

**“Do You Have The Wisdom And Courage To Knock
On The Door That Will Get You Into A Room Where
Your Life Will Be Forever Changed For The Better
Because Finally Someone Is Going To
Demand That You Stop Laying On
The Ropes And That You Do
Your Best In Every Area
Of Your Life?”**

- **How would you like to be a charter member of a very unique group that will stretch you like no other?**
- **How would you like to receive deep and strategic solutions to your problems from a renowned expert who really cares?**
- **Even if you are doing quite well, how would you like more magic in your life?**

September 20, 2008

From the desk of Bob Beverley

THE M GROUP

We are all works in progress and I can well imagine that, like the rest of us, you have areas of your life where you are dissatisfied. I haven't met anyone who has the perfect life - and so as you look around at the details of your life, **what's hurting you? What is seriously dragging you down? Where do you need to radically improve your life?**

You don't need to tell me the answer - not just yet - but below are a few questions to get you started. Begin to think about them because in a few minutes I am going to **reveal a rare three-part formula for peace and success** that no one dares tell you. If you seriously ponder these questions, then it will be easy for you to understand the rare formula:

- ✧ Deep down, **how satisfied are you with you** in terms of how you have been living your life?
- ✧ How satisfied are you with your significant other?
- ✧ If you don't have a significant other, are you enjoying your single life?
- ✧ If you want a partner, do you have the courage to look for one and **to believe that you are worth finding?**
- ✧ How are your finances? Can you face off with the details?
- ✧ Do you love your job and have the career you dreamed of?
- ✧ How is your weight and have you been acquainted lately with your gym?
- ✧ What gives with the clutter in your house or, if everything is neat and tidy, how are you doing with relaxation and reading and time-off - or do you **get everything done and then fall on the bed exhausted, only to do the same thin over again the next day?**
- ✧ Do you have a deep and rich sexual life? Can you at all talk about it—even to your self?
- ✧ Is your spiritual life authentic and healthy?
- ✧ Are you keeping up with your friends and relatives?
- ✧ Are you giving away too much of your time to others?
- ✧ Are you helping enough people?
- ✧ Are you way too busy? What's that about? Is the same man with a gun chasing you too?
- ✧ **I'm sure you agree that it's amazing how hard it is just to do ordinary life** (forget for the moment about being Michael Phelps.) We need all the help we can get with all of the above. In fact,

MAYBE YOU ARE IN DESPAIR... as you

think back to your New Year's resolutions where you meant well, but the full flood of life diluted your energy and, well, if something doesn't give, you'll be having to make the same resolutions in three months time! **Aren't you sick and tired of not having the life you (quietly, secretly) desire with all your heart?**

And, worse yet, have you actually given up on yourself and are no longer really attempting to fix the things that still need fixing?

If that is the case, then THE M GROUP is for you, and you'll understand why in a minute, but in the meantime, trust me that it will not be a group where you hear "just let it go" or "don't let that get to you" or "just do it" (you can put the word "just" before anything).

MAYBE YOU ARE CONFUSED....

These days there are millions of people who are confused and overwhelmed by what a Harvard professor called “IN OVER OUR HEADS: THE MENTAL DEMANDS OF ADULT LIFE” (great book title.) **Are you confused and overwhelmed** by all the options, priorities, emails, books, magazines, seminars, reverends, democrats, republicans and gurus who tell you to go in so many different directions?

Do you have trouble hearing and following your own voice? I imagine the answer is “yes” because our inner worlds are more confusing than the external world with all its diverse and opposing forces. **How can we truly figure out what we really want to do when there are so many choices?** It’s no wonder that anxiety and depression are at an all time high and, some days, we all feel like putting the pillow over our heads and tuning way out.

In fact, you may be so tuned out that you are feeling lonely and misunderstood and “not known” by anyone and you may really be feeling the meaninglessness of life the older you get. What’s it all about? I certainly meet many people who feel that their life does not have significant impact. **We all long for the thrill of feeling that our lives are significant and yet we are, as a recent book suggests, “bowling alone.”**

Are you lonely? Do you want to be really, really known? Do you want to know other people and help them in a deep and meaningful way?

If you want to be clearer about your life, and be less lonely and have more impact, then THE M GROUP is for you because **hearing and helping others and being heard at a deep level yourself is what brings clarity to our life.**

MAYBE YOU ARE DOING QUITE WELL....

BUT....

you can go further and deeper because you are just coasting and surviving and no longer dreaming the big, bold dreams that were the hallmark of your youth. This leads to the question that takes the biggest courage: just between you and me, **what are your secret dreams and desires that you hardly dare tell even yourself, let alone think that you can make happen?**

What do you really, really want to do, but are too scared to do?

Maybe you want to be as fit as Michael Phelps, or write a book, or move to one of the Islands, or divorce your partner? Maybe you long to renounce your faith, or get rid of the annoying people in your life, or find a partner? Maybe you want to explore your spirituality in a fresh and candid way? Whatever it is, you need to know what it is - and so do others because we need all the help we can get, especially with the scary stuff like admitting and pursuing our secret dreams.

Maybe you are living quite poorly; maybe you are living quite well. Chances are your life is a mixture. THE M GROUP is for all kinds of people, except for the people who want to still lay on the ropes and blame everyone else. And it's not for the selfish who won't seriously engage with and help others in the group.

THE M GROUP is for people smart enough to know (OR WILLING TO LEARN) that every area of your life affects your ability to be happy, peaceful, wise and wealthy. And that brings us to the

3 PART RARE FORMULA FOR PEACE & SUCCESS

#1 OVER-ALL QUALITY OF LIFE.

This is the rare formula that no one wants to admit: to achieve success you have to perform your very best in every aspect of your life - and you especially have to go for your wild dreams. Otherwise, you will be living the common life of daily deep regret.

And I do not want that reality for you. This is why I wanted you to think about every area of your life. (By the way, the reason that no guru wants to admit that success comes from fixing almost every area of your life is because it is then harder (and should be impossible) to promote the “easy answer” and “the simple, immediate, over-night solutions to your problems” that we all crave. And, of course, if success comes from fixing every area of your life, then a lot of gurus would have to be a lot more humble.)

#2 HUMILITY AND AN OVER-ALL ASSESSMENT OF OUR LIFE

Ok, now we've *all* got to be a little humble in our journey together. We know that no one is perfect and none of us are going to actually perform our very best in every area of our life all day, every day. That's UNATTAINABLE, on this planet.

And some areas of our lives we may not actually care about enough to improve or it may be impossible to improve—but we have to deliberately and consciously decide these things, otherwise we walk around crushed by a vague sense of guilt and failure.

But hey, let's be honest and humble - we know **we'll be a lot more successful if we aim higher and demand more from ourselves in most areas of our lives.** Our real problem

is too much mediocrity and letting ourselves off the hook with all our excuses, procrastination, and self-justifications.

So, read it again: to achieve success you have to perform your very best in (almost) every aspect of your life, and you have to realistically and humbly assess your wishes, expectations and performance, OTHERWISE you are doomed to failure because of unrealistic expectations, unclear standards and grandiose fantasies.

#3: AN OVER-ALL AWARENESS OF THE DIFFICULTIES AHEAD

To accomplish all this will be one of the most difficult things you will ever do. Why is this so difficult, especially when so many people promise it is easy and talk as if they have their acts totally together?

It's so difficult because fear stops us in our tracks.

It's so difficult because our early years may have robbed us of our confidence, blinded us to our beauty, and seriously slowed our progress. "Who do you think you are?" is the condemning reality and voice from our childhood.

It's so difficult because we are all blind to our own weaknesses and faults—and blind to the solutions.

It's so difficult because most of us have too much to do and the "system" we are in keeps us doing the same things.

It's so difficult because all of us are real "works in progress" in certain areas and our repeated failures to, say, lose weight or save money or have a better marriage or write a book have filled us with the despair that doesn't even let us begin to make our life better.

You know how you can be on your cell phone and, all of a sudden, the call is dropped because it is slashed by a bad signal. Despair works the same way—it slashes our forward motion in a heartbeat.

If you doubt me that leading your best life is hard, very hard, then consider this: recent studies have shown that **even if people are told by a medical doctor that they will die if they don't change their lifestyle, only 10% of people can change their lifestyles and live?** But if the same group of people with the same condition is given massive support and structure, scientists found that 83% of people changed their old ways and found new pathways to life.

And this assessment of difficulty is perhaps the rarest part of my 3 part rare formula for peace and success—because who wants to not be able to promise the moon for small effort in the land of The Secret?

With all this in mind, it is time to ask you again:

DO YOU HAVE THE WISDOM AND COURAGE TO KNOCK ON THE DOOR THAT WILL GET YOU INTO A ROOM WHERE YOUR LIFE WILL BE FOREVER CHANGED FOR THE BETTER BECAUSE FINALLY SOMEONE IS GOING TO DEMAND THAT YOU STOP LAYING ON THE ROPES AND THAT YOU DO YOUR BEST IN EVERY AREA OF LIFE?

Who is going to demand that you do your best? Of course, it's you - and we will hold your feet to the fire too. We'll be following William James' advice:

TO CHANGE ONE'S LIFE

1. Start Immediately.
2. Do It Flamboyantly
3. No Exceptions

THE INVITATION

If you believe you're ready for such a serious commitment, I invite you to join an elite large-minded group of people who also want to change their lives.

The group is called THE M GROUP and the M stands for MY because you matter and it's high time you knocked on the door that will get you into a room where

IT'S MY TURN to DO MY BEST in the EMOTIONAL, PHYSICAL, MATERIAL AND SPIRITUAL SUCCESS M GROUP.

This exclusive group is unlike any other because it will be about everything in your life!

The M GROUP will be a life-changing experience. It will require commitment, courage, candor, receptivity, confidentiality, time, energy, thought, and some pain - but all that will bring you a great reward: **the reward of making your life what you want it to be.**

Are you sick and tired of not achieving your life's goals, year in and year out? Do you live in quiet despair because you are unable to achieve the success you've always dreamed of? Are you ready to try something different, real, and *truly achievable*? Are you ready for a room with some magic in it (more on the magic in a minute)?

If you are ready to make the serious change you know you need, then the M Group is here.

THE LEADER

Growth happens through competent, wise leadership. We change when someone holds us accountable. We grow further when we are heard, affirmed, and supported. This all

happens in the M Group and it happens to EACH participant, because The M GROUP is highly focused, intensive and specific in addressing the needs of each person in the room.

During my career as a psychotherapist, I've provided over 30,000 hours of therapy and counseling to individuals from every walk of life. With my undivided attention, you will piece together your life like never before.

With my vast experience, I will listen to your story. I will help you connect the dots in your history and **discover the deep obstacles to your growth**. I will offer you strategic feedback and advice so you can achieve your goals in every area of your life.

Here is what a world-renowned expert on persuasion had to say about me:

"Bob Beverley understands human nature and what really matters to you and me better than anyone I know. He has the ability to take your difficult, sad or tough day and cause you to find a ray of light inside yourselves when it seems there might only be darkness."

[Kevin Hogan](#), Author of *The 12 Factors of Business Success*

There's one thing about myself that I want to share. For reasons that I won't go into now, I have a lot of compassion and respect for human beings. **One thing that this group will not be** - it won't be a group where I "act" like I care about you as an individual yet you get lost in a vast web of auto-responder cyberspace, generic mailings, mass marketing, impersonal voicemail, and so on and so on.

The M group is about you as the center and about making your life better. You will get my utmost attention and massive feedback and a goldmine of wisdom and information.

The M Group will offer you:

- ❖ Thorough understanding
- ❖ Honor and respect for your strengths and triumphs
- ❖ Recognition of the time and courage it takes to conquer our oh-so- powerful fears and despair
- ❖ Accountability for the dreams and goals you've identified
- ❖ Practical tools and surprising options that will help you stretch and get out of the box you are in.

This process **will begin with you filling out a 30 page evaluation of every area of your life** and candidly assessing your strengths and weaknesses. I will read this document with a fine-tooth comb before we meet. This, like every moment with me and the M group, will be completely confidential and there will be a Confidentiality Code included in your first mailing.

THE LOCATION & THE MAGIC

Our meetings will be held in the beautiful Mid-Hudson Valley of New York State (less than 2 hours from New York City) at the historic Mohonk Mountain House in New Paltz - a magical place that more than matches our efforts to be our best. And now let me say more about the magic that I expect to happen at Mohonk and in our experience together.



Have you ever met someone who really, really had their life together in a way that made you look up to them? It isn't that they just got things done or had money—there seems to be a spiritual quality (or, if you prefer, atmosphere or aura) to their life that is hard to describe, but it would be something like **“they had charisma, power, attentiveness, calmness, wisdom, elegance, focus and an aliveness that comes from following Solomon’s advice to put their all into everything they do: ‘whatever your hand finds to do, do it with all your might’.”**

If each of us does that for our own life, and we help one another do the same, there will be magic occurring that I consider to be the hallmark of authentic spirituality. This down to earth quality living is magic. You have to see it to believe it. I've seen it and I believe it—I've seen people write a letter or make a sandwich as if celebrating solemn High Mass at St. Patrick's Cathedral--though I'm not a fine enough poet to do this justice. (Freud's word for this energy and magic is “libidinal cathexis,” but that doesn't sound very poetic either.) When you join the Group, you are going to get a short book from me about this called “The Denny Lower M Book: A Vision of Excellence” (oops, I'm giving away one of the bonus surprises coming your way).

Mohonk will provide the elegant setting, inspiring us to do our best.

THE DATES & THE DETAILS

And your first M GROUP will meet there on Saturday, Oct. 4th and Sunday Oct. 5th 2008 from 9:00 a.m. to 6:00 p.m. each day. Over the weekend I will meet every member individually for 1 hour and the rest of the time will be group work: **each member will be given equal time** to share their dreams and goals, and receive support, feedback,

challenge from the other members. You will walk away with your own specific “Do Your Best” map.

We will meet as a group on five more weekends, spaced two months apart, in the next year. Here are those dates: Dec. 6th & 7th; Feb. 7th & 8th, Mar. 28th & 29th, June 6th & 7th; and Aug. 8th & 9th.

At the first group we will exchange connection information (Email, phone #'s) and decide how group interaction between group meetings will suit our agenda. We will stay in close connection to one another through our special THE M GROUP Web Site.



During the year, I will also have 12 ONE-HOUR CONSULTATIONS ONE-ON-ONE WITH YOU (either by phone or in person) - one per month, where I can listen to how you are doing and offer you discerning feedback that fits your situation and growth. You will also have access to me via email and phone.

Throughout the year, you will receive mailings from me with the latest articles, quotes, and thoughts from my library and extensive reading. You will also receive (hand-picked by me) the top 12 books that will relate to your unique goals and dreams.

I was thinking of charging \$10,000 for this group—and that is what it is going to be in a couple of years. Originally, I asked \$6,997 for entrance to the Group and feedback about THE M GROUP has been overwhelmingly positive. People are excited to join—but I have discovered that, in these uncertain financial times, they just cannot afford the fee. And that clashes with my burning desire to help people and to get your CHARTER MEMBERSHIP to THE M GROUP off the ground—so here’s what I have decided to do.

I am going to offer a **significant one time only price reduction and let you in the door for \$4,997.00**

THE M GROUP will never be offered again at anything close to this price—and space is limited—so be bold and act fast. (Check the Internet and you will not find another offering of such massive support at such a great price—invest in your self today).

THE M GROUP is also a significant emotional investment. It will require:

- ❖ **A lot of courage** - this group is about the guts to face your life head on and dare to be who you really want to be
- ❖ **A lot of time** - if you don’t create the time for new thoughts and above all new behaviors you will not change. It’s that simple.

- ❖ **A lot of candor** - don't bother to apply if you're just going to hide behind surface niceties and not tell us what's really going on.
- ❖ **Some pain** - it hurts to change, to throw things overboard, to face our fears, to admit our faults and failures, and to stretch your self like you never have before.

and **the reward will be knowing that you didn't lay on the ropes for another year** and that **you gave life your best shot**—and, just as importantly, helped **others in the same process**.

It's now **your turn**, to transform your life, as you grow in terms of physical, emotional, material and spiritual success.

This is an elite group and no more than 8 people will be selected. Selection is based on a personal interview where I will determine whether your situation and personality fits the goals of the group. A willingness and ability to help others will be a key component of the selection process - and I reserve the right to ask anyone to leave the group if you are intent on harming the cooperative/helpful spirit of this unique journey.

Begin the process and call me at 845-417-5486, or email me at Bob@FindWisdomNow.com. Leave me your phone number and the best time to call.

To your best, with respect,

Bob Beverley

P.S. For those who cannot afford the payment upfront, there is a convenient monthly payment plan over 12 months. **You can decide at the end of the first weekend only if the group is not for you—and your money will be refunded on a pro/rata basis.**

P.P.S. This group is a place for the discriminating palate—if you are satisfied by going to experts who have only helped the already successful and do not understand the powerful forces that stop your success, then please go elsewhere. If you are satisfied with vague generalities from self-help books, then The M Group will feel like surgery and you better stay away. If you prefer cheap help, you will get cheap answers—and you will stay the same. This group is for people looking for **the real magic: the deep, hard soul and life changing work that comes when we are absolutely real with our self and one another.** I'm game—are you? Call or write me now while your courage is hot and space is still available.

P.P.P.S. I have worked on this letter for hours and as for all the study and work that will go into my leadership of The M Group—well, I've worked on that for decades. And I just realized what I was searching for in relation to the magic I was trying, albeit haltingly, to describe. In the best sense of the word, I want THE M GROUP to be a sacred group and for you to walk away a year later feeling that your life is more noble, purposeful, dignified, and charismatically alive. This goes way beyond getting everything lined up in a dry, obsessive way. This is the best of the best—to live every

moment to its fullest and to make a tomato sandwich with sacred awe. If this doesn't get you to crawl over broken glass to get to this room, then you have not seen at all what the magic can bring. Start crawling!

TESTIMONIALS: It is indicative of my success that I have thrived as a psychotherapist in a crowded marketplace in the managed care era—and I do not take insurance (never could stand the paper-work!) But the confidential nature of the work precludes testimonials, so I cannot share the accolades I have received from some of the world's top professionals, some of the world's most broken people, and all kinds of people in between.

Here are some of the **TESTIMONIALS** that I have received about my weekly ezine on wisdom called **The Dig**:

"Bob Beverley understands human nature and what really matters to you and me better than anyone I know. He has the ability to take your difficult, sad or tough day and cause you to find a ray of light inside yourselves when it seems there might only be darkness."

Kevin Hogan, Author of *The 12 Factors of Business Success*

"Bob Beverley is that rarest of individuals whose depth of understanding matches his ability to communicate. Bob has a unique take on the true complexity of what it takes to break into action—to take the best parts of yourself, leap over your personal fences and head off across the far field at a healthy clip. His is a profound talent. I remain grateful for access to it."

P.S. Brown, Denver, Colorado

"Bob Beverley hooked me with his very first Dig. His writings come from the heart of a man grounded in this world while on a lofty quest for truth and wisdom. I am grateful to Bob for sharing his insights and enriching my own life journey."

Mollie Marti, PhD.

www.bestlifedesign.com

The Dig reminds us that we are not alone as we suffer and elate in the events the world throws at us. Bob Beverley manages to put words to our feelings, beyond just easy labels like "happy" or "sad". In so doing, he helps us understand what moves us to feel certain ways. With this recognition comes, if not the ability to better control our environment, at least a chance at controlling our responses to it. The inclusion of reference to popular culture and classic literature helps give Bob's prose an easy rhythm that makes his message even clearer. Short but pointed, The Dig is always a welcome visitor to my inbox.

James B. Lebenthal

President, Equity Asset Management

Lebenthal Asset Management

"The Dig" is exceptional, it stands out above the rest. It makes me think and inspires me to not only be the best I can be but to reach out to others."

Pat Nichols
President
Nichols Travel, Inc. (Since 1978)
Edmond, Ok 73013

As a corporate executive and college professor, I treasure the Dig as an oasis for reflection and inspiration, amidst the "vast wasteland" of media verbiage.

Paul Upham
Principal Wesley Associates.
Lecturer-Sacred Heart University.

The Dig is my Sunday morning special time. Artifacts from The Dig provide inspiration, validation, or simply the reminder that after all I am only human. Bob writes succinctly and finds and share wisdom from many sources. I like that I always feel wiser after reading each Dig and am grateful that Bob is constantly combing for and sharing those special gems.

Gail Hurt

www.LivingAuthentically.com

Reading The Dig is like having a conversation with a very kind, very wise friend committed to helping you be your best self. Each entry is an invitation to look at your place in the world, find opportunities to grow and share the goodness.

Linda Ford

Librarian, Danbury, Ct.

Copyright 2008 FindWisdomNow.com. Bob Beverley is a psychotherapist in the mid-Hudson valley of New York State, USA. He has written How to Be a Christian and Still Be Sane and The Secret Behind the Secret Law of Attraction (with Kevin Hogan, Dave Lakhani, and Blair Warren). Bob is available for motivational speaking, consultation, and psychotherapy. Bob is the leader of a unique, life-changing experience called THE M GROUP. His website is FindWisdomNow.com where you can discover advice that has, as Bob says, “been road-tested in the emotional emergency ward I have always worked in. What I have to say is not a stage show. My audience comes back next week.” Bob can be reached at Bob@FindWisdomNow.com
