

# CHANGE YOUR LIFE, START RIGHT NOW

A BLUEPRINT TO TRANSFORM YOUR LIFE

GERRY MCCANN

"THE MERRY MONK"

McCann Publishing  
England

Copyright © 2013 Gerry McCann

All rights reserved. No part of this publication may be reproduced, distributed or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, contact Sue McCann at [www.selfhelpforyoursuccess.com](http://www.selfhelpforyoursuccess.com)

McCann Publishing,  
England

Book Layout © 2013 BookDesignTemplates.com  
Change Your Life, Start Right Now/Gerry McCann 1st Ed.

Gerry McCann  
[www.selfhelpforyoursuccess.com](http://www.selfhelpforyoursuccess.com)

The right of Gerry McCann to be identified as the author of this work has been asserted by him in accordance with the Copyright, Designs and Patents Act 1988.

The intent of the author is not to offer advice but simply to share information and personal experience to help you to develop your potential. However the author and publisher do not assume any responsibility for your own actions.

## DEDICATION

*“No one has greater love than this, to lay down one’s life for one’s friends.” (John 15:13)*

I always started with this bible quotation when I told the awe-inspiring story of Maximilian Kolbe. To my mind, that quotation summed up the man, and said it all. He was a Polish Catholic priest and Franciscan Friar. Throughout my life he has been my inspiration and role model. This book is dedicated to his unfading memory. He perished in 1941, under truly appalling circumstances, in a World War II starvation bunker, in the Concentration Camp at Auschwitz.

He was just 47 years old. He freely volunteered to die in place of a fellow prisoner, family man Francis Gajowniczek, a man he didn’t even know. Years later I had the honor and privilege of meeting this man Francis in Rome, as we celebrated the beatification of the now “Blessed” Maximilian.

Maximilian Kolbe has inspired millions of people, and has been declared a Saint by the church. His whole life was an extraordinary song of love and commitment: a perfect illustration, and shining example, of what this book teaches:

*With love, firm resolve, wisdom and perseverance anyone, in their own unique way, can achieve greatness, and scale the heights of human love and kindness.*

I also dedicate this book to all of you who are following your own path to human greatness. May you find value, help and inspiration in what I have written.

Thank you,

Gerry McCann, 2013

## **TABLE OF CONTENTS**

Is this book for you?	v
Why I wrote this book	ix
Acknowledgements	xiii
Part One: How to claim your freedom and create the life you desire	1
Chapter 1 Unless you do this, your life will never be your own	5
Chapter 2 Discover the infinite depths within your heart and mind	23
Part Two: Your interior journey – how to discover and create the real you	45
Chapter 3 Do this and you'll galvanize your life	51
Chapter 4 As captain of your ship, avoid the sandbanks	77
Chapter 5 Essential boot camp to confront your 'ghosts'	89
Chapter 6 Happiness through the pursuit of excellence	113
Chapter 7 From raw recruit to seasoned veteran – character building	132
Chapter 8 The sparkling gem that enriches your mind	147
Part Three How to change your world	157
Chapter 9 When dull routine is not enough	161
Chapter 10 Major expeditions demand meticulous planning	183
Chapter 11 Transform tomorrow today	198
Chapter 12 Why stay in the 'wings'? The stage is yours – now own it	209
Chapter 13 A pet dog is not just for Christmas	218
Author's Biography	230

## **ACKNOWLEDGEMENTS**

I thank my wife Sue, the Co-creator and first editor of this book, for the countless hours she has dedicated with me to the seemingly endless process of writing, from first draft to the final text.

I would also like to thank the many other good friends and experts, who have helped with reviews, comments and suggestions, in particular Michael Heath, Matt Ferguson, Nicola Barry and Helen Connelly.

I must also thank the untold thousands of people in my life who have helped me in ways they will never even know. Then there is the even greater number of outstanding and heroic men and women throughout history, whose lives, deeds and writings have left us an imperishable legacy of wisdom and love. All of us, indeed, simply “stand on the shoulders of the giants” who have gone before us. They have tilled the land and planted the seed. We have just collected the fruit of their labors.

God bless them all.