

HOW TO GET A BIGGER BITE

out of life!
By George Faddoul

HELLO, and welcome, as we share the next few hours together exploring “How To Get a Bigger Bite Out of Life”, I’d like you to imagine that we are together “one on one”, and that I am talking to you personally.

Here’s a bold claim for you...

“When you read this little book, you will gain the power and the knowledge necessary to change your entire life for the better, and forever.”

Read this booklet one step at a time, and with every step, with every chapter, you will find secrets that your “Quit Cigarettes in 60 minutes Specialist” used to help you become a non-smoker.

By reading and assimilating this book one step at a time, you will truly learn the secrets to: How to Get a Bigger Bite Out of Life, which in turn will help you make huge improvements in all areas of your life... You will also realize your own potential, and you will be empowering yourself to be able to do it by yourself, for yourself.

Ok... Let’s get started.

How will you get the best out of reading this book, or reading any other book, or taking any other training, seminar or lectures?

1) First of all **take notes**. Experts tell us that we only remember 10% of what we hear, 10 minutes after we hear it, so it’s not a very good statistic. Now I know some of you might say, well I’m not a note taking person. Well for the purposes of this book; I’d like you to take notes. Even if it is only one word at a time so you can always revisit your

HOW TO GET THE MOST OUT OF THIS BOOK

- 1) **Notes**
- 2) **Spy**
- 3) **Listen**
- 4) **Excellence**

thoughts later, just to refresh your memory. You can underline sections; you can fold the top of the page, you can write in this book, you can do anything you like. Ok so take notes.

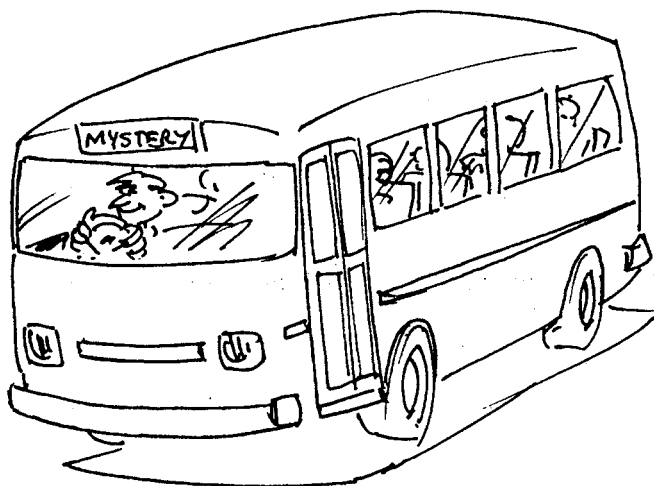
2) The second thing you can do is pretend to **be a spy**. Someone has sent you here to find out what in the name of heaven is this George Faddoul all about, so you're here now, as a spy, your ears are wide open, everything is happening, all your body, all your neurology is working, and you're taking it all in. You are going to go back home and you're actually going to write a report on this book for someone else to read, so you're getting as much as you can out of it, and when you go back home, or to work or wherever you're going back to, you'll be telling your sister or your brother or your friends at work what it is that you've discovered here. The same goes for lectures or any other seminar, if you go to a live training. For example, just pretend that you're going to teach the seminar yourself when you go back to work, and that way you'll get the most out of it.

3) The next thing to do is to **listen**. Now according to neuro-psychology, we are told that we are bombarded by about 2,000,000 bits of information, that are attacking us at any one time.... 2,000,000 from all over the place. And experts also tell us that at any one time we can only handle the magic number: $7 + \text{or} - 2$ things at any one time... **So listening is actually an art.**

2,000,000

$7 +/- 2$

Well just to start off I'm going to tell you a little story and you're going to need your pen and your paper because I'm going to ask you a question at the end of the story.



I want you to pretend that you are the driver of a bus, and you're going to leave the terminal, you'll be making a few stops and I'll tell you about them. You're going to be driving a certain amount of kilometers and you will be picking up a certain number of passengers. Now every passenger pays \$2 regardless of which stop you pick them up from. Ready? Ok, you take off, you drive 4kms to the first stop, you pick up 5 passengers, you travel 3kms to the second stop and pick up 6 passengers, you go another 3kms to the third stop, you pick up 4 passengers, drive another 2kms and that is the end of the journey. Now I'm going to ask you a question. And the question is; what is the colour of the driver's eyes...



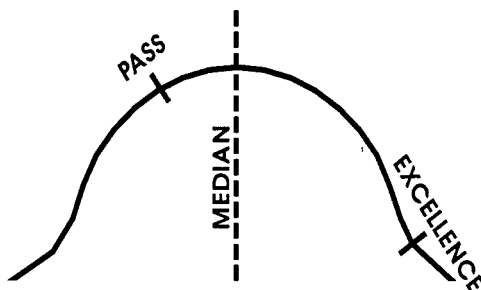
Now if you asked 100 people, you'll find that only one or two would know the answer. If you knew the answer, you would also know his hobbies and everything else because what I said was imagine YOU are the driver, YOU drive the bus, etc...

Now, if the 2,000,000 bits coming in, and the 7 ± 2 chunks that we can handle are true, and they are, then the real point of the matter is that during the next few hours, I'd rather be in the 7 ± 2 section, rather than in the 2,000,000 bits section Ok.

4) GO FOR EXCELLENCE. On a bell curve going for excellence will look something like this...

Now normally what people do is they concentrate on just getting a pass and are forever looking up hill, it is always a battle. What you have to do is go for excellence,

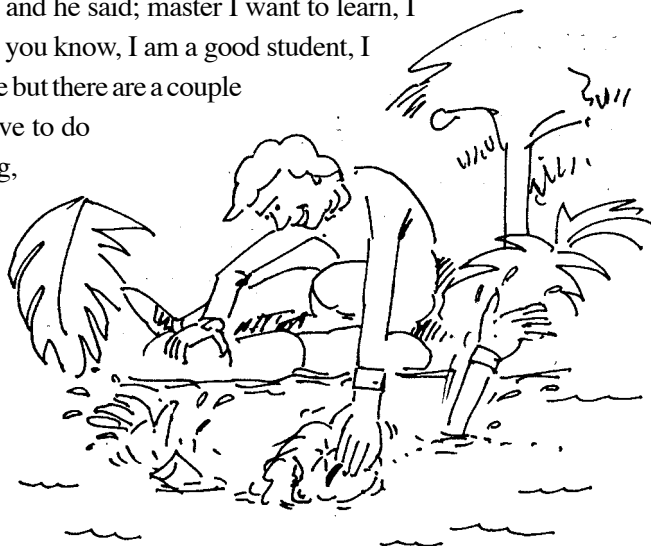
You're going to learn everything here in this book, everything is going to seem clearer by the end of the book, everything is going to integrate into your neurology. See the difference between a pass and excellence, is only a very small amount of extra work and everything else is downhill. So always go for excellence.



INTRODUCTION

Now then, here is another little story for you. Scholars have found difficult to attribute to anyone in particular, they thought it might have come from the Socratic era but they also say it might be from the Zen masters.

A student went to see the master and he said; master I want to learn, I want you to teach me everything you know, I am a good student, I want to learn. The master said sure but there are a couple of things that you're going to have to do first. The student said anything, what ever you want, I'll do. Master said fine, the first thing you're going to have to do is to listen, so the student said sure, listening is a cinch, no problems at all. The Master then said, the next thing apart from listening, you're going to have to show willingness to do the things you've actually heard then the student said sure



no problems at all. Ok, so the Master replied; OK I need a bit of proof come with me. They went walking down to the river and the Master took the student all the way into the river, with the water now running up to his neck, then the Master went "whoosh" and pushed the student's head under the water - held him there for a little while. Now I guess the student must have thought, this is a little joke here, I mean this guy is going to let me go in a minute. Anyway a few seconds later the student tried to get up and the master kept him down, another few seconds and the guy tried again and the Master kept him down, another 10 seconds, the student propelled himself out of the water, and 'hhuurr' took a deep breath, and turned to the Master & asked; Master why did you do this, I've come to you to learn, why did you do this to me? And the Master said; Son, if you're willing to learn as much as you were willing to breathe just then, you're ready to start.

So the point is, are you ready to start? Ok in that case... Let's start.

Lets take a journey of 100 people all aged 25, equal in health and wealth and see what the Bureau of Statistics says will happen by age 65.

Wealthy
1%



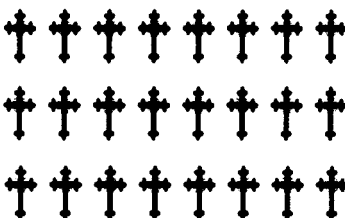
Financially
Independent
5%



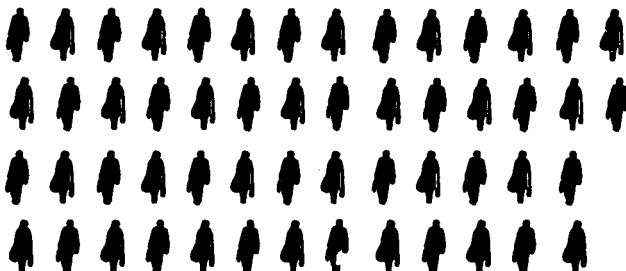
Still Working
(have to)
16%



Dead
24%



Dependant on
Welfare or Charity
54%



**Lets take a journey of 100 people all aged 25,
equal in health and wealth and see what the
Bureau of Statistics says will happen by age 65.**

Wealthy



Financially
Independent



Still Working
(have to)



Dead



Dependant on
Welfare or Charity



I just want you to look at the Australian Bureau of Statistics chart. What they've done is that they've surveyed 100 people at age: 25, and they followed their progress at age 65 to find out what had actually happened to these people.

Now as you can see, 54 of them were still dependant on welfare or charity, 24 were dead, 16 still having to work, 5 financially independent, and 1 wealthy. Now the reason why I want you to be aware of this chart, is not to judge, we all have friends, relatives, we all have lots of people that we know and love dearly in the lower section of the chart. They're lovely people hard workers, solid citizens, so we are not here in judgment. The reason why the chart is here is so that you can decide where you might want to be at age 65. That's the only reason why this chart is here. So it's not a judgment, it's just a question. Where do you want to be at age 65? It's a decision that only you can make.

OUTCOME

Now the things that we're going to talk about in this book, will take you one step at a time, all the way up the pyramid. Now what I'd like you to do before we get started is take a minute to write down your outcome for reading this book. I'm here to share some stories with you; I'm here to share some laws and principles that actually work to get a bigger bite out of life. So go ahead and write down an outcome for you for reading this booklet, and maybe something you want to change in your life.

If there is something you want to change, just write it down,

Remember this is your own personal book. Your own personal journey.

Take the time now to put your thoughts on paper.