

# HOW TO BE THE BEST YOU

-from A to Z



**Cynthia White**

No Doppelgänger's  
No Doppelgänger's

*In its four parts, **HOW TO BE THE BEST YOU - from A to Z**, teaches the importance of finding your true self, purpose, and passion, offers exercises to train your brain and take control of your thoughts, spotlights six of the most common self-positioned roadblocks that can detour you on your journey (as assistance in questioning what others lurk in the darkness of your acceptance), and lastly, serves up a witty and wise smorgasbord of fun!*

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**Cynthia White**

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I want to dedicate this book to all the readers who have the appetite, hunger, and wherewithal to do the work to become the best you. By doing so, you're making the world a better place. AND, since cyber Bob gulped down the first manuscript, with no backup disk, you're making it worth the rewrite. 😊

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# HOW TO BE THE BEST YOU

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## Introduction

Okay. So...the title says **HOW TO BE THE BEST YOU** ~~from~~ **A** to **Z**. I do begin with an **A**, and I do end with a **Z**. But I didn't mean that I was going to list 26 ways to improve. How tedious! I don't even know you. It's a little passé, and even more elementary, to begin:

Act responsibly

Be courteous

Count your blessings

Don't cuss (a reminder to me)

Express yourself (yawn)

### **NO WAY!**

In the first part, I begin with suggestions, clues, and leads, guiding you to rediscover your heart. I'm not Oprah, and I can't find your heart for you. It's your *mission possible*. These tips successfully helped me on my journey of self-discovery since riding in my chariot. I have found the person and the passion I lost before my car wreck. It hasn't been easy or fast, but it has been rewarding and encouraging becoming the authentic me. Peace, joy, and fulfillment are awaiting you if you choose to enlist in this Soul Search.

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In the second part, you will learn to be the wrangler of your thoughts—culling out the weak, feeding the strong, lassoing the strays, and sheep-dogging the rambler. I believe our thoughts affect **ALL** areas of our life—emotional, mental, physical, and spiritual.

In the third part, I expose six roadblocks that can detour you from participating in your own excellent adventure. No one else should take credit for your success, and no one else should be blamed for any failure. This is your life; you deserve top billing. The roadblocks or states-of-mind are boredom, denial, excuses, laziness, fear and ingratitude.

The fourth part is *light fare*, to keep your Mensa mind and mighty muscles up to snuff in your search and on the path of your soul's purpose and passion. (For fuller, festive meals, you will enjoy the "Homemade Memories" and "Meals on Wheels" chapters in my book, *Views From My Chariot: A Wheelchair Oddity*. Am I shameless? Yes, I am! It's a lively memoir, as well as an invaluable self-help/how-to manual for managing a disability, although it definitely crosses over to the able-bodied on all levels.) You will also learn the importance and power of color in your life.

Ready, set, **GO!**

## Prologue

Let me tell you a story: “There was a little girl who had a little curl, right in the middle of her forehead.” (It’s not exactly a curl; it’s more like a wave if I have a perm. If I don’t have a perm, I wear unintentional bangs.) “And when she was good, she was very, very good, but when she was bad, she was horrid.”

My story changes here to: When she was mad, she was a Warrior. Let me explain:

In July, I told you that my 2nd book was coming **SOON**. I was three-fourths through; I had about one more week of typing to do. As I’ve told you or you’ve read or maybe you haven’t read and I haven’t told you, I type about 8 words a minute, with my middle finger. Five hundred words a day is great for me. It’s a good day. One day, I typed a thousand. I was elated to be ahead of schedule.

I took a break, went to dinner, came back to my office, and opened the file. It was **EMPTY—ZERO** characters!

I clicked here, clicked there, trying to find where it went. Was there an auxiliary file? No. The original file was still titled, but there was nothing in it. Seven thousand words circling Saturn!

Okay, I have lost articles, emails, FB notes before but not of this magnitude. I decided to call my computer guy the next morning. He’d retrieved things before; he could do it again.

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He said, “If the file remains with no content, it can’t be retrieved.”

I was sick; I was literally nauseous. I thought I would vomit. Instead, I cried. After a short cry (I don’t indulge in pity parties), I enjoyed my morning indulgence, espresso, then went to wash my face and apply make-up.

I decided on black eyeliner. After lining my eyes, I thought, “I feel like black eyeshadow.” I’ve never been Goth but today, this felt right!

### **I DECLARED WAR!**

I blackened my eyelids. I hand-painted God’s zigzag lightning rod on my right cheek and on my left cheek. I drew a cross (the blood of Jesus) between my eyebrows, three interconnecting circles (Father, Son, and Holy Ghost) on my chin, and symmetrical arches (my angel’s protection) on my jaws.

Because this book is for **YOU**, my faithful readers, this mad warrior put her head down, fists up, and middle finger poised. Threatening the enemy, **I DECLARED VICTORY** to complete this book!

I believe, “To everything there is a season, A time for every purpose under heaven:” (Ecclesiastes 3:1) It was, “A time for war,” (Ecclesiastes 3:8).

I warred for you.

Here’s my laurel wreath.



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