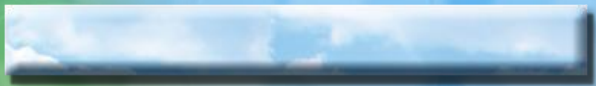


THE LAW of ATTRACTION HOAX



Symbolism of The Cover Image (And Special Thanks!)

I am deeply appreciative for the two designers who helped make this eBook a reality. First to Tanja Novakov for formatting, layout, and internal design. Secondly to Kristen Webster for creating the cover image.

The image on the cover of this eBook is based on the I Ching 11.2. It symbolizes the blending of wisdom, peace, favorability, and success. I like to think of it as the physical representation of the miracles that happen when Heaven, Earth, and Humans combine for the benefit of our world.

If you like the symbol and it makes you feel good, you can get it on a mug, shirt, or coaster here: <https://www.themiracles.store/i-ching-symbol>



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"True miracles happen in our lives when we are finally willing to enter into the mystery, to walk into the darkness and the question marks, and to see what emerges as we pass into the light."



For years I have been occasionally reminded about the seeming inconsistency of calling the Law of Attraction a "Law." If it's a law like gravity, why does it seem to work for some people and not others?

Some teachers have attempted to reconcile this by saying it has to do with what we believe, both consciously and subconsciously. They suggest that if we align our conscious beliefs and subconscious beliefs with what we want to attract, then we will attract it like magic.

Sounds good doesn't it?

My intention is not to criticize other approaches to manifestation, but rather, to call into question the seeming inconsistencies. Why is it that the Law of Gravity doesn't require us to change our subconscious beliefs, but the Law of Attraction does?

Other "Universal Laws" don't even require changes of subconscious beliefs to easily see the cause and effect relationship: Law of Choices, Law of Action, Law of Balance, Law of Integrity, Law of Compassion... to name a few.

None of them require changing our subconscious beliefs to see results. Other laws only require being aware that they exist and paying attention to how they manifest (interesting word, huh?) in our lives in alignment with our actions.

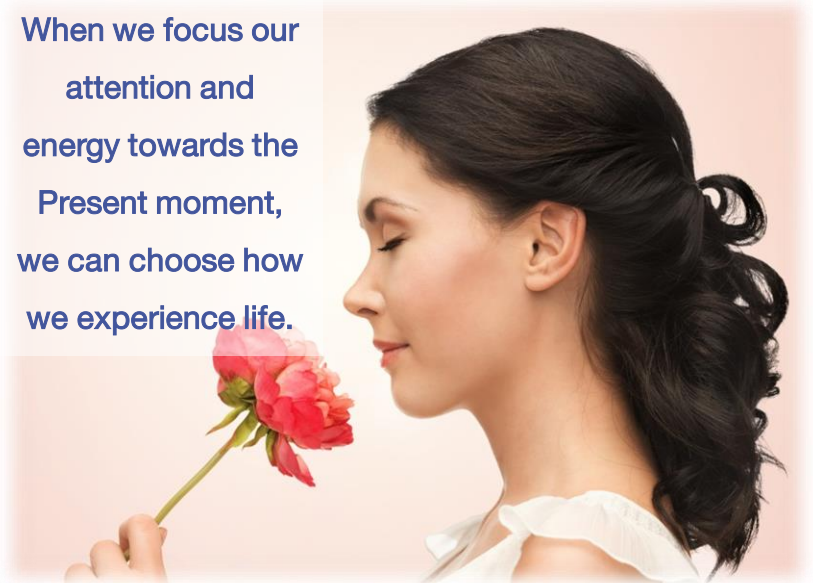
Therefore, why must we change our beliefs for the "Law of Attraction" to work? Within the following pages, I will attempt to answer that question. First though, I want to say that I willingly use the term "Law of Attraction" because it's an easy way to communicate a simple idea that has gone mainstream.

That idea is this:

When we focus our attention and energy towards the Present moment, we can choose how we experience life.

In other words, we can manifest what we want.

When we focus our attention and energy towards the Present moment, we can choose how we experience life.



The distinction I'd like to make between my orientation towards the "Law of Attraction" and others is that I'm not focused primarily on manifesting "things."

I focus on manifesting experiences --and more specifically-- inner experiences of our true and most authentic selves.

Popular Law of Attraction teachers say that to attract the things we want, whether it be a car, house, relationship, more money, etc, that we must first raise our vibration to be in alignment with that object.

More aware teachers go so far as to say that we must use affirmations to reprogram our subconscious minds so that our conscious desires do not conflict with our subconscious desires.

Even more aware teachers will suggest that we don't focus on the stuff we "want" and instead focus on how the stuff would make us feel.

For example, if we want the car then what is it about the car we really want?

Is it the adrenaline rush?

Is it the feeling of success, or is it to feel abundant?

What are the feelings inherent in a meaningful relationship that we desire?

Connection, intimacy, playfulness, commitment, joy?

In other words, they say to get what we want we must first feel as though we have it already.

Some people say we have to truly believe we "deserve" it and "believe it will happen" even when the odds seem slim.

I don't know about you, but I prefer the Law of Gravity. Drop something. See it fall. Yup, the law works! Why can't the "Law of Attraction" be that simple?

My experience is that it can be. In fact, it is... we just don't recognize it as such.

Too many teachers have focused on the "getting stuff" aspect of manifestation --because that's what sells products, books, and seminars-- that they've not effectively communicated what manifestation really is:

Experiencing your true self.

Why point to the "things" when we can point to ourselves?

Further, my experiences and observations lead me to believe that that all of us really want to manifest one basic thing:

To feel at peace within ourselves.

Most of us project into the world what we believe we need to make that happen. We say "If I only had more money, a bigger house, a better relationship, then I'll be able to relax."

What if we just learned how to be happy now without all that stuff? What if we learned how to feel truly at peace within ourselves?

If that were true, then all the "stuff in the world" would become icing on the metaphorical cake. Then it wouldn't be about "changing our vibration to get what we want" but instead "becoming what we want which changes our vibration."

In the next chapter, I'm going to expose one of the biggest lies that keeps us from doing that.



The Lie About Positive Thinking

You've heard it all before...



"Think more positively and you'll get what you want. Visualize, affirm, and manifestation will happen effortlessly. Oh and be sure to overcome those pesky limiting beliefs! Affirmations, gratitude, and positive thinking will cover that one for you. Life is easy if you just think positively enough!"

I have one word to say about that kind of positive thinking...

- Delusional.
- Misleading.
- Uninformed.
- Detrimental.

Okay, that's more than one word, and I could easily use several more. And that's not to say positive thinking is bad. It's absolutely essential to living a happy, fulfilled, engaged and peaceful life. However, the lie and myth is that positive thinking is all that's needed.

The reality is that we have difficult and painful emotions for a reason.



They arise out of a self-protective compassionate need to serve our selves more effectively. Like physical pain, emotional pain is a compass that helps us see when things aren't quite working right inside ourselves.

When we ignore physical pain or mask it with overmedication, our body degenerates and ultimately finds more pain (not less). The same is true when we use Positive Thinking as a form of "overmedication" for our emotions.

By not honoring and owning our emotional pain, by not being Present with it, then our soul... our heart... our spirit... call it what you will... feels denied, ignored and ultimately, we will deteriorate inside. Our psyche isn't designed to repress and suppress pain indefinitely. That's a big reason why some highly successful people have emotional breakdowns. They just kept overmedicating (or ignoring) until finally they couldn't do it anymore.

The flip-side is equally as dangerous...

When we completely identify with the negative painful thoughts, when we allow them to run our lives, to make us forget how magnificent we inherently are, then we also breakdown. That leads to anger, fear, depression, hopelessness, and if left un-checked, serious mental illness.

We aren't designed that way either.

Instead, I suggest that we accept and acknowledge painful emotions as a compass to help us more effectively focus our attention and energy.



Notice the "warning signs" that negative thinking presents to us.

Then use those warning signs to wake us up and direct us back towards what we truly want:

Inner peace.

It's important for me to be clear here: Nobody is immune to negative thoughts. We all have them. I have them every single day.

The thing is, I don't take them so seriously. I strive to see them for what they are: helpful information that can point me TOWARDS living a happier and more positive life. They show me where more attention and self-care is needed in my life.

By using negative thoughts and painful emotions in that way, then the positive thinking is no longer a crutch. Positive thinking is no longer an addictive medicine, a deteriorating band aid, that silently demoralizes us until it's too late.

Instead, positive thinking becomes a support to help us through the negative thoughts, to find our light, and to ultimately bring our happiness and peace to a deeper and more meaningful level.

If you're thinking, "Well Chris that's all well and good, but how do I actually do that?" then continue reading.



The Real Meaning of Peace



Before I share with you exactly how to stop those negative thoughts, and I will teach you a very simple way to do that, it's important that we see what true peace is. This will be our frame of reference ultimately for dismantling the Law of Attraction Hoax and discovering how to consciously create a life that we love and deserve.

I give thanks to the unknown author who wrote this simple yet powerful story...

There once was a king who offered a prize to the artist who would paint the best picture of peace. Many artists tried. The king looked at all the pictures.

But there were only two he really liked, and he had to choose between them. One picture was of a calm lake. The lake was a perfect mirror for peaceful towering mountains all around it. Overhead was a blue sky with fluffy white clouds. All who saw this picture thought that it was a perfect picture of peace.

The other picture had mountains, too. But these were rugged and bare. Above was an angry sky, from which rain fell and in which lightning played. Down the side of the mountain tumbled a foaming waterfall. This did not look peaceful at all.

But when the king looked closely, he saw behind the waterfall a tiny bush growing in a crack in the rock. In the bush, a mother bird had built her nest. There, in the midst of the rush of angry water, sat the mother bird on her nest – in perfect peace.

The king chose the second picture.



Neutering Your Negative Thoughts



As a child, I had recurring nightmares of being overrun with ants. Because of that, I smashed ants even faster than I did spiders. That all changed the day I found an ant inside, trapped it, observed it for a moment, and then released it outside. The ant went on its merry way, away from my apartment and back to the wild.

In that moment, I was reminded of the true power of "Trap, Neuter, and Release" — an animal control program devoted to resolving the problems associated with trapping and killing wild cats. Instead of killing feral animals (due to problems caused by overpopulation), the program neuters and then releases back into the wild. Here is a related article excerpt to give us some context:

"An estimated sixty million feral cats live in the United States today. Local animal control often try to eliminate them by trapping and killing. This does not work. Instead of reducing their numbers, killing makes room for new cats to move in and the breeding process begins all over again. So does the suffering. "

"Half of all kittens born into these colonies die soon after birth. Their mothers spend most of their lives pregnant and hungry. Unneutered tom cats roam across busy roads seeking mates, getting in fights: untreated wounds can eventually kill them."



The above quote serves as a wonderful metaphor for compassion; however, I'm not referring to others nor animals. Let's talk about ourselves.

How often do we beat ourselves up over things?

Many of us carry regrets such as "I should have done this" or "I shouldn't have said that."

These negative thoughts are no different than the wild cats...

Some people might say not to worry about these wild thoughts: "Don't carry guilt or regret... because guilt and regret are living in the past, and I 'should' be living in the present."

That's all well and good, but it doesn't acknowledge the basic fact that we're feeling guilt, regret, anger or some other negative emotion in the moment. And that is this present moment, the only one that exists and matters.

Therefore, the real questions are these...

How do we learn to release some of the guilts and regrets we have?

How do we learn to accept ourselves, even when we feel so completely unacceptable?

In the context of the metaphor... how do we learn to neuter our negative thoughts?



What I propose is this: Instead of worrying about accepting ourselves or avoiding feeling certain negative emotions because we're not "supposed to," instead apply the "Trap and Release" to our thoughts. Here's how:

The next time you have a thought that isn't pleasant, observe it.

That's it.

Just observe it.

Then after a moment, let it go.

For example, let's say that somebody says something that hurts your feelings, and inside you know they didn't mean to hurt you. You tell yourself, "I shouldn't feel hurt. I know they didn't mean it."

The challenge we have with this thought process is that we judge ourselves ("should" is usually an indicator that you're judging) for how we feel... instead of understanding why we feel what we feel. This judgment causes us to feel even worse about ourselves!

What's worse than feeling bad? Feeling bad *about* feeling bad!

We then try to "kill" the thought by fighting against it.

Unfortunately, fighting against something only brings on another fight.

Every time we say "I should" or "I shouldn't" we are fighting against ourselves and reinforcing the emotional weapons that we use against ourselves. "What we resist, persists."



This is like a country fearing war so they start a draft and spend more on defense. Another country sees this, gets scared, and builds up their defenses. Eventually, there's so much fear and so many weapons that people not only forget the original reason why they were fighting in the first place, but if somebody even sneezes wrong it could cause World War 3.

Now back to an example with ourselves...

In that moment, rather than say you "should" or "shouldn't" feel whatever it is you're feeling or thinking, instead just accept the fact that you feel hurt or upset without trying to change it. Pause for a moment and just allow you to have your experience without judgment.

If you feel you can't avoid judging yourself, then gift yourself a temporary "cease fire." Say, "While I am observing this thought/emotion, I choose not to judge myself. However, in another five minutes I'll let any judgments I feel come into my awareness." This allows yourself to accept that thought or emotion. That acceptance goes by another word: "Peace." This cease-fire is a short-term practice with the long-term goal in mind because brief moments of peace create the opening for future moments of peace to last longer and happen more frequently.

What is the point of all of this? Why "Trap and Release"?

Another excerpt from the article...



"Our goal is to catch the adult cats, spay or neuter them and release them back to their 'neighborhood.'"

As we continue to observe each of our judgmental thoughts (we all have them, even if it's something as simple as, "I don't like the way I look right now" or "I wish that annoying person would talk less."), we begin to see the thoughts as they are.

Eventually through this practice, the "wild cats" (i.e. negative thoughts) come in, become "neutered," and then go back to their "neighborhood."

Any way we look at it, by trapping, observing, and releasing your thoughts, we allow the natural flow of energy instead of impeding it. By stopping the "fight" within ourselves, over time we feel more and more at peace. That's because we understand our thoughts and feelings more clearly.

As you allow yourself to be as you are, warts and all, the need to defend yourself... against yourself... happens less and less. You won't feel as inclined to build up your arsenal of internal judgmental weapons preparing for war, and instead allow the weapons to be dismantled and set aside. They're still there, but they're benign and ineffective.

Eventually that evolves to the point where you're able to walk across the boundaries of your inner emotional war zone, embrace your painful thoughts, and see them for what they are: hints on how to love yourself more fully.

You'll also be able to relax in peace.



**Thinking About The Future?
Better Think Twice...**



When we reflect on what we want in life, and especially when it comes to the Law of Attraction, it's very easy to get caught in an outcome-oriented mindset. I see it happen every day, even when I'm looking out for it. It shows up in several ways:

Living up to other peoples' expectations of you.
Living up to your expectations of yourself.
Wanting something you don't have.
Being scared of the future.

The list goes on.... and on... and on....

Unfortunately, being outcome-oriented is the fastest way to take us away from the Present moment. It's also a very quick way to watch "what if" thoughts spiral and bring us into negative thinking. Living in an outcome-oriented way creates stress, health problems, relationship problems, and diminishes our happiness.

That's because we can't control the outcome of situations. We like to think we can. But we can't. There's too many possibilities that can get in the way. The best we can do is prepare for some of those more likely possibilities. Even then, we'll still fall short of the infinite possibilities that can unfold. Most times, planning for the future pulls us away from the Present moment.

To be clear: I'm not saying that planning for the future is useless or shouldn't be done. Being aware of the future is absolutely essential if we are to live in today's world run by the clock.



I'm just saying that when we LIVE in the future, when we allow our thoughts to dwell there, when we decide on how the future needs to be for us to feel happy and peaceful, then we are letting fear live rent-free in our heads.

We believe that it's good to have hopes and dreams. It feels nice. It's also a contradiction because the mere suggestion of a better future quietly reveals how much we aren't enjoying and appreciating the moment that is right here with us.

Seeking a better future quietly says "What I have now is not good enough. I live in a mindset of lack and unfulfillment."

The other thing we must remember is that no matter how great our hopes and dreams might be, reality can never live up to the fantasy. That's because we have an idea of how the future "should" be.

Of course, if we focus negatively about the future, that's a double-whammy. First because we're thinking about fearful outcomes, and that's never going to feel good. Secondly because on top of that we're also not enjoying and appreciating the moment that is right here in front of us.

Still, none of us like pain, failure, and being uncomfortable. If we can't live in the future (and the past is no better!), then how do we live in the Present moment so that it can also make our future to be one of happiness, peace, and abundance?

The key is to look at our experiences in a different way.



Instead of focusing on a specific outcome, we can ask ourselves two simple questions:

1. What does this experience have to teach me?

Every moment is an opportunity to learn. This is one reason why dwelling on "what if" scenarios, most of the time, is an endless downward spiral that won't bring us happiness. "What ifs" take us away from the Present moment, and instead suggest that our egos know how reality "should" be.

Instead, if we focus on allowing each experience, each moment, to be our teacher, then the worst-case scenario is that we learn something.



Interestingly, it's that learning while in the Present moment that creates a better, more optimal, happier future for ourselves.

The best-case scenario is this: Because there are infinite possibilities, our process of enjoying the moment and learning from it opens us up to experiencing wonderful things BEYOND our limited thoughts of what we believe we want.

The learning maximizes our opportunities while the Present moment maximizes our enjoyment and peace of mind.



The more that we ask "What does this have to teach me?" the richer our inner and outer lives become.

The second question to explore is this:

2. How could my experience possibly benefit others?

When we're stuck in an expectation / outcome-oriented mindset, we tend to think mostly about ourselves. We ask, "What will *I* get from this experience?" Or conversely, "What do I stand to lose from this experience?" We usually forget about our humanity and our interconnectedness.

By forgetting about our interconnectedness, two adverse things happen. First, we reinforce separation and isolation. We're quietly sending a message out to the Universe that says, "I don't need any help. Nobody does. So just you stick to your business and I'll stick to mine."

I'm sure you can see how negatively that mindset can affect our world. It goes by other names though, like war, rape, violence, financial greed, infidelity... the list goes on.

We don't normally see it in that way. That's because the mind wants what it wants. It avoids alerting us to those harsh realities. Still, when we forget how our experiences can benefit others, we really are "voting" (consciously or subconsciously) to live in a world of separation, stagnation, and pain. We are silently rejecting the very support we need to fulfill our wants and desires.



We also lose sight of the fact that just as the moment can teach us, our moments can help teach, inspire, and support others.

The second reason that forgetting about our interconnectedness is detrimental is because it closes us off to the infinite possibilities available to us. When we rely ONLY on ourselves, our options are limited. We as individuals can only do so much. It is our interconnectedness that provides the opportunity for massive growth in our world. It's also the key to manifesting the experiences in life that we want.

That's because your experiences have the potential to impact others in a meaningful way. Your experiences have the potential to teach you invaluable wisdom. Then you can step away from the painful world of unmet expectations and bring yourself back to the Present moment. You help create a better future for yourself and others.

Don't take my word for this though. Never take my word for any of what I share or teach. Test everything you learn and see what is true for you.

Next time you find yourself fantasizing about the future or fearing it, try this. Instead of thinking about the future in your normal habitual ways, "think twice" by asking yourself these two questions:

1. What does this experience have to teach me?
2. How might my experience be of benefit to others?

When you truly land in that place, what you discover will be nothing short of a miracle.



Getting What You Want



Throughout this eBook, my intention has been to highlight three important points:

1. What we truly want, above all else, is to feel at peace.
2. How we damage our chances of feeling peace
3. And to give you practical tools to experience more inner peace.

In this final chapter, we're going a little bit deeper. Peace is the foundational element to manifesting the life that we want. Without it, our results will be chaotic and unpredictable at best... and traumatic at worst.



The thing is, manifestation isn't rocket science. Nor is it as simple as "Conceive, Believe, and Take Action" either. Yet it is that simple and it can simultaneously feel like rocket science.

What we have to do is uncover the subconscious barriers that each of us have to experiencing our true selves - which is inherently abundant and at peace regardless of any "stuff" we might want to attract into our lives.

Getting into our subconscious is surprisingly difficult though. Many teachers lead us astray by saying that "affirmations is enough." For a few of them, this is actually true... I have great appreciation for Marc Allen (best-selling author and founder of the New World Library book publisher) because he's transformed his life using little more than affirmations and scholarly reading.



I even teach people how to correctly write affirmations (most people get it wrong) and make them much more effective in my "[Supercharge Your Affirmations](#)" program.

For most people though, affirmations alone are the slow-road to transforming their lives. That's because for our entire lives our subconscious was reprogrammed in inefficient and ineffective ways, often without our consent. It took a lifetime to believe ourselves as having limited potential. Therefore, when we become aware of our unlimited potential, it can feel like a long road ahead to getting what we want.

That's also part of where I feel the "hoax" is when it comes to the Law of Attraction. Too much emphasis is placed on affirming positivity and raising vibration positively. Not enough energy is invested in being Present and in the moment. Some teachers would even have us believe that if we have negative thoughts or feelings then we are sabotaging our ability to get what we want.

That's where it gets upside-down.

The only way to actually live in a positive high vibration is to understand and then transform our negative self-sabotaging unconscious beliefs and feelings.

As we explored in "The Lie About Positive Thinking," overriding them will only work for a little while, until your subconscious brings them back again and causes us to sabotage even our best efforts.



Negative thoughts and feelings are actually quite useful pointers to help us create the lives we want than "stuff" could ever be.

That's because the negativity tells us which aspects of our mind, body, and spirit still need to be brought into the Present moment. With the right tools, we can permanently shift those subconscious negative beliefs into experiences of peace, happiness, and abundance.

Now here's where it gets tricky...

Our subconscious, and more specifically the "Inner Critic" aspect of our subconscious wants to keep us both comfortable and small. It doesn't want us to experience abundance, and it doesn't want us to have more abundance.

To the Inner Critic, manifestation is hogwash that will make us uncomfortable and require effort. It doesn't like effort. Therefore, our Inner Critic will always have something discouraging to say about our inability to manifest what we want until we transform the Inner Critic itself.

That's no easy task, and it's beyond the scope of this book. That's why I created an entire six-week course called "[Liberate Your Life](#)" to help with it.

In reality, few bodies of work out there effectively teach us how to silence this particular self-critical aspect of our subconscious. They pretend like it doesn't exist or doesn't matter.

Fortunately, a few people do such as Byron Katie.



She doesn't talk about the "Law of Attraction," and yet she still helps people manifest the lives they truly want to live. She uses another word for "Law of Attraction" which is "The Work."

That's what it really is. The Law of Attraction is being in the Present moment while we “work” on bringing our negative thoughts and emotions to the surface and seeing them for what they truly are: illusions. Then with each “revealing” of our deeper self, we align our subconscious and conscious with our true selves.

So yes, the teachers who say we must bring our subconscious and conscious into alignment are right.

Not only that, but I sort of took you in a boomerang direction earlier when I said that the other Universal laws don't require us to transform our subconscious.

While they don't 'require' us to transform our subconscious to see the cause-and-effect results in our lives, we must bring to light any negativity hiding in our subconscious if we want those results to stick permanently.

For example, if we lack the ability to take action (as per the "Law of Action"), it's not because our conscious mind has taken us astray... it's because our Inner Critic has subconsciously caused us to believe that we'll be more comfortable if we don't take action. And even if you're the best action-taker in the world, when the Inner Critic is quietly sabotaging your willpower then you'll rarely finish what you start.



The beauty of universal laws is that as long as we take actions in alignment with the law, we will see the expected outputs. If we act in alignment with the Law of Action, we'll see results in our lives.

Over time, our subconscious is naturally transformed by the consistent habit of taking action, and in this way, we use a simple "input equals output" formula to cleanse our subconscious and improve our lives.

That can be a long slow road. It requires a lot of faith and trial and error, though. It also has a caveat: if you're not taking action in the ways that also expand other qualities of your true self, then even your best efforts (such as taking action) will be sabotaged by your lack of will to "stick with it." In other words, just focusing on affirmations and taking action is rarely enough.

That's why, in my experience, the fastest path to creating our ideal life is to focus on developing very specific qualities of our true selves.

First is inner peace. Then the qualities like strength, courage, and willpower enable us to move forward in life.

With that foundation to stand on, we can focus on qualities like abundance, joy, and gratitude to "raise our vibration" permanently and manifest the inner experiences that are truly fulfilling to us. That's the cake I truly want. The extra stuff is the "icing."



Don't get me wrong... I definitely want and love the icing on cake (especially organic chocolate cake!), just like you would love to experience more financial abundance and even more fulfilling relationships. The difference is that I don't mistake the icing for the cake.

What I want is to experience my true self fully. I can bring that with me and apply it to every aspect of my life.. Stuff will come and go, but my true self is here to stay.

Which brings me back full circle... what is the real "Law of Attraction Hoax?"

It's the suggestion that any of us want to manifest anything other than our truest and most authentic selves.



What if you could simply **CHOOSE**
to feel good on demand?



Anytime you want to?

Anytime something ticks you off...

Or when you wake up on the wrong side of the bed...

When you're stressed...

Or even when something big happens in your life... something tragic, or scary?

Wouldn't it be awesome if you could just snap your fingers and feel okay about it all?

Not necessarily happy... that would be unrealistic, especially if you're dealing with something particularly painful or dramatic...

But what if you could feel okay?

Solid.

Present.

Brave.

Strong.

PEACEFUL.



Being able to feel genuine peace in any situation empowers you to take the best possible course of action...

It allows you to really be there for the people who need you, and to fully embrace the emotions of any experience, without getting lost in them.

If you can feel peace on demand... you are in control of how you experience the world.

And there's nothing more empowering... nothing more inspiring to other people... than when someone is truly in control of their thoughts, emotions, and responses.

Even now, you have the potential be truly feel at peace...

You just need to know how to drop into peace instantly whenever you want to...

And you can discover exactly how to find your peace, in my “Instant Inner Peace” video training.



[Watch This Short Video To Learn More About ‘Instant Inner Peace’](#)



About The Author



In 2006, Chris was faced with seemingly insurmountable relationship challenges.

He looked into spirituality and shortly thereafter attended a program where he delved deep into his consciousness and consequently became a spiritual student for life.

Over the course of several years, he transformed – moment by moment – into the empowering teacher he is today.

At the heart of Chris' teachings is his experience as a software tester. If he can't make it something work for him, he won't teach it. His product management skills enable him to create resources that serve people worldwide. In addition to his professional experience, Chris has a wealth of life experience...

He holds two second-degree black belts in Tae Kwon Do, the US National Champion title, and he placed third at the Super Grands World Games in 1994. Chris has taught martial arts to students of all ages, is a Sundoor Certified Firewalk Instructor, has swum with wild dolphins, traveled to more than a dozen different countries, and is a grateful single full-time father.

All this and more give him a solid foundation to support others on their own journeys of self-discovery.

Frequently described as insightful, engaging, authentic, and inspiring, Chris is also a popular interview guest. Today, Chris reaches hundreds of thousands of people worldwide in over 150 different countries.

