help you. Save it for your next life or give it to a friend who believes in pulling the arrows out of his body. Victims prefer to leave the arrow there to fester, relishing the sympathy.

Anyone who has the privilege of carrying a United States passport (or a passport from any other developed country) and who complains about his or her personal circumstances, needs to find new friends who care enough to say, “Shut up and quit feeling sorry for yourself. **You are one of the luckiest people in the world and, at least around me, please pretend to be happy!**”