

## **TOUGH TIMES DON'T LAST TOUGH PEOPLE DO- R. SCHULLER**

*This book abstract is intended to provide just a glimpse of this wonderful book with the hope that you may like to read the original book at leisure and enjoy its real beauty.*

### **PREFACE**

Lord, give me the guidance to know when to hold on and when to let go and the grace to make the right decision with dignity.

This book will provoke you to tough action : a) To hold on until light breaks, the tide turns, and the time changes for the better; to tenaciously dig in and bloom where you are planted; to inspire people with your cheerful attitude while you are going through such obviously difficult times. b) This book will inspire you to take action to make a daring move; to make a transition. Now you may need to absorb the spills and learn new skills. This book will get you started on the path of success once again.

### **Part I**

Tough Times Never Last...

Everybody was fixing the blame-nobody was fixing the problem. No one could deny that the country had problems. But the biggest problem we had was our negative attitude toward the problem fuelled by society and media.

The most effective speech is not a sermon but a witness. If you don't have any advice to give, you can always share your story.

My father told me "People who never take a chance never get ahead."

Through toughest times, my father never got angry, and he never missed praying before meals. The only thing during drought he did was to pray.

Nobody is a failure if he dares to try something worthwhile.

Great people are ordinary people with extraordinary amounts of determination.

During devastation due to hurricane, he had faith with hanging on power. He did not give up.

But Tough People Do!

Knute Rockne said :” When going gets tough, the tough get going.

The principles of possibility thinking inspired Mary Martin accept loss of her husband nine years ago. Then I lost my voice and was unable to sing. Then one morning a possibility thinking message inspired me to regain health. My singing voice returned.

Open your mind to God. Ideas will flow in. one of these will be idea that God means for you to grab hold of.

The secret of success is to find a need and fill it. To test an idea whether it will be successful or not is by asking following four questions.

1. Is it practical and will it fill a vital human need?
2. Can it be done beautifully
3. Can it be done differently to stand out?
4. Can it receive the stamp of excellence?

Franklin D. Roosevelt: All we have to fear is fear itself.

Desire, dedication and determination are important for success. Turn millstone into a milestone.

During tough time your faith becomes real.

It is not how you walk that counts, but who walks with you and who you walk with.

It's impossible to fail totally if you dare to try.

What makes a person survive and thrive? Why are some people tough enough to win over the tough times? We have to have hard-core principles that will work, which are tried, tested and proven.

Many of you do not have time, resources and energies to experiment. You have to be assured that the next thing you will try will not be some wild and reckless whim.

Possibility thinking has helped countless people to survive really tough times. Sure, you have problems. They will be the worst you have faced. No matter how bad the situation is, it could always be worse. Put your problem in a proper perspective. Stop making a mountain out of a mole hill. Everybody has problems. It is not necessary to have solution to all problems.

## **Part II**

Here Is How You Can Be Tough Too!

Put Your Problem in Proper Perspective

1. Every living human being has problems. Young, old, employed, unemployed, successful. Non striver, striver, arriver all have problems.
2. Every problem has a limited life span
3. Every problem holds positive possibilities. It is the glory of God to conceal things. One man's problems are other's opportunities. Hospitals exist because of sick people.
4. Every problem will change you. Get fired before you are fired.
5. You can choose what your problem will do to you. You can't control the times, but you can control the response.
6. There is a negative and a positive reaction to a problem. When you can't solve a problem, manage it. Survivors manage it creatively.

Twelve Principles for Managing Problems Positively

1. Don't Underestimate

Don't underestimate the problem or your potential power to cope with it creatively!  
Many problems are never resolved or managed effectively because they are not taken seriously enough.

2. Don't exaggerate
3. Don't wait

Problem will not solve itself. Right now, understand that you alone are personally responsible for managing your own problem. If you expect otherwise, you will be disappointed, cynical and bitter.

Don't feel sorry for yourself. Self-pity will only lead you into hell on earth.

Apply IDPE method: Identify problems, predict what might happen, decide how to respond or react, execute your response decisively and forthrightly.

4. Don't aggravate by thinking negatively.
5. Illuminate : Get smart and smarter
6. Motivate

When you consider all positive possibilities, you will be motivated to positive action.

"It takes guts to leave the ruts." "You have got to separate yourself from the crowd."

7. Bait
8. Date: Go out and search
9. Sublimate: Every problem is loaded with possibilities
10. Dedicate :Give your best
11. Communicate: Get help. Ask for help. Keep ego or inferiority complex aside
12. Insulate: Insulate yourself from -ve forces. But don't isolate yourself. Refrain from using -ve phrases in conversation.

Take Charge and Take Control

Put your problem in a proper perspective: Realistic, practical: Six Principles

- a) **Everyone has problems (i)Striver (ii)Non Striver (iii) Achiever/Arriver The non striver has max prob due to -ve attitude.**
- b) **Every problem has a ltd life span: Life has peaks and valleys**
- c) Every problem holds positive possibilities. One man's problems are other person's opportunities.
- d) **Every problem will change you. Get fired before you are fired.**
- e) **You can decide what your problem will do to you. You can't control times/problems, but you can compose response. Bitter or better, tender or tough. Choice is yours.**
- f) **Negative(shame, embarrassment) and positive(joy, pride) response to a problem.**

Twelve Principles of managing Problems Positively

1. **Don't underestimate**
2. **Don't exaggerate. Play it down and pray it up. Most people lose battle due to fear of failure. Try, Start, Begin-You have already won 1<sup>st</sup> round.**

3. **Don't wait for help from someone else.**
4. **Don't aggravate. Hatred, anger, self pity, jealousy, cynicism, aggravate a problem a problem. Don't blame others.**
5. **Illuminate. IOPE Tech. Identify prob, predict effect, Decide action, Execute plan.**
6. **Motivate. Think about possibilities/opportunities.**
7. **Bait. Think about max relevant opportunities**
8. **Date. Survey what suits you.**
9. **Sublimate. Every time a door closes, some others open. Every adversity has unexplored possibility.**
10. **Dedicate. Give the problem all you have got. Remain enthusiastic about life even when life seems empty. Doors open to enthusiastic person first.**
11. **Communicate. Seek help. Keep pride away. Depressed persons find it most difficult to say that 'I need help'. Communicate with God. Be brutally frank. Ask advice.**
12. **Insulate. Insulate yourself from -ve forces and persons.**

**Take Charge and Take Control.**

**Failure:**

1. **It does not mean you don't have it. It means you have to do it in a different way.**
2. **It doesn't mean you should give up. It means you should try harder.**
3. **It doesn't mean you will never make it. It means it will take a little longer.**
4. **It doesn't mean God has abandoned you. It means He has other ideas.**
5. **When something catastrophic is threatening, don't do anything. Just meditate.**

**CREATIVE THINKING**

1. **After meditation and prayers, think and write down all possibilities/ideas, without evaluation(possible, impossible, foolish). Then examine each one carefully.**
2. **Greatness depends on your respect for positive ideas.**
3. **Shed -ve self image. Stimulate self respect. Every person is creative, but most people don't believe in their creativity.**

**Importance of Living In the Present Moment: There will never be another now, make the most of this moment.**

**Importance of Unique You: There will never be another me. I will make the most of myself.**

**To Revive a dying patient: Think life, talk life, pray life. Patient's conscious/subconscious mind gets messages.**

**To revive a unhappy/sad person: Think happiness, talk happiness, pray for happiness.**

**DON'T QUIT- Edger A Guest**

**When things go wrong, as they sometimes will,**

**When the road you are trudging seems all uphill,**

**When the funds are low and debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest, if you must-but don't you quit!  
Life is queer with its twists and turns,  
As everyone sometimes learns,  
And many a failures turns about,  
When he might have won had he stuck it out;  
Don't give up, though the pace seems slow-  
You might succeed with another blow,  
Success is failure turned inside out,  
The silver tint of clouds of doubt,  
And you can never tell how close you are,  
It may be near, when it seems afar,  
So stick to the fight when you are hardest hit,  
It's when things get worse that you mustn't quit.**

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Don't trust clouds, trust the sunshine. Don't set compass by the flash of lightning, set it by the stars. Trust the sun, don't trust the shadows. Believe in your dreams, don't believe in despairing thoughts. Have faith in your faith and doubt your doubts. Trust in your hopes, never trust your hurts.

**Shakspere on Goals: Most our goals in life are like needles in haystacks. You shall seek all day until you find them, and when you find them they are not worth the search.**

**Too often our goals arise from our defective value system.**