

# Introductions



By the authors of the *New York Times* bestseller *Incredible You!*

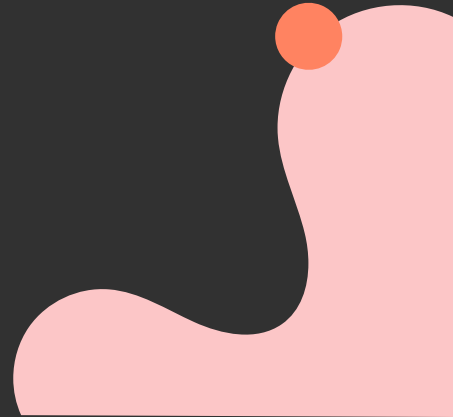
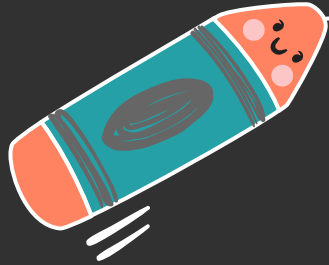
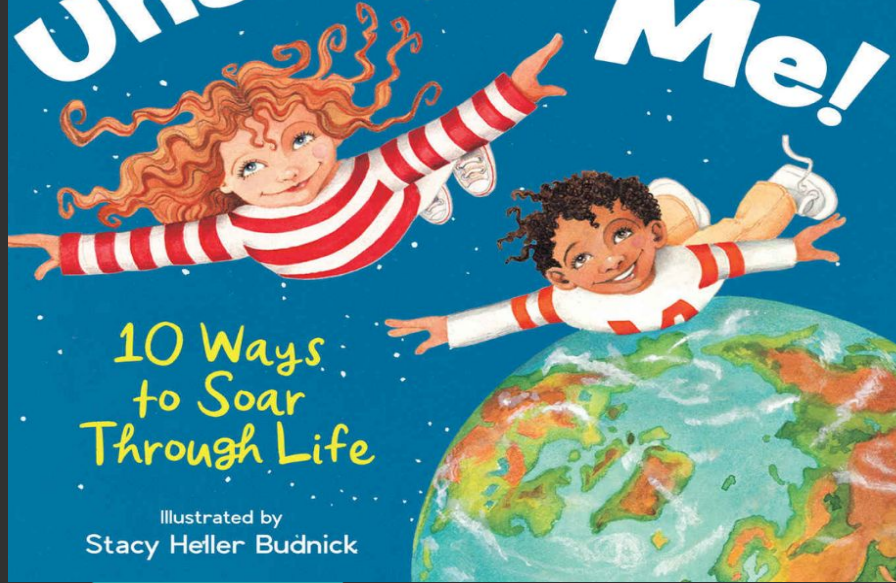
**Dr. Wayne W. Dyer**

with Kristina Tracy

# Unstoppable Me!

10 Ways  
to Soar  
Through Life

Illustrated by  
Stacy Heller Budnick



## What's Inside . . .

### 10 WAYS TO SOAR THROUGH LIFE

1. You're Great—No Matter What!
2. Persistence Pays Off!
3. Welcome the Unknown
4. You Have a Choice
5. Farewell to Worry
6. Peace Begins with You
7. Enjoy the Here-and-Now
8. Healthy Me!
9. Creativity Is the Key!
10. What Can You Give?

Questions



# #1

## You're Great— No Matter What!

You are worthwhile  
simply because you're alive.  
Never forget this  
and you're sure to thrive.

Learn from your mistakes and  
you'll get stronger as you grow.  
Believe you'll succeed,  
and then make it so.

If you value yourself  
and all that you are,  
you'll be unstoppable—  
the next superstar!



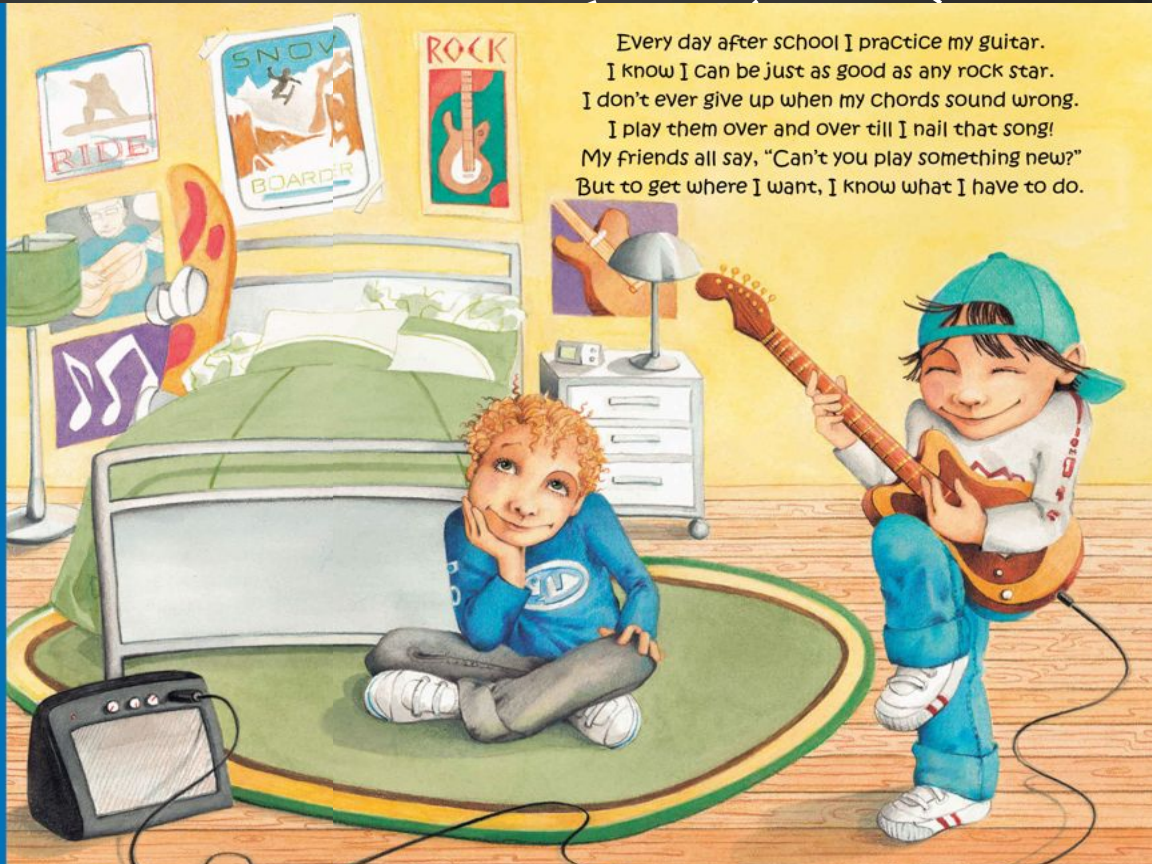
I have a part in the big school play.  
Unfortunately, I forgot all my lines today.  
Some kids laughed, and I wanted to hide,  
but I still believe I'm a star inside.  
So tonight when I'm standing in that brilliant spotlight,  
no matter what happens, I'll be all right.

## #2 Persistence Pays Off!

When there's something in your life  
that you want to do,  
once you begin,  
you must follow through.

It's not about talent  
or if you are smart;  
it's about never quitting  
something you start.

Don't tell yourself, "I can't,"  
or dwell on mistakes;  
patience and determination  
are really all that it takes.



Every day after school I practice my guitar.  
I know I can be just as good as any rock star.  
I don't ever give up when my chords sound wrong.  
I play them over and over till I nail that song!  
My friends all say, "Can't you play something new?"  
But to get where I want, I know what I have to do.

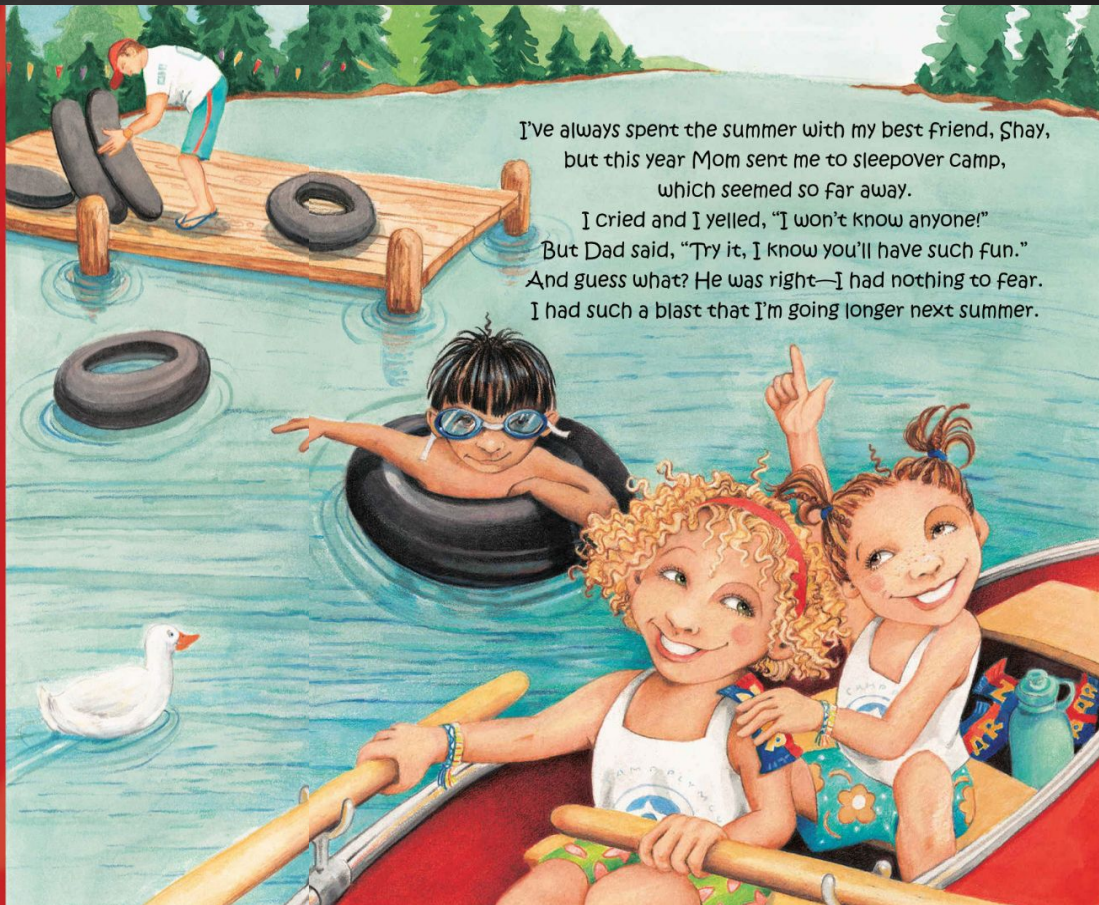
# #3

## Welcome the Unknown

Change is a good thing;  
it happens every day.  
If you learn this when you're young,  
it will help you on your way.

Each day is different  
from the day before,  
and it sometimes feels scary  
when opening a new door.

But if you don't fear change  
and embrace it instead,  
life will be an adventure and  
you'll look forward to what's ahead.



I've always spent the summer with my best friend, Shay,  
but this year Mom sent me to sleepover camp,  
which seemed so far away.

I cried and I yelled, "I won't know anyone!"  
But Dad said, "Try it, I know you'll have such fun."  
And guess what? He was right—I had nothing to fear.  
I had such a blast that I'm going longer next summer.

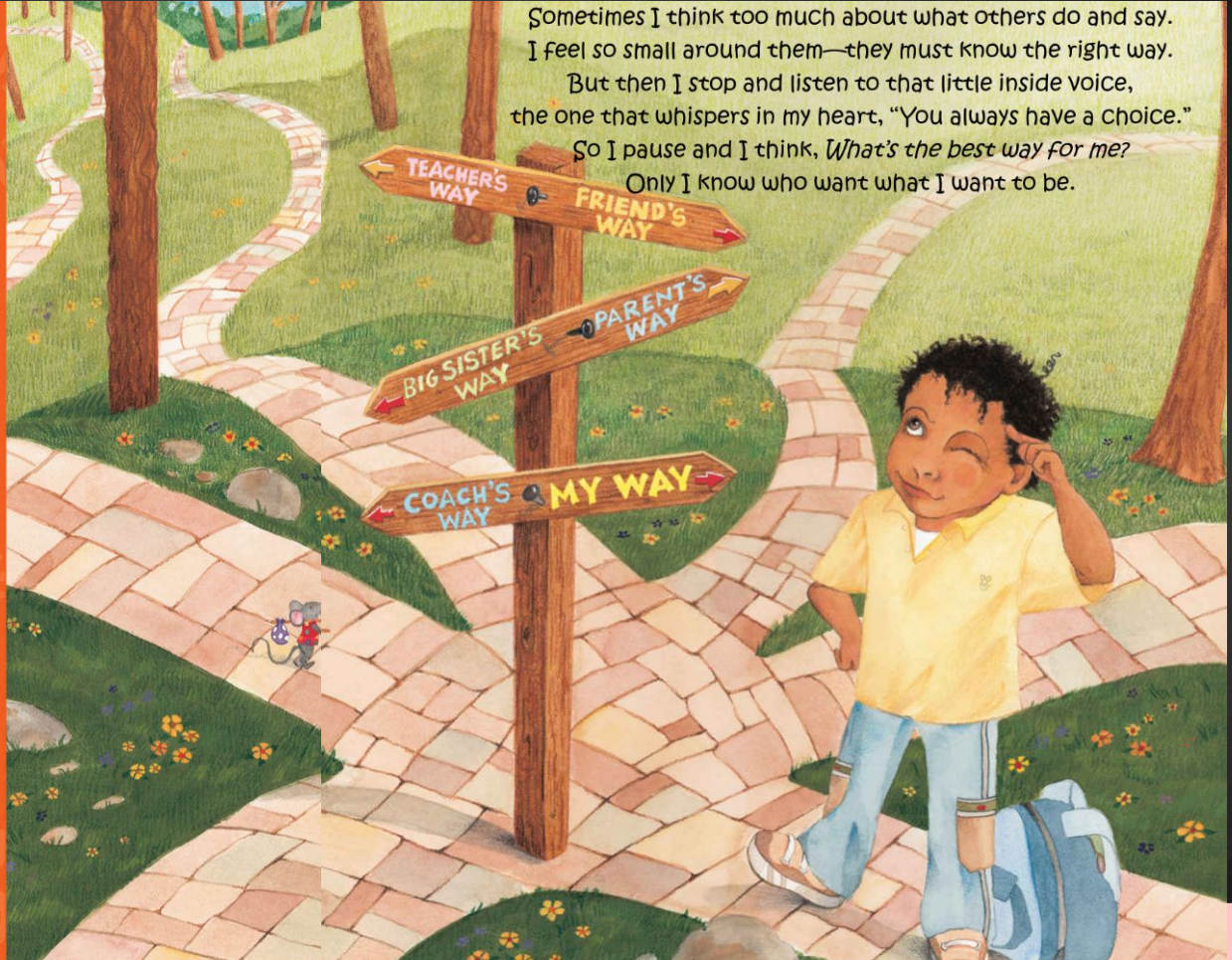
# #4

## You Have a Choice

Rely on yourself,  
and be true to who you are.  
What's unique about you  
is what will take you far.

Don't look to others  
to say you're okay.  
You know it—so believe it—  
show your own self the way.

Don't blame others  
for the things you say or do.  
Every choice that you make  
is all up to you.



Sometimes I think too much about what others do and say. I feel so small around them—they must know the right way.

But then I stop and listen to that little inside voice, the one that whispers in my heart, “You always have a choice.” So I pause and I think, *What’s the best way for me?* Only I know who want what I want to be.

# #5

## Farewell to Worry

If you want to be unstoppable,  
there's something you must know:  
Worrying can bring you down  
and cause helpless feelings to grow.

Just try to remember,  
when stressful thoughts attack,  
that positive actions on your part  
are the best way to fight back.

So talk to someone if you're feeling blue;  
tell them about your thoughts.  
Because sharing your burdens can help  
you through many of life's rough spots.



Last night I was so worried about today's spelling test.  
I could barely concentrate on studying, and I didn't get much rest.  
So this morning when I woke up, I told my mom how I felt.  
She gave me a hug, we practiced my words,  
and my worries started to melt.  
I'll do the best I possibly can, and that's enough for me.  
It feels so good to take control—I feel confident and free.



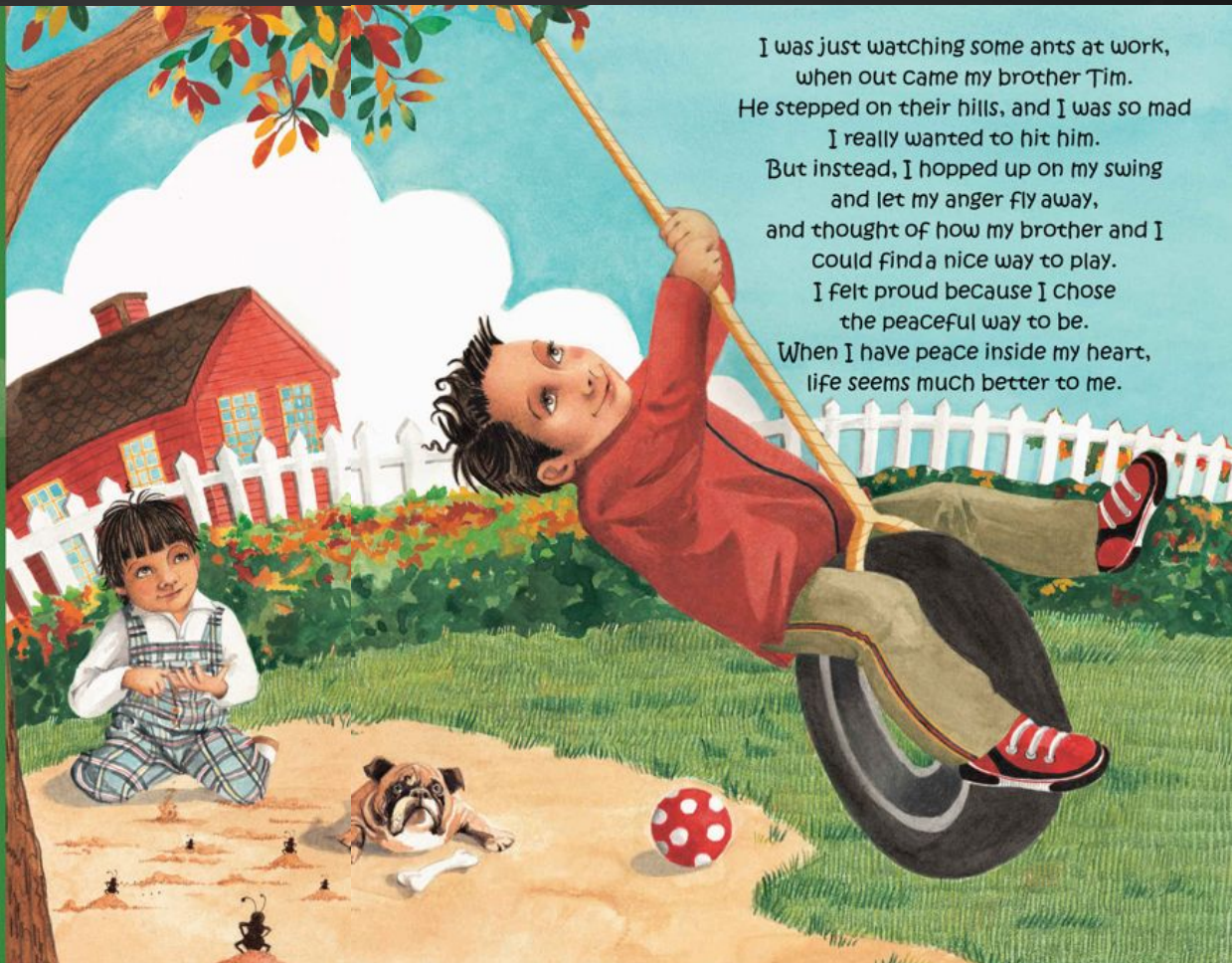
# #6

## Peace Begins with You

If you want peace inside your heart,  
don't let anger in.  
It's just a feeling, after all;  
it doesn't have to win.

When you're mad and let it change  
the things you say and do,  
not only do you hurt yourself,  
but those around you, too.

So take your anger, let it go,  
and learn to rise above—  
then you can create a better world,  
one filled with peace and love.



I was just watching some ants at work,  
when out came my brother Tim.  
He stepped on their hills, and I was so mad  
I really wanted to hit him.  
But instead, I hopped up on my swing  
and let my anger fly away,  
and thought of how my brother and I  
could find a nice way to play.  
I felt proud because I chose  
the peaceful way to be.  
When I have peace inside my heart,  
life seems much better to me.

#7

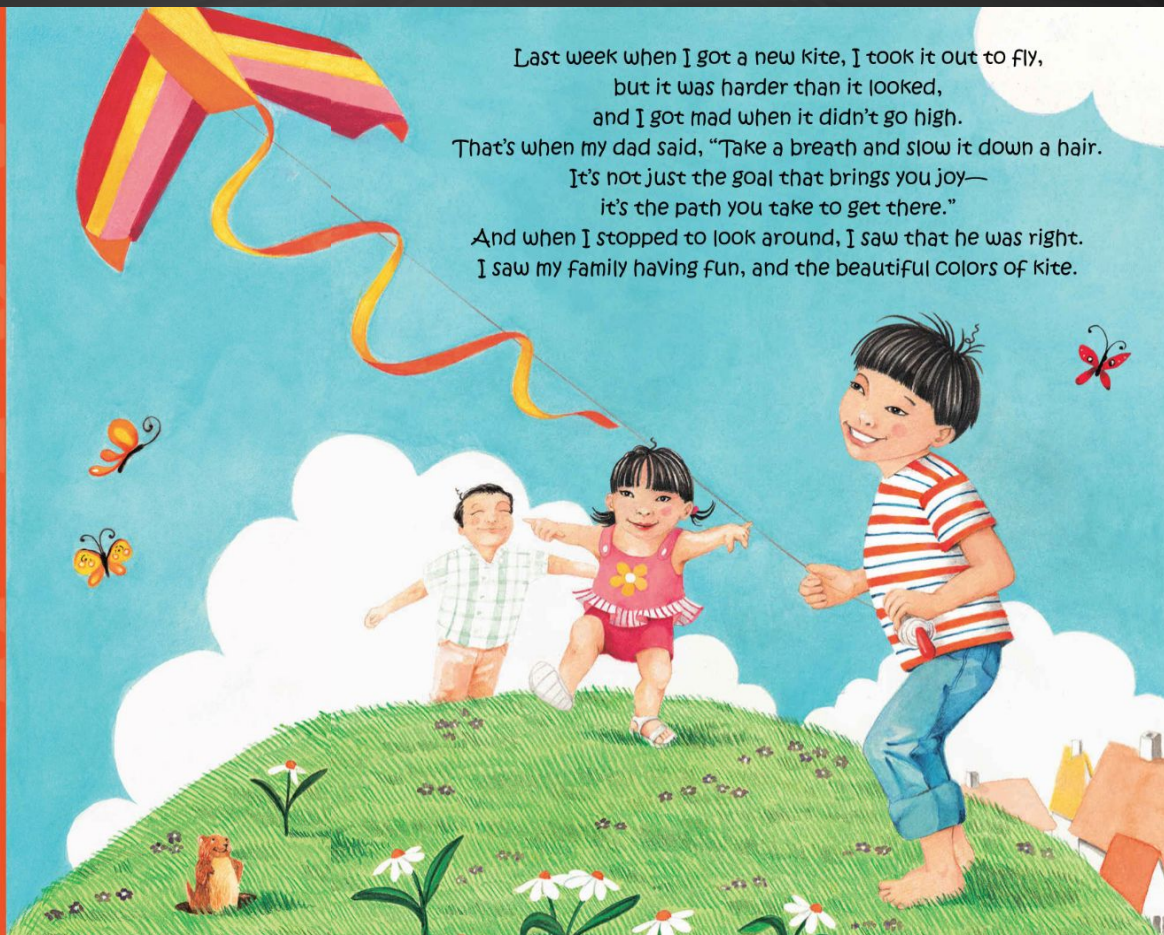
## Enjoy the Here-and-Now

Your past is now behind you,  
and it has taught you many things.

You also have your future,  
and you wonder what it will bring.

All these things to think about  
can cause your head to spin,  
so remember this key to happiness—  
enjoy the moment that you're in!

Take pleasure in the here-and-now;  
don't always be on the run.  
The road you take to reach your goal  
should be part of the fun!



Last week when I got a new kite, I took it out to fly,  
but it was harder than it looked,  
and I got mad when it didn't go high.  
That's when my dad said, "Take a breath and slow it down a hair.  
It's not just the goal that brings you joy—  
it's the path you take to get there."  
And when I stopped to look around, I saw that he was right.  
I saw my family having fun, and the beautiful colors of kite.

# #8 Healthy Me!

Your body is amazing!  
Pay attention and you'll find . . .  
your body responds to what you think—  
what you put inside your mind.

So tell yourself often,  
"I'm healthy, and I'm strong!"  
And if you happen to get sick,  
know that you won't be for long.

Good thoughts and good humor  
are truly the best start  
for a superhealthy  
mind, body, spirit, and heart.



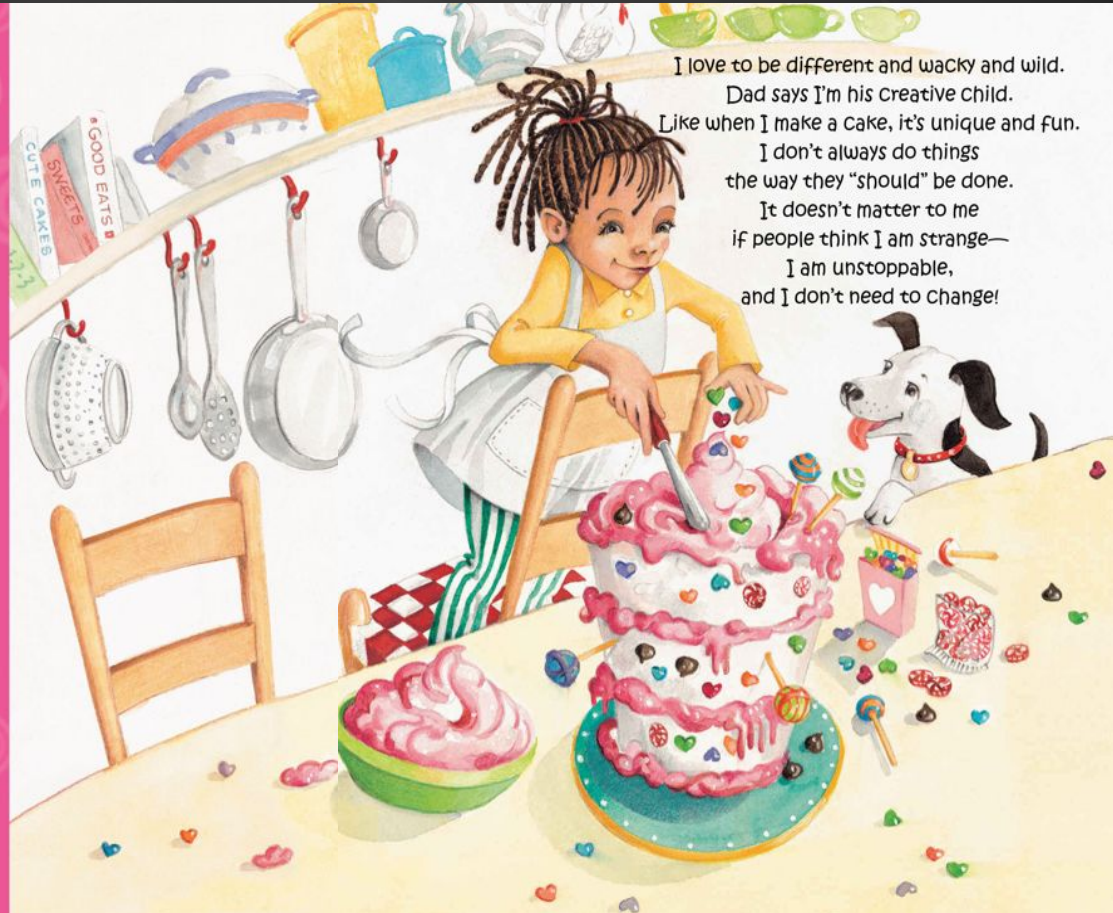
I just love to play outside getting  
exercise and fresh air.  
My dog and I stay out until dark  
when my Grandma calls, "Come in, Claire."  
At dinner we sit down to my dad's spaghetti,  
which I know is good for me.  
While at the table, we talk and laugh  
and enjoy our family.  
When I go to bed, my body feels great  
from everything I've done.  
Taking care of my body and staying  
healthy is actually lots of fun!

# #9 Creativity Is the Key!

When it comes to your greatness,  
creativity is the key,  
because with it there's no limit  
to what you can be.

Being creative can mean  
so many things—  
it's finding your own way to meet  
the challenges life brings.

So if you have ideas for your  
own way to shine,  
just stay true to yourself  
and you will do just fine.



I love to be different and wacky and wild.  
Dad says I'm his creative child.  
Like when I make a cake, it's unique and fun.  
I don't always do things  
the way they "should" be done.  
It doesn't matter to me  
if people think I am strange—  
I am unstoppable,  
and I don't need to change!

# #10

## What Can You Give?

What is a life full of meaning and purpose, one that's truly limit-free?  
It's when you learn to look outside yourself and not always think, *What about me?*

It means seeing goodness and beauty everywhere you turn, and taking every experience in life as a chance for you to learn.

It's being at peace every day, with a respect for all things that live and not wondering what you can get, but wondering what you can give.



"Dane," asked my grandpa, "what brings you joy?"  
I answered, "Candy, of course, or a brand-new toy!"  
He smiled at me and said, "I'm sure that is true, but there is much more that can bring joy to you. . . ."

Love and friendship and learning to give  
will make your life fulfilling  
and a pleasure to live."

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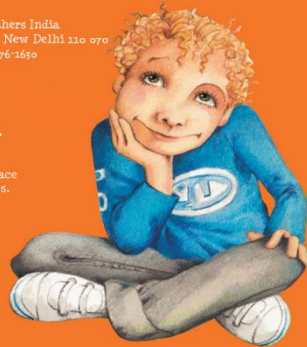
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