



“Jack the Lizard”™

Overcoming obstacles in spite of fear and stress!

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Foreword

I'm very glad that you're taking the time to read this wonderful story about overcoming obstacles in your life in spite of stress. Even though I have not met you, I just know that you must have faced several challenges and will most probably face many more in the years to come.

You probably even feel that if only you had peace and tranquility, you'd be happy. But, if you're honest with yourself, does this really make sense? I mean, have you ever really been trouble free? And, do you know of anyone who is has never experienced pain? Sure, there may be times when all is well, even very well, but, does it really last?

The reality is that life IS supposed to have ups and downs. That's just the way it is. Look around you, nature is full of dichotomies: male and female; night and day; up and down; positive and negative; pain and pleasure; etc.

With this in mind, you'd agree with me that expecting a perfect stress-free life is as logical



as expecting the Democrats to agree with the Republicans. But seriously now, since you are always going to face problems, wouldn't you like to feel happy in spite of them? If you KNOW bad times ARE part of life, why not anticipate them and use them to enhance our good times? That is precisely the focus of this book.

The main character, Jack, is really YOU or anyone who "falls into a hole" or experiences a difficulty. His experience will teach you how to use your mind differently so that you can get the results you want, in stead of letting the fear of being hurt during the bad times stop you.

This book is intended for all ages. It's been written in such a simple language that anyone can understand. I do have a favor to ask of you, though: once you've seen how effective this process is, teach it to your kids, spouse, friends and co-workers so that they too can learn to focus their minds and take action in spite of fear.

I wish you the best of luck,

Mike Angulo
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Chapter 1: **THE JOURNEY**

Jack, the lizard, and his two reptile friends, Tom and Steve, want to get the best apple pie in the world and have decided to travel to their town's next festival 5 days before it starts to make sure they get it.

Jack is mentally strong and positive, Tom could care less about anything and Steve is highly pessimistic under stress.

They walk all day the first day while thinking about how much fun they'll have at the festival. Unfortunately, that night, they take a shortcut through an old rarely used trail and fall into a hole.

They find themselves in a deep, black, dirty hole, without food or drink and no possibility of help.

There are roots that fall from the surface to about 1/3 down the depth of the hole, but are unreachable from the bottom. The walls are made of soft loose sand which prevents them from climbing up. They can see the sky above them and can get enough air, but would be in real trouble if it happened to rain.

At first, all three lizards got stressed by focusing on their dilemma. But, even though Jack was afraid about what could happen to them, he started to think about how to escape.