

Addicted to Life Book Outline and Location of Items:

Item #	Item Description	Ch 1	Ch 2	Ch 3	Ch 4	Ch 5	Ch 6	Ch 7	Ch 8
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Chapter 1	You Have Got to Be Done!	4							
	Sitting in the Durango Jail Cell	4							
	Probation office	8							
	I told Jennifer, "I Am Done!"	9							
	<i>Let's Talk About It</i>	10							
	Make a change, or die	10							
	Stepladder, Helicopter, 747 View	12							
	Previous successes	12							
	<i>One of Eight Steps Review</i>								
	1. You have got to be done!								
Chapter 2	You Have to Get Uncomfortable and Take Action!	16							
	No games played at the rehab facility	16							
	Chuck Snell story	17							
	Dan Lovelace story	18							
	November 22, 1999 new adventure begins	19							
	<i>Let's Talk About It</i>	19							
	Zig Ziglar... "Character...."	20							
	Talk is cheap	20							
	Taking Actions	20							
	Getting out of your comfort zone	21							
	Curved road	22							
	Parasailing Story with Claudia	23							
	<i>Two of Eight Steps Review</i>	26							
	1. You have got to be done!								
	2. You have to get uncomfortable and take action!								
Chapter 3	You Must Create the Wave of Momentum!	28							
	Dec. 22, 1999 completed 30 day in-patient rehab	28							
	Massive amount of debt due list	28							
	For Rent story with Chuck Shell	29							
	I'm a friend of Bill W. says the judge	31							
	I'm not supposed to do this, his name is Richard	34							
	<i>Let's Talk About It</i>	35							

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	Getting sober for 30 days does not fix your issues			35					
	The world does not reward a decision			36					
	The world rewards action.. Talk is cheap			36					
	There are no failures just temporary setbacks			36					
	Series of stacked actions			38					
	Rick Oller says, "no blowouts just slow leaks"			39					
	Slow leaks a.k.a. loss of momentum			39					
	Don't bask too long in your victories			40					
	The game of life has a beginning and an end, so don't act like you have forever.			40					
	Three of Eight Steps Review			40					
	1. You have got to be done!								
	2. You have to get uncomfortable and take action!								
	3. You must create the Wave of Momentum!								
Chapter 4	You Have to Prepare Now for What's Coming!				42				
	7:45 a.m. on my first day of work for Richard 3/2000				42				
	Claudia spoke up. "What's wrong?"				43				
	I finally said, "I'm scared."				43				
	Right there was where the talking ended				43				
	Rob worked for Richard 4.5 years				43				
	Rob purchased a motorized skateboard				44				
	book by Zig Ziglar called "See You At the Top".				44				
	Zig's book taught Rob, God don't make no junk"				44				
	Prayer to God take the cigarette smoking habit away				45				
	I've never smoked another cigarette since that prayer!				45				
	real estate with "no money down" by Carleton Sheets				45				
	purchase our first home with about \$1,200 out of pocket				46				
	Rob's father mentions a shop possible being for sale				46				
	Thanksgiving 2003 phone Rob, said "He's Ready."				47				
	Rob replied, "Who's ready?" The shop in Alpine, CA				47				
	Let's Talk About It				47				
	Preparation is what made this possible				47				
	Rob's sponsor explains the 10% rule				49				

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Chapter 6	You Won't Always Feel Like You're Winning!						66		
	Time to tell Richard I was leaving, Richard celebrated the news!						66		
	off to California to start a new life as business owners.						67		
	New Year's Day 2004 final details of the business ownership						67		
	We had done it—the business was ours!						68		
	Little did we know that the real test was about to come						68		
	This is the test of our marriage, working together						68		
	Claudia and I were not “yoked alike” spiritually at the time						69		
	But, fat chance, NEVER EVER						69		
	I want to take a step back in time to the fall of 2003						70		
	Renewing our vows and premarital counseling with Rick Oller						71		
	Then six months of completing our private counseling						73		
	Marriage Encounter weekend plus marriage-focused Home Group						73		
	Each of these steps were a very important building block						73		
	in enabling us to rebuild our relationship and become the team we are today. The Hand of God knew this had to be fixed....								
	Let's Talk About It						74		
	Two things that are the true tests of the strength of any marriage						74		
	Jim Rohn's analogy of four seasons						75		
	The Law of the Harvest says, you will receive what you deserve						78		
	One last note on the harvest: Don't apologize and don't complain!						78		
	So here are a few questions for you: Are you.....?						80		
	“I'm glad I did!” NOT “I wish I had!”						80		
	Six of Eight Steps Review						80		
	1. You have got to be done!								
	2. You have to get uncomfortable and take action!								
	3. You must create the Wave of Momentum!								
	4. You have to prepare now for what's coming!								
	5. You must be open to the unexpected!								
	6. You won't always feel like you're winning!								
Chapter 7	You Must Understand the Law of Exposure!						82		
	In 2007, while reading “Rich Dad Poor Dad” by Robert Kiyosaki						82		
	\$500 three day pitch, Claudia signed us up! (God bless that woman!)						82		

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	I could come up with 100 or more reasons why it didn't look good								97
	In June of 2014, just six months later we opened for business								97
	My arresting officer Dan Lovelace walks back into my life.								98
	This "Divine Appointment" took place by the Grace of God								102
	Driving home from the gym one day I decided to call my friend Jake								103
	Anita and Marty enter my life								107
	<i>Let's Talk About It</i>								110
	There have been so many "flimsy reed" miracles that God has allowed me to...								110
	None of us is an island that's capable of achieving our goals and dreams...								110
	Show me a successful person who says they are "self-made".....								110
	Nobody does it alone as good as they do with a team of support.								111
	"Why would you ever outgrow a member of your Power Team?"								111
	A coach is an absolute must!								112
	The difference between the tricycle and the 747!								114
	Time stealers will always win.								114
	Justice is getting what you deserve.								114
	Mercy is not getting what you deserve.								114
	Grace is getting what you don't even deserve.								114
	Through the transforming power of Jesus Christ								116
	I believe without God, there can be no true success!								116
	<i>Eight of Eight Steps Review</i>								117
	1. You have got to be done!								
	2. You have to get uncomfortable and take action!								
	3. You must create the Wave of Momentum!								
	4. You have to prepare now for what's coming!								
	5. You must be open to the unexpected!								
	6. You won't always feel like you're winning!								
	7. You must understand the Law of Exposure!								
	8. You won't do it alone!								
	RESOURCE THE AUTHOR RECOMMENDS								118

The Bible

The Book of Matthew – Chapter 5 is where I recommend all who are

