

We all have a book in us ... What's yours?



It was the great American author Henry David Thoreau who, in the 1800's, said that *"Most men lead lives of quiet desperation and go to the grave with the song still in them."* A powerful, yet chilling statement that challenges us all to stop and think about our lives; how we are living and what is inside of us that we need to bring out into the open to share with the world. Every day I speak to and see incredible people who have so much to give, so much to share and so much to inspire others ... yet they don't believe it.

Everything that happens to us, how we deal with our circumstances and what we do as a consequence becomes our story. When I think about what inspires me it is always the story of some 'average' person who overcame certain challenges and adversity to significantly improve their lives. Some of these people became well known, most of them did not, yet are all winners ... I am actually talking about you! You have overcome stuff haven't you? You have done great things haven't you? You have and will inspire others whether you know it, believe it or not! With all the amazing stuff we have all learned in our lifetimes (to this point) wouldn't it be a devastating shame if we went to our graves with that story and those lessons still locked inside where no-one can benefit from or be inspired by? Why not consider writing a book?

Every can, but not everyone will ...

When I looked myself and the things I had done – nothing, and I mean nothing, gave me any reason to think I could be an author! I scraped through English at school, I was a 'footballer', I never wrote anything and I never read, other than comics and the sports section of the newspaper! If I had sat down and logically thought about my credentials and chances of writing a bestseller – I would have laughed it off as a bad joke and never done it. But I never thought about it or analysed it – I had a message that I just wanted to get it out to as many people as I could. I can remember the day as clearly as if it were yesterday – I said to myself, 'I am going to write a book' and that was the last I thought about it. I sat down and started writing and as I wrote I got more & more excited and before I knew it, it was done!



One of the best things you will ever do ...

I know many people would love to write a book, but maybe like me, don't have the 'skills'. Well trust me – you do and you can. It will make a difference in people's lives and it is one of the best things you will ever do. Not only will it give you incredible joy. Not only will it give you amazing confidence. Not only will it be a valuable business and personal asset. Not only will it be a legacy you have left that will live on long after you are dead and buried. But it will impact the lives of people you don't even know all around the country and the world ...



Andrew and new friend, Colin

It was on the Saturday morning of the Mind Body Spirit Expo I was at in early June 2011. It was about 15 minutes before the expo was about to open and I was setting up when a lady came to tell me that there was a gentleman out the front who would like to have a chat to me. It was not a great time, but I was intrigued, so I went out. When I got there, a man named Colin came to greet me. He shook my hand and with passion in his eyes told me that he was a farmer from WA and had heard me talking on the ABC radio about my book. He went out straight away and bought a copy of the book. He told me with tears in his eyes that he had lost his wife to cancer 4 years earlier and that my book had been so incredibly and positively impacting on him and his life.

So much so that he went out and bought copies for his family. He told me that he happened to be visiting Melbourne this particular weekend to see his children and heard that I was at the expo - so he went out of his way to come and meet me. As he was telling me all this we both stood there with tears in our eyes - an instant bond was created and a new friendship for life. It powerfully reinforced again to me why I love writing so much - I was so incredibly grateful that I could make such a difference in Colin's life, a man I never even knew or never would have known if it wasn't for my book! We can all do the same!

It is actually really easy!

Like anything in life, writing a book is a simple process – make a decision, get started and just keep going until it is finished. Just **One Word at a Time** is all it takes to change lives, starting with your own. It is another mission of mine to help, support and empower anyone who would like to write a book – I can't recommend or encourage it enough. My life has been enriched in ways that are difficult to explain so you will need to do it yourself to understand. And **you can do it** – it is easy.

I have developed an online workshop called **One Word at a Time** to lead people through the process and actually do what is deep in their hearts to do. For more information go to <http://andrewjobling.com.au/onewordatatime.php>

Start writing this week – you will be glad you did!

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