

February 17, 2011

“Greg, I feel compelled to write you this email to simply say Thank You for introducing me to your Brutally Honest Lifestyle Management Program. Our introduction came at the right time in my life. As you are aware I was having a very difficult time dealing with my separation / divorce from my wife of 16 years.(we began dating when we were 15 years old, spent a total of 25 years together) My issues were not only about being separated from a woman who for more than 25 years I trusted, honored, and loved more than I loved life itself, but more importantly I was suffering at the core of my soul from not seeing and interacting with my two wonderful children (Daughter 13, and Son 9) who are my everything and then some!

Prior to our introduction and due to the very negative issues surrounding my separation / divorce I was spiraling quickly out of control and truly did not give a damn about anything. I began drinking excessively, abusing drugs, I let my physical health deteriorate (weight as much as 285), mentally depressed, and I was contemplating suicide just about every minute of the day, I had lost my job, a very good job (\$180,000.00 per year) and had no interest in finding new employment, (unemployment was working just fine for me) in general I found rock bottom and I was doing nothing to improve my situation, just laying around feeling sorry for myself!

Well, as of the moment I write this email my life has completely been transformed and I feel I have achieved very positive results since making your acquaintance and being introduced to “you” and “Brutally Honest”! When you and I had our first “Brutally Honest” conversation in your office and you hit me right between the eyes with the realities of my situation you advised me to go out and purchase your book “Brutally Honest Life Management Journal”. I thought to myself, this guy is out of his tree, I am paying him how much to represent me in my divorce and he is telling me to go out and buy some firkin book? I want a divorce, not a life style transformation! After leaving your office and I had a few hours to digest our conversation, I reflected on it and Honestly, I was intrigued, I needed to somehow get my shit together!.

I purchased “Brutally Honest Life Management Journal” in mid November 2010. I began reading the book immediately and started completing the exercises...prior to completing the 4th chapter I felt a ton of negative emotions coming back to me due to the fact that while reading the first few chapters I was forced to unearth a ton of negative feelings and emotions that had been buried in the back of my mind for some time. At that point I put the book down and basically I was not interested in finishing it! I was once again running from the truth!

A few days had passed and for some reason the thoughts of that damn book would not leave my mind, I thought to myself what are you running from? Maybe if I go back and read a few more chapters and don't complete the exercises at the least I can tell Greg I finished my assignment. Roughly 3 days later I completed reading the book without completing the exercises. At this point, I knew I had to go back

and reread and complete the exercises, other wise I may never get back on track and my life may forever be in this crazy unsettled state.

The next morning I went back, picked up the book and reread it and began completing the exercises in their entirety. It wasn't easy but two days later I had completed the book for a second time including the exercises! This book is very powerful and has truly helped to change my life in so many ways!

I was now committed, dedicated and prepared to weather the storms of life! With my Brutally Honest Tools at hand I felt educated; reenergized, positively motivated, and for the first time in a very long time I was prepared to deal with my inner emotions and the negative interruptions in my life. I was prepared to take on the world with a totally new perspective. I was going to put my life back on track and no one or anything could stand in my way! So as of early December 2010

- *I am more positive about life than I have ever been*
- *I now know that I am fully in control of my own destiny and have proven with the right preparation, confidence, and knowledge I can and have control over where I am going with my life and the lives of those I care about..*
- *I am focused on being a great father to my children as well as working everyday on how to co parent my children in concert with my x-wife.*
- *I am back in the gym every day, eating right and focused on improving my over all physical health.*
- *I Quit Smoking due to your very graphic depiction of how I was hurting my children and myself with every cigarette I smoked.*
- *I finally went to a dentist and had my teeth repaired, for many years I had neglected my dental health and was petrified of going to a dentist.*
- *Regained my leadership skills and have greatly improved my relationship with my friends and family, some how I managed to push away the people who cared for me the most when I was in the downward spiral! I had lost my ability to lead and my mental focus to always be in control!*
- *Lastly I found the energy to draft a very good resume and landed a very good job with in a week of distributing.*

As you know this transformation was not easy and continues to be a work in progress, but the more I practice and live the " Brutally Honest " life style the more it becomes very natural in everything I do!

Thanks Again Greg!

Name Removed