

Mazel Tov!

Posted by DovInIsrael - 01 Feb 2011 23:40

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I have not posted for awhile..

I've been working on the 12th step - and doing one on ones...down in the trenches with the guys.

deep into the front lines with the guys.

started a new launch on Tuesdays (2:30 eastern time) - a new way to look at why we do the things we do.

a combination of 12 steps, life coaching, cognitive research on what is happening in the brain to cause us to act out, chaz"l, combined with some tasty morsels of my general mind-babble.

a true hitch-hikers guide to addictions.

Every thing you never wanted to know about you and your addiction.

but the Mazel Tov comes because last week, after many years of isolation, self-pity, etc which have been holding me hostage in the deep dark reaches of my mind.. always avoiding anything even closely resembling the spot light because that ever nagging thought of BEING FOUND OUT was always there... last week, I came out of hiding and co-hosted a professional social networking group, and accepted an invitation to be the main speaker!

and even met a venture capitalist who might be interested in one of my projects.

so what changed?

surely the 12-steps were a BIG help... but things really started to improve the moment I decided to improve.

and rather than focusing on all the "bad" which was happening in my life, I made a conscious effort to focus on the good which was happening.

I wish I would have taken these steps a long time ago... so much wasted time, energy, money, lost relationships

I felt like I was being held hostage!

but nobody ever told me I was also the one holding the keys!

Now that I am FREE, I can see I was so DUMB... maybe that is why they call it: FREE-DUMB (Freedom) !!

So here's a L'chaim to YOUR FREEDOM! May you be blessed to enjoy it, in all of its glory!

a humbled and grateful

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