

THE HANDS GROW THE BRAIN

**WBP**  **COACHING**

MEMORY - AMBIDEXTERITY - PENMANSHIP

# INTERVIEW SERIES

**The Little-Known Reason Internet Marketing Expert Matt Furey Uses Whole Brain Power In His Coaching Practice**

*“Little hinges swing big doors”*



[WholeBrainPowerCoaching.com](http://WholeBrainPowerCoaching.com)

Dear Student,

I'm Michael Senoff, founder and CEO of [HardToFindSeminars.com](http://HardToFindSeminars.com).

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest resource for online, downloadable audio business interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

*Michael Senoff*

Founder & CEO: [www.hardtfindseminars.com](http://www.hardtfindseminars.com)

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# The Little-Known Reason Internet Marketing Expert Matt Furey Uses Whole Brain Power In His Coaching Practice

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Matt Furey doesn't just coach business principles. He incorporates elements of Psycho Cybernetics, deep breathing, and even Qigong to help his clients achieve their highest goals in all areas of their lives. And now, he's teamed up with Michael Lavery to add Whole Brain Power into the mix. Here's why.

Matt says in order to get the most out of life you have to constantly be challenging your brain to learn new things. But you can't do that by staying inside the comfortable framework you've built for yourself. The idea is to step outside that box and get your brain to light up with the kind of enthusiasm and joy you see in children. That's why when Matt has a client that doesn't seem to be able to picture goals in a way that electrifies their mind, he tells them to grab a hammer, a golf ball, and a journal. Their brain is in a compromised state, and it needs the rejuvenating power of Whole Brain Power. And in this interview with Matt, you'll hear his amazing story along with how this all works.

## You'll Also Hear...

- The real reason it's so important to unplug yourself from the drug called "TV," why that's harder than it sounds, and the amazing results that can happen if you do
- The hard science behind the tenets of Whole Brain Power and how something as simple as focusing on more than one thing at a time hits the savant areas of the brain
- Exactly how Matt used 3 x 5 cards to gain an advantage over the other athletes in his college (Hint: it's about focusing on a goal continually during the day – here's how to make that concept work for you)

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- Insider secrets of what it's like to train under famed coach Dan Gable. Matt did it in college and says it changed his life – here's why
- The number one rule you must follow when setting goals – so that you're planning things out with a “timeframe in reverse”
- The “pure magic” of the little book Matt bought in 1987 called “Psycho Cybernetics,” why he decided to buy the company 18 years later, and why you might want to incorporate it into your life too
- Matt says you can have everything you want in life if you understand three things – here's what they are and how to make them work for you
- The one most-important training routine the average guy can do every day that starts to clear the cobwebs from the brain and get you back in shape fast
- Matt's “top 3 influencers” of his life and why he put Michael Lavery on that list

Matt says when he first started doing Whole Brain Power he noticed a mild euphoria right away, and thought, “How is this producing such joy, enthusiasm, and energy? I haven't done anything except write in a journal, memorize the 50 states, and bounce a golf ball around.” But, he realized it's because neurogenesis was taking place – new neurons were being created in the brain. And once you start healing the brain, the results carry into everything you do. In this audio, you'll hear all about it.

Michael: I've got one question –if you could describe in one word, what has the last couple hundred days been like working with Coach Lavery. One word only.

Matt: Surreal.

Michael: Ok, Surreal is good.

Matt: There's so many things happening that I was unable to do when I began, as well as probably didn't even see myself as being able to do. In addition to that there are many things I thought I would be able to do that didn't look difficult, they appeared to be a snap when watching video of them or hearing them described. Then when I began working on them myself I was utterly humiliated at times, angry, embarrassed. A gamut of different emotions would come up that I work though, that I wasn't even used to



experiencing. Where do these come from? I don't normally get upset this way when I'm unable to do something the first time I try it, but as I moved along in the program, the skill I was unable to do and was embarrassed about being a complete klutz and failure in attempting to do, became easier and easier. Then I got to the point where other people looked at me as if there was something special I had been given some talent other people didn't have, which is completely false. The only talent I was given was steadfastness. Do it a little each day. Practice it. Practice it. Go through the feelings of failure and inadequacy until you're competent at it. Ultimately what happened when I switched to a skill that was even more difficult starting the process all over again with a challenging mind/body game with the hammers or with the handwriting, with vocabulary or speech production. The failure would set in again but the embarrassment, humiliation and so on that I experienced in the early days doesn't rear its head. I just take a deep breath, swallow and move on to the next thing and keep working on it.

Michael: Can you describe the one thing that was really the most challenging that you believed was going to be a piece of cake? Where you experienced some of that frustration?

Matt: I can describe it in elaborate detail. I came home from China and I had a client whom I have worked with for years teaching Chi-gong and martial arts...and information publishing and so on. He's about 30 years of age and he immediately gravitated to the hammer drills and was able to use the 16 ounce rubber mallet with ease.

Michael: Was it his first time?

Matt: The first time he picked it up and he started using it. He probably could do 50 to 100 consecutively. I was shocked because I was so bad at it in the beginning that getting 10 in a row was challenging. While I was in China for a month training in Thai chi, he would text me and tell me how frustrated he was because he couldn't get his numbers to a level that he felt were worthy of him feeling good about himself. I'm writing him and giving him some directives and instruction – step by step – thinking he must be stuck around 90 or 100 or 150 or something such as that. When I got back from China I did a coaching call with him and he told me that his best so far with the dual mallets, not with one, (laughing) he's already on to two, that he had done 1500 consecutive repetitions and he doesn't know that it's that good or his best because he did them after using the 4 pound sledge hammers with his right hand for 5 minutes and then he'd go to his left and I'm thinking to myself, "My God, you're telling me that you were struggling and having trouble?" At the end of our call he was so fired up with what I told him, he went in the garage, he grabbed two mallets and

he did 2560 consecutive repetitions. He didn't do the 4 pound sledge hammer first. He wrote me to tell me this. I got excited because when I went to China, I went with one rubber mallet. I didn't go with two, I didn't go with 4 pound sledge hammers and so on. On a subsequent trip I did, but on the first one I didn't. The next day I went out, I took two of the 16 ounce rubber mallets and a golf ball. I hit it with my right hand and I completely missed it with my left. I couldn't track the ball from one mallet to the next and then I tried it again, and I missed again and at that point I felt humiliation and a mixture, a conglomeration, of emotions because wait a minute, I've got this guy I'm instructing and he did 2560, so my erroneous expectation was that I should be able to do something comparable. After all, I was instructing this gentleman. But, I had to let that go – and this is where this story comes full circle and I believe people will appreciate it even more. It took me about a couple of weeks before I could get 100 consecutive repetitions.

Michael: With which hand?

Matt: Going back and forth with each hand. When I came back from China I could do 1000 with my right hand and about 5-600 with my left, but I'd never done hitting it from one mallet to the next. Over a period of a couple weeks I worked up to 100 repetitions and then I got better and better at it and pretty soon I'm at 1000 and 1500 and so on. It became easy. Then I went to the 4 pound sledge hammers and 3 pound various hammers and I stuck with most of those as well as swinging Indian clubs and so on and I never had any numbers that I bragged about, really to anyone other than Michael or my son or somebody else who is playing it, but I never spoke with this other gentleman about my numbers and in a recent coaching call I had with him, he was telling me how he had switched from using the 4 pound sledge hammer to using the claw hammer and it took him almost a month to get past 7 consecutive reps. And I'm thinking "is this the same person I'm speaking to?" 7 reps with the claw hammer? During the middle of the call I went into the garage, grabbed the claw hammer and a golf ball, while having a conversation, I easily bang, bang, bang, bang – I had 7. And the next day I went out and I was able to do 100 with the right hand and 60 or 70 with the left. I'm thinking to myself "how can this guy be behind me on this when he was so far ahead in the beginning?" and the answer is that he wasn't doing the math. He wasn't doing the memorization where I was and all the train modalities that are part of what Michael teaches really effect the cerebellum in the back of the brain. 10% of the mass of the brain, but 50% of the neurons. And the cerebellum controls balance, language, mathematics, all fine motor skills and all gross motor skills. Well, he's doing the hammer drills, he's doing the handwriting and the memorization he was doing was by wrote, he wasn't doing it by

using his imagination, which is a mistake and some people resist on this and they insist on doing it by rote because they feel that's more natural but it's totally unnatural when you think about it. A child memorizes and learns things using his imagination, not by rote. Anyway, I talked with Michael about it and he basically concurred because I have been so active with using my imagination to remember the powers of 2 and the digits of pi and some of these other variables it gives me a special awareness and intelligence, even when I'm doing hammer drills with the hammer I haven't used before and that's the only reasonable explanation I can come up with as well. In fact, I was shocked, but there are other hammers that I have worked on and are still a struggle and they're still tough, but that's part of the program is to continually get the most out of life you've got to be challenging your brain to learn things that you've never done before. As soon as you get locked into a routine and everything is the same all the time and you're learning new things but they're still locked within the paradigm of what you were as a person when you graduated college, let's say, so you're learning new things but it's in a box. You're not going to meander outside of that box so as far as your brain is concerned, to me, you're not really learning new things. You're not really going to get the neurogenesis that causes the steroid oogenesis which causes the synapses. It's when you really go outside of the comfortable framework, that's when your brain really lights up and gives you the benefit that you enjoyed as a young person. This is when you become joyful and enthusiastic and energetic and happy for no reason whatsoever other than you're learning something new all the time. The people whose brains are deteriorating and becoming compromised you see straight across the board, they may think they are using their brain but they're really not at the level of what we're talking about where in we're actively growing our brains on a daily basis with a variety of different exercises.

Michael: What were some of the physical symptoms that you felt as a result of doing the hammer drills and the memory exercises and even the penmanship in the early days for you? Can you describe them?

Matt: The earliest feelings and symptoms as you mentioned were a mild euphoria, you're just in love with life yourself and feeling great even though you haven't necessarily accomplished anything wonderful today other than writing in your journal in the best penmanship you have and bouncing a golf ball or a baseball off a mallet or a bat and memorizing the 50 states of the ABCs backwards. You think to yourself "How can this produce such joy and enthusiasm and happiness, as well as energy?" well, because you're creating new neurons in the brain. Neurogenesis is taking place. That was the first thing – it was more of an emotional response – and then it really was amazing to be feeling my hands being

heavier, getting thicker, my forearms getting denser, my body starting to change. When you shut off the television and your brain and the pituitary gland and the hypothalamus are no longer being hijacked and you work on things that have been synthesized and put together in a way that they were never put together before –there’s always been handwriting, there’s always been even left handed mirror image handwriting. There’s always been a hammer, there’s always been language and learning new things, there’s always been mnemonic devices and techniques to memorize information but there’s never anybody who’s put it together into a complete program that caused the changes in the brain and body that this done.

Michael: What was the start of your interest in learning more about the development of the mind and of the brain and how it could affect you personally or socially or even your athletic performance? Where did it start?

Matt: The first inkling was when I was in high school I was giving a book called Sports Psyching by Thomas Tutko. There was another co-author, I’m not recalling his name at the moment, but the book is still available and it talked about relaxing during competition and that getting the tension out of the body and out of the muscles gave some preliminary relaxation techniques with deep breathing and how to have a certain word you would say that would put you into this state. That was my very first introduction. I didn’t really embrace it necessarily, just thought about it. There were other things that I did as a youth, prior to college, in certain aspects that I was doing spontaneously and naturally but had no idea it was positively influencing my performance. Such as when I would walk to the gym to work out I would talk to myself and have imaginary speeches I would be giving, talking about success and how I finally did it and so on. There was another one I spoke with Michael about recently and it gets back to the savant area of the brain being tapped, but after I’d been swimming competitively for about 5 or 6 years, I started getting pretty good after I put in 2 years of miserable failure and getting beat in every race, I started to win. And around age 13 I believe, I got pretty good, I was dominate, but I started at age 8 and it took a whittle. It wasn’t overnight and of course this was just in your own age group. But at the time I would sit around and I would listen to records of the Beatles and one of the songs that would come us while I was swimming the butterfly, was The Yellow Submarine. I would literally be coursing through the water, beating whoever I’m beating, and was in such a relaxed state that this song, “We all live in a yellow submarine” was playing in my consciousness as I was swimming. It was very strange, I never even thought about that until sometime in the last month, but that’s part of the training we do too is to not just focus on one

thing at a time but focus on two things at a time. While you're doing the hammer drills you're working on a memorization of something (laughing) and this hits that savant area of the brain. These are things that came to me naturally in swimming that I was never taught, that just happened, but I never thought about them either. Never recorded it. Here I am 40 years later recalling it as a significant detail that not at the time. When I got to college, the fall of my freshman year, there was a hypnotist who came and spoke to our group and spent a whole day with us. In fact, he came my freshman and sophomore years. He was out of Chicago, his name was Dr. Haniotis. He talked to us about mind over matter and a number of different principals of hypnosis. He put us through a hypnotic session and he even would create self-hypnosis auto tapes for those of us who wanted to work on specific areas. Ironically, you'd think based on what I told you about my high school and this Yellow Submarine and so on and swimming, that I would have been enthusiastically over-armed about learning this self-hypnosis, but I was initially very resistant. I disagreed out loud with some of the assertions the man made. I told him that it didn't make any sense, that this couldn't possibly be true. How can an athlete who gets injured want that to happen? He this is one of the things would say is, that when you see someone during the season get injured and so on... wait a minute, you can't tell me that this guy really wanted to get hurt... and then he'd re-explain it in another way that's not so much wanting to get hurt but there's a breakdown in the mind where the person is waiting a rest or they feel they've been training too hard or there is some opening there that weakens you and makes you susceptible to this. This was very difficult for me to accept and there are parts of it to this day that I don't 100% agree with, but I did notice, and I have noticed when you watch athletic sports teams, at the professional level, the collegiate level – I've even watched it in the high school level. When injuries start they tend to accumulate. And it's really an amazing phenomenon and what I describe it as, you see your teammate in the training room getting love and attention – he's getting ice, he's getting heat, he's got that beautiful trainer talking to him and kneading his knee or putting pins on his shoulder or giving him some acupressure, whatever it is, but you feel "aw man, if someone would have empathy and sympathy for me, wouldn't that be wonderful?" and the next thing you know you're hurting something and you're in the training room and then someone else is. Now you've got 12 out of 20 athletes in the training room before and after every practice. So there is a lot of truth to it. Is it 100% truth? I don't think so, but during college I also probably spent as much time if not more reading books on the mind as I did on my studies. I was always going down to B. Dalton or whatever the popular book store chains of the time were and buying everything- Power of the Subconscious Mind, The Magic of Believing... I



read all of these and they were very helpful to me. I practiced a form of self-hypnosis before every practice and before every match for the remainder of my collegiate wrestling career.

Michael: So this was all as added education and information to advance you in your wrestling career? To give you an edge over the other wrestlers?

Matt: Yes, it was. And also even academically, to get better grades to remember things faster. People used to laugh at how I would basically be sleeping during a class but I would wake up and take notes about something that was important and then I would get a better grade on the test than they did when they were studying all night, I'd study for an hour or two hours. A lot less time. I was able at that time to say "look, this is going to be a written exam, this is not multiple choice, this isn't fill in the blank, it is essay. If it's an essay, no problem because I know how to tell a story and I know how to communicate that way. That was my strength and they'd be horrified that I'd get a high grade and they didn't when they spent more time studying, but this is similar to learning lists of things, such as the powers of 2, the digits of pi, the 50 states and so on, is some people are horrified, actually frightened when they here "oh my God you're using your imagination to do that?" Yes, of course. Why would I spend a week or a month learning something that could be learned in 15 minutes? You know, there's huge advantages.

Michael: So what were some of the things you learned in college that gave you the mental advantage over the athletes you were competing against?

Matt: I would take out a 3x5 card and write my goal on it. I would keep it in my pants pocket with my change, my money. I'd have one as a bookmark, whatever book I was reading at the time. Each day when I grabbed the book to start reading I'd pull it out and I'd see that card and I'd have another one that would be on my nightstand. I had 3, the same goal, but they were positioned so that I saw them frequently throughout the day and was reminded of them each time I'd see the card I'd pause momentarily and take a breath and picture what it is that I wanted and see myself already there. And that was a huge add on to just doing self-hypnosis. Not just doing a 15-30 minute session of self-hypnosis is the thing that makes you good, it's the little hinges that swing big doors, it's the little thoughts that swing big dreams into reality. If you think about how many times a day do you picture what it is you want. You don't want to constantly all day long obsess about a goal because I think that can create psychic and physical tension and actually drive the goal away from you, but if you just

picture it 100 times a day for a few second and then let it go and get on with the next thing - that is enormous power.

Michael: What did that card say? The one you were carrying around in your pocket during college.

Matt: The very first one, it was my 3<sup>rd</sup> year. My first year was a red shirt so I trained and competed unattached and did a whole year of school but I didn't lose a year of eligibility. So I came back the next year a freshman. Gives you 5 years to get 4 years of competition in. So this was my 3<sup>rd</sup> year at Iowa. The card said "Varsity" because I wanted to be the varsity guy and I was the 2<sup>nd</sup> and it's understandable when you look at the team at the time. 3 people in weight classes I could have navigated in their own national champions. In order for me to be the varsity guy I would literally have to beat the nation champion in the pre-season and nevertheless I wrote this on the card and I pictured it every day and within 2 weeks of doing so there was back to back meets two days in a row. We had Penn State one day and Ohio State the next day. And our regular 190 pounder, I wrestled 167 or 177. Our regular 190 pounder was sick that night but he still competed and he ended up getting pinned and he was the defending national champion. Well that evening the coach was telling me "Furey, be ready to weigh in tomorrow, we may need you" so I came in and I had my winter coat on, long trench coat, I had my boots, I had mittens on, a hat, flannel shirt and heavy jeans and I still was underweight for wrestling at that weight class and ultimately they made the call and had me compete and I pinned the guy and sealed the victory for the team and afterword I was mocked by reporters and television crews and so on and it was a total thrill but what was interesting about this was that I never changed that goal. I kept that same word there "Varsity" and what transpired is really interesting. One of the coaches that at Iowa, whose name was Mike Vienna, he then got a job to become the head wrestling coach at a school named Edinboro University of Pennsylvania, which was a terrible wrestling program there. 0-6 the year previous, everyone killed them. They were considered the doormat of the Eastern Conference. He took this head job and one of my teammates went along with him. He's getting a full ride and next thing I know I'm being talked to. He said "you interested in coming?" well I really wanted to stay at Iowa. This has been my dream. I don't want to leave Gable and I literally thought about it and lamented over it the idea for about 4 months and finally when there was no more time left to make the decision at the end of the summer I decided to go to Edinboro and it was mainly because I would be the varsity guy there. I wouldn't have to beat out the national champion in the preseason to have my spot. Now, once I got to Edinboro, I changed the card to "National Champion" and when I was sitting in classes I would draw sketches of a victory stand. The

top step of the victory stand and the number two, number three, number four, number five, number six and I would draw a sketch of myself, just a pencil stick figure and write "Matt Furey National Champion, 167lbs, 1985 and so on. I'd do that during classes and then it happened. (laughing). Now, I did this to win the Division 2 National Title. I never did it to win the Division 1. I was ranked in the top 8 in the country in terms of Division 1 but I never that title and that was always something that ate away at me is that if I'd have set it a little higher, if I'd have focused on that one as well as this one, but ultimately as I look back I can take some pride in the fact that I won a National Title .it's not easy to do whether it's Division 1, Division 2, 3, NAIA or Junior College or even high school National Title, it's still an uncommon achievement.

Michael: You mentioned Dan Gable. For the listeners who are listening who don't know who Gable is, explain who Dan Gable is and how long did you wrestle under his coaching in Iowa and maybe just share something that you really admired about him.

Matt: Dan Gable was what seemed to be everybody's idol when we were growing up. He was 1972 Olympic Champion in Munich, he was unscored upon in 6 matches wrestling with basically 1 leg because at the time if you had knee surgery you're out 6 or 9 months, even just to remove cartilage, and he was unbeaten throughout his entire high school and collegiate career until his final match in college he lost to guy named Larry Owens, 13-11 and the 181 and 0 mark then turned into 181 and 1 is unfathomable to most people to even consider being that good that you never loose, but what softens Gable's story and makes it so real and powerful for people is that he did have a tragic loss, far worse than any loss of not winning the title, and that's when he was on a fishing trip with his parents in Wisconsin one summer, his 19 year old sister, Diana was raped and murdered – stabbed to death – and you think about that. His wrestling was a way for him to make his parents happy and to keep the family together. That's how he viewed it. So the tragic loss had a blessing but who wants to lose a family member so that you have this wonderful blessing in return? Well nobody. It's a not a tradeoff that's really something anybody in a rational mind would ever want, but that's the way it all worked out for him. But that makes him such a compelling figure and when he lost in that final match and his father came in to the locker room to console him, his first words that he let his sister down...and that's who I want to be coached by. For all those reason and when I went to Iowa, the whole room did as he did. He didn't talk that much, he didn't say all that much but he lead by example. In every practice he wrestled. He worked with everybody and then when it was time to talk, he talked and he would tell us war stories and so on. Well, he turned out to go as a person who was projected to no really be an



effective coach because he did that quality of reticence he doesn't talk much, he doesn't say much. How can he be a good coach? Well, one of the qualities of good coaching is to shut your pie hole and let the person work – not constantly be chirping and interfering with every single thing the person is saying or doing. And what happened is he spoke when he needed to speak and when he did, everybody listened. He was a phenomenal speaker and motivator. He also knew when to not say anything and to let you work it out on your own, to figure out the details through trial and error. As a result of his method and the people he surrounded himself with the University of Iowa won 15 National team titles in the 21 seasons he was head coach. It's a phenomenal achievement, including 9 in a row. Several Olympic champions he coached. Many, many National Champions he worked with World Champions, he was unbelievable, but yet there was a mistake there. How did he accomplish this when he never really came up and tapped you on the shoulder and said this is what you need to do to get better? He led by example and his body was even falling apart and he was still out there leading by example. Think of this, he didn't go to the 2008 Olympics in Beijing because he broke his femur wrestling during practice at Iowa. Now what is a guy with 2 replaced hips doing on the mat wrestling anyway? And he's 60-some years of age and he breaks his femur. It's very difficult to break your femur. Tibia is a little easier, but your upper leg bone? But there were other times he told me, and he did so with the feeling of pride, that he'd break off pieces of his hip during training and have to get some screws put back in or a new part inserted. Some people would call that insanity but to him it was just a supreme level of dedication.

Michael: So did you go on a full scholarship to University of Pennsylvania?

Matt: I was my very first year  $\frac{3}{4}$  of a ride and then when I came back for my senior year I was on a full ride.

Michael: And how did wrestling go under Mike?

Matt: Under Mike DeAnna I won a National Title and the team took 2<sup>nd</sup> in the Nation. The other coach there was Bruce Bumgardner who was a 4 time Olympian, 4 time medalist and he won it 2 times – a 2 time Olympic Gold Medalist at heavyweight. He was an assistant coach. We had a good staff there and I learned a tremendous amount from his as well. In particularly planning things out, organizing what your ideas are, putting them on paper, giving yourself a time frame in reverse. Are you aware of what I mean by that?

Michael: Yes.

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**Matt:** Time frame in reverse where you think about achieving a goal and then work backwards, not forward, not what your workout is going to be from this day forward but no, what's your workout going to be from that day backward. It requires your brain to think in a very different way than if you think logically forward.

**Michael:** Who is Dr. Maxwell Maltz and how did you get interested in his work? And what influences did he have on you?

**Matt:** Dr. Maxwell Maltz is the author of the 35 million copy best seller Psycho-Cybernetics. And recently we republished the book with some updates and annotations, it's called Psycho-Cybernetics Updated and Expanded. It's getting huge reviews on Amazon.com. I'm very grateful to be part of the company, but I take it back to how I got involved in 1987 I was a person trainer in SO CAL California. I was new in the business, I didn't know anything. I was as green as you can get. Totally wet behind the ears. I didn't know the difference between commercial real estate and retail space. What's the difference? I knew what a residence was compared to the others but it was not on my charting block when I was working in college and getting my degree in speech communications and working on my resumes. Well, now it did. And I got started in the business and I was fortunate enough to attract a couple of clients early on and both of them were concerned about me, whether I'm going to be able to stay in business because I wasn't full and they recognized this – that I had a lot of passion, enthusiasm and desire but something was missing and one of my clients, his name was Jack Gowan, he was 57 at the time, he'd pull up in this baby blue Mercedes. I didn't even know what a Mercedes was, "Hey what kind of car is that?" I didn't pay attention to these things, they just all single A and double A. Anyway, Jack and I used to have conversations during the training and it was often centered around or focused upon books and programs we'd read or listened to. Have you read "Power of Positive Thinking". Have you read "The Magic of Believing"? Have you read this? Have you read that? And one day he says "Matt, have you ever read Psycho-Cybernetics?" My response was "no, what's that?" and he said "oh, my goodness that's the Bible of self-development" and he began to describe it was written by a plastic surgeon who also counseled people and worked with them on self-image. What he discovered throughout all the surgeries was that there was a percentage of people that even when he corrected a disfigurement that the person go through either through birth or an accident that the person would look in the mirror and still think that she was ugly or there was no change. He'd hold up photographs of the you who came to see me and the you you are now to show the change and a young woman that really altered his life for the better by challenging him said "Well, I realize I look different but I don't feel and different" and

then he realized “well why would somebody not feel different if the hair lip was fixed or a nose was altered in a positive way. Let’s say the person got a scar on this face from an auto accident and it’s removed. How can you not feel better? You look better, don’t you feel better? Well this made him really start considering what are the ramifications that cause this? What is the reason somebody would have this type of feeling? It led him to a discovery called self-image psychology and how we have a composite mental picture of who we think we are in our brain and we act accordingly and we feel accordingly. In getting back to what I was mentioning earlier at the University of Iowa in regard to injuries – in Psycho-Cybernetics, Dr. Maltz made the distinction of there being the success prone personalities, failure prone personalities, health prone personalities and illness or accident prone personalities. There are some people that seem to attract accidents, seem to attract illness. There are other people who break all the rules of convention and they are healthy and happy. How can this be? He believed and taught that it was self-image, and the mental image that you have of yourself is a blueprint for where you’re going live, and this blueprint effects how you feel, how you act and everything in your brain and central nervous system is effected positively or negatively by how you see yourself. When Jack told me about this I then ran to the bookstore after our session, actually drove down there, bought the book, came back to the office and devoured it. Next thing you know I bought all his other books and devoured them as well. I would have never thought in 1987, when doing that, that 18 years later I would be the owner of the company and continuing to spread the message of Psycho-Cybernetics and teach these mind type exercises throughout the world. It’s pretty amazing, but in getting the book and reading it I discovered some rather interesting things about myself that I never bought the book for. I bought the book to improve myself as a business man, to make more money. What I discovered in getting the book was that we have emotional scars – hurt feelings – we have painful experiences, we have failures, setbacks and disappointments and these become emotional scar tissue. And the key to healing of them is to start seeing yourself with kind eyes, start seeing yourself at your best, forgiving yourself for your mistakes, to forgive others for the mistakes they’ve made and to not keep up with the Jones but to compete only with yourself. These were principals and concepts that began to learn from. What I uncovered was I was still viewing myself as a failure while starting in business because my senior year in college I didn’t win the national title. I won it as a junior and although I desperately wanted to repeat and be a two time national champion, I made the mistake of defending my title rather than going after another one. There’s a big difference we talked about this. It’s one thing to win a national title or to win two, it’s a whole other mindset to think that you’re defending the title.

To defend a title isn't to win another one. Therefore, I harbored some ill feelings about myself even though I had accomplished something that very few people accomplish in any sport or any activity. To rise to the top in the country I felt as if I was a failure and reading that book helped me realize. In theory, if you just focus on all the experiences in your life that were good, why don't you focus on the year you won the title? Why are you thinking about the year you didn't win? Therefore I made a shift and started thinking about what I wanted and started going over my successes and realized it doesn't have to be a nation title you won to be a success. It can be learning to write cursive, it can be learning to tie your shoes, it can be learning to run, to speak a foreign language, to get an A+ on a spelling bee. It doesn't really matter how big the success is and it doesn't matter when it was. Your brain records all of those experiences and emotions and stores them and they are just waiting there for you. They are a gold mine waiting there for you to review them. Replay them in your mind – as a result of doing this you then activate your brain and central nervous system to attract more of them. That's a funny thing. He's really talking about the law of gratitude without calling it that. Without verbally saying "I'm grateful for winning", "I'm grateful for getting this grade", "I'm grateful for the people in my life", you're just going back and you're mentally imaging the experiences that you're happy about and that create joy and that activates that law of gratitude, where then the universe wants to reward you. Oh, here's somebody who actually appreciates some of the profound experiences he's had in life –give him more. But the person who doesn't feel gratitude, the universe says don't give him anymore good ones. Give him more pain. (laughing). That's in a nutshell what I believe truly happens when you regularly use these Psycho-Cybernetics principals of creative living and theater of the mind and that's why to this day, now almost 30 years from the date I first read that book, I'm still talking about it and promoting it.

Michael: Other than what you learned from Dr. Maxwell Maltz, what other mind trainings have you been exposed to that you feel can benefit both athletes and everyday folks who want the mental edge?

Matt: I've been exposed to different types of meditation, Galus, coming from China, as well as Zen which also came through China before it went to Japan. Seated mediation, standing mediation, walking mediation... I put a program some time ago called Dao Zau, which is a backward walking mediation program – incredibly powerful – and I have also looked into many different forms of visualization and mental imagery, aside from what's taught in Psycho-Cybernetics, to see if there is anything of value that I could add to what I'm doing. I have researched and read many books about using both sides of the brain, especially through the

handwriting. I began researching that in the early 1990s. And then the practice of Chi Kung and Thai Chi. All of these are incredibly valuable. Another one is the deep breathing processes of rebirthing, vivation, whatever you want to call it. I've looked into that, I've looked into various forms of relaxation. Imaging valves in your hands and feet and throughout your body opening, but many of these in one way or another are still part of psycho-Cybernetics and what's in there is just explained differently or it didn't go into as much detail, so really having done all of these I'm now able to work with a wide array of people and communicate the message in many different ways than if I only read one book and stuck just with that book. How do these benefit other athletes or business people or somebody who wants to be a writer or a professional speaker? Well, all of them emphasis similar aspects and I narrowed it down to three when I put together the Theater of the Mind audio program with Nightingale Conant and those three are: Everything you want in life you can have when you understand (1) deep breathing (2) mental imagery and (3) movement or action. Now, somebody might say well what about speech? That's breathing because trying speaking without breathing. You have to integrate the two. In the beginning it was the word, well is the word or the breath or the breath and the word? And "let there be light". Well let's see, let there be light, is that words or is that an image? How did you say "let there be light" if there was no image of light? So we can argue about this and we can even get biblical or religious about it, which I'm not really doing, but I'm giving examples of it. All 3 are contained there. You go back to Genesis and God breathed life into Adam. He didn't just create Adam, he breathed life into him. Well that's a wonderful allegory, isn't it? You think of something you want to achieve and you breathe life into it. You picture, you breathe life into it. Well man, now you're excited, you're enthusiastic, you're ready to go, but all you do is sit in your chair (laughing) well that's not enough usually. Sometimes it is enough .There's many experiences people have in practice the mental game and they will tell you "All I did was picture it and I breathed it and next thing you know the phone rang or the mailbox was flooded or someone showed up on the street and I met this person at a convention and on my God, this is amazing how this works, but that's about 20% of the time let's say. The other 80% of the goals you want to achieve you better move, you better do something physical. And the doing of something physical is integrated with the mental. You can't do anything physically only, you have to have the mind as part of it. Now you can cooperate with that process or you can fight it. You can say "oh, it has nothing to do with it, it's just physical" well fine, then you'll be relegated to a certain level of results. When you learn to put the two together and you realize they are together be conscience of



it, when that is done there is a whole other level of skill that can be made possible.

Michael: Mind vs. body. If you could choose just one training regimen or exercise for the average person for the mind and one training regimen for the body to get in the most efficient, dramatic and most beneficial results, what would each of these training modalities look like?

Matt: That's a very deep and difficult question because there's so many variables, age and current disabilities a person may have as well as function he or she is, is the person athletic, has the person just worked at a desk job, what injuries are there?

Michael: how about the average guy who's working at a desk job, he doesn't have any disabilities and he wants something that he can do with either his mind or his body to get him the most bang for his buck.

Matt: This may sound counter to what I teach or what I have sold over the years, but it's really not. I've addressed this in the emails many many times. Get out there and walk. Get started with huffing – put one foot in front of the other and work up to an hour a day of walking, it's approximately 3 miles. Now, along the way you can begin to integrate the breathing, the visualization, the health talk, you can then fall into line doing backward walking as part of it. Once you get your body moving and you're walking and you're doing this regularly, you're clearing the cobwebs from your brain, you're allowing nature to really give you the healing that you need on a daily basis, then you can start going in to body weight calisthenics and those are what I teach in my Combat Conditioning System – Hindu squats, Hindu pushups, bridging, various other body weight only exercises. I don't believe you need weights to get stronger. I don't believe that weights are the best way to go for everyone. I think if somebody wants to be a body builder or power lifter, well great, but so many people have been misled with weight training and injured themselves. There is far more athleticism and fitness and functionality that derived by body weight training from the weight training. This is what I have preached for quiet sometime. I still believe that very much. From there, then you can start moving into more advanced body weight exercises or you do as I have done and you do into more pose holding, holding stances, getting into postures and seeing how long you can stay there. Then there's martial arts such as Thai Chi which are going to give you flexibility, mobility, agility, balance, coordination, timing, right and left brain integration, where one hand is doing something and another hand is doing something completely different. One leg is moving in a way the other leg isn't. This is training for the brain in a big way. And then I know that you just asked for one, but I really can't just give one because once

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people start getting better, there's a progression. The whole brain power for the average person, the camera drills and the elements that I believe I've helped bring to such as the club swing, metal swinging, mace swinging and so on. That's wonderful for people to be doing, but to do that alone gives you physical fitness but you really need to combine it with the handwriting and the memorization and so on. That's, I believe, where you really start to transcend in this whole thing and you look at it and say why are they doing this? Why are they playing musical instruments, because they found or they were taught that to get to the highest level of skill, the almost unobtainable level of skill, you can't do it through exercise alone or through even the techniques alone, you've got to add these other elements and that is a synopsis. In terms of mind training, the Psycho-Cybernetics have really blended seamlessly with the whole brain power and similarly Michael Avery, who created Whole Brain Power has done the same. He works with people and he talks about Theater of the Mind and visualization and Psycho-Cybernetics principals with them and I do the same with Whole Brain Power. Therefore, to me, at this point, it's both – it's not one or the other – it's both. People come to me for coaching and they want to learn Theater of the Mind and visualization and I start them with other things and the reason I do so is because their brain is already in a compromised state of deterioration. How so? Well they're not able to image. If you're not able to form mental images of what it is they want and do so effectively therefore we gotta build the brain and rebuild the hippocampus and reactivate the capacity to image and see things first. That doesn't take all that long, but that's the very first thing. Let's get your brain rejuvenated. Let's fill your brain with petroleum so you can fly wherever you need to fly, but if we just start on picturing goals, but you're really not able to do so in a way that gets you feeling electric throughout your entire being, you're never going to get the result you want. This means it's important to address the brain first and the healing of the brain and the resuscitation of the brain and along with that the results will carry into anything you want to do. Realize you have a skill very few people have. There's many people who speak about visualization and the power of the mind but speaking about it and having it are two very different things.

Michael: What's the one thing you could tell a listener that they can immediately start doing today that would benefit their brain and maybe prevent future damage of their brain. Something simple.

Matt: The first thing is to get a pen in your hand and begin writing cursive again. That's the very first thing. Start writing in a journal, and not printing, but writing. Printing doesn't activate the neurons throughout the brain, it doesn't activate all the areas in the brain, the basil ganglia, the frontal lobe

the cerebellum. It's not activated at the same level. When you write cursive, the flow that's required can actually simulate the brain up to ten times or more possibly than printing or typing on a computer. That's the very first thing, and then it's to begin to think in pictures. Shut the TV off, and I must address this. Some people say they don't watch TV, but then they admit 3 seconds later than they watch Netflix or they only watch sports or they only watch movies, etc. etc. but they're watching it on their TV. They're watching television. It's maybe not a television program, but it's being watched on the television. When you watch television and everything is being done for you, your hippocampus doesn't have to work. You don't have to use your imagination. You don't have to have a creative thought going on about what's happening and why and what's next. There's some, but very little. And this causes a deterioration of the brain. Now, if you shut the television off, and turn on, and I don't mean turn on talk radio because that can be disturbing as well, but turn on a radio program where there isn't all the bickering and fighting. You actually have to picture what's being said. Think about it. You listen to a ball game on the radio versus watching the ball game. How easy is it to fall asleep if you're listening to a ball game on the radio and you're picturing it and everything that's going on. What pitch was just thrown? Who's on base? How many outs? What's the score? What inning? Think about back in the 30s and 40s when Joe Louis had a fight – everyone would gather around the radio to listen. When the World Series was being played and people were all gathered around the radio listening to the play by play. A man named Benjamin Laskin, he's written a number of novels, one of them that I recommend to people is called "The Will" W-i-l-l. A fantastic book. I spoke with him for quite a long time recently and one of the things he said I never heard put this way before was that during World War II when the average American had a 9<sup>th</sup> grade education, 9<sup>th</sup> grade, which is an astounding level of education compared to what people have today, people today think they are super educated compared to yesteryear but what he said is when your grandmother or grandfather said I only had a 6<sup>th</sup> grade education, be forewarned, that was a major education compared to what's been dumbed down in our society today, but he said during WWII we had more innovation, more creativity, we had an entire country working their butts off and creating results and there was no television. How was that imagination and creative capacity at such a high level? Well, first of all, you can say there was a need for it – we had to win this war – but the second and most compelling reason he gave was the radio. People were listening to the radio and they were picturing what was happening. Play were given on the radio. Books and so on. Think of how Orson Wells "War of the World" stirred up so many people and it wasn't even done so to do that .it wasn't a real idea. It was make believe, yet people believed it was



real. This is another way. You've got to engage when you write in your journal you're activating the brain, but when you're listening to the radio and listening to something not music but listening to people being interviewed, picture everything being said. When you grab a book for example and you read page 1 and now you're on page 2, do you even remember what you read on page 1? Can you tell me the name of the character that was described? What does he or she do? How tall is he? What was said? "I don't remember" well then go back and read it again. If you don't remember it, if you don't have that type of comprehension that means you're not using your imagination to picture what you're reading or what you're reading and it's a flaw in the brain that can be corrected by use. The flaw though, comes from excessive television watching and video game playing. I haven't watched any television whatsoever in almost a year. Benjamin Laskin, whom I mentioned earlier that I was talking to, hasn't owned a television since 2001 or watched it. Michael Avery, author Whole Brain Power, 35 years. During college I rarely watched TV. Even after college I went for probably the first 10 years I didn't own a television and I rarely watched it and then somehow or another over the years I got sucked into it and I thought it was harmless because I was only watching the ball game. I didn't watch the news, I didn't watch any of the shows. I couldn't tell you who the stars are in the Sopranos or any of those shows – I have no idea, but I watched baseball, thinking this is a good thing, it can help me working with my son. Well, the baseball game turns into the baseball network, the MLB network, so you have 24 hours of news on baseball and then there's another option where you can watch literally every single game every single day, no matter where it's played. Let's say that the Tampa Bay Rays have a 1 o'clock game against the Yankee's that's over at 4 o'clock. Well, at 7 o'clock you have the Red Socks vs. the Tigers, well that's all East Coast. What about the Cubs? They're centrally located. Well there game starts at this time, so that's an hour difference, so what about the Dodgers or the Giants and the Padres and the Angels and the Mariners? Well that's all West Coast, that's 3 hours difference so those games don't start until 10 o'clock or later for us here in Florida. Well man, there are times I was sitting up until 1, 2 in the morning watching the Giants and the Dodgers. What are you doing? It started off with just the ball game and then you wake up in the morning and the first thing you do is you turn on the MLB network – what were the final score of all the games? What are all the highlights? And that can easily turn into a half hour, so it's really interesting because the average person I was told, years ago, watches about 21 hours of television a week. It's way more than that – it's 4 ½ , 5 ½ hours a day, but still in my own mind I had rationalized that I don't watch TV, yet I really was. I was watching the ball game. When I stopped doing that people wondered "you didn't watch the

Super Bowl?” “You didn’t watch the World Series?” “You didn’t watch the playoffs?” No, I didn’t watch it. I can quickly get the gist of it reading the news clips or watching a very brief summary of it on YouTube, which is not something I sit and watch for 8 hours a day or 4 hours a day. It’s very quickly, I can watch the clips and get the general idea. I use YouTube to learn various skills and so on. I will watch DVDs to learn various skills, but the television it stays off. I’m not interested in it and I think one of the most harmful devices that we have and it’s in almost every home and office. You go out to eat and have 12-16 or 20 of the min the restaurant. You go to the airport you’re surrounded by TVs. You go on the elevator there’s a TV. You’re pumping gas at the Citco, there’s a television. Even some places you go you get in a cab and in the backseat they have a television. It’s a drug that we need to unplug.

Michael: Well, I know you talked more about it with your individual coaching clients. Let me ask you this: In order, starting from the top, can you name, let’s say your top 3 influencers or mentors that have really changed your life. Who have been yours and just share something about each.

Matt: Starting from the top, you mean give number 1 first or the 3<sup>rd</sup> one?

Michael: The one who influenced you the most. Do that one as the 3<sup>rd</sup>, so you can start 3, 2, 1.

Matt: I would have to mark my father as my number 1 influence because he’s been with me the longest. He’s 93 this year and that’s 53 years he’s been around and although we were polar opposites in terms or our views at various times and we’ve butted heads at various times in our lives, when I think about it, the apple doesn’t fall far from the tree. Sometimes when I want to be funny I’ll say the Fig doesn’t fall far from the apple tree. (laughing) so even though I’m very different, we’re not that different and he was really instrumental early in life in teaching me how to speak and stressing the importance of writing and being self-reliant. Even as a man of few words in many ways but then when you got him to speak you couldn’t shut him up. I have a similar quality I guess. He’s always reading, he’s always thirsty for information and knowledge. There’s never a time that I really go over to visit him at his home that he isn’t reading or he doesn’t have a pen in his hand writing on a legal pad. And, over the years, of course he’s not as harsh and heartless and cruel as he was, say when I was a high school boy or younger, he was very strict at the time and I didn’t understand it, but as the years go on, I have to put him first. Number 2 would be Dan Gable simply because I revered him and idolized him for so long as a youth and it was my fondest dream to want to be coached and mentored by him, even though I was only with him for 3 years, what transpired, what was absorbed, during that time is monumental. It is part

of every single day, how I think, how I go about anything. I began learning something new I don't go about it with a real casual – this is unimportant or this doesn't matter – attitude. I go after it with a steadiness and understanding that you can learn anything you want to know .you can get proficient in anything you practice, so long as you are understanding the three Rs – and they aren't reading, writing and arithmetic because those aren't even 3 Rs. Michael Avery told me that spells WAR – writing, arithmetic and reading, but the 3 Rs are to have a routine, to repeat the routine and review it so you have a routine, you have repetition and you have review. Without Gable saying it that way, that's what was really the indoctrination process there. That's what we were inculcated with at the University of Iowa. We're going to have this routine, we're going to train, we're going to train every day and if we get our butts beat we're going to train twice as hard. We're going to put in double time and if we're putting in double time and we get beat, we're going to go triple time. There was a work ethic there. There was a work ethic with an expectation that we train harder than anybody else the results might not immediately manifest but manifest they will and at the end of the day if I'm a betting man, I'm going to bet that our team is going to come out on top. And the reason why is that in our brain and in our consciousness, we know we deserved it because we put in more time than anyone else. Part of confidence is simply that. I'm more confident than you and I'm better than you because I know nobody has outworked me. That was a large part of what I learned from Dan Gable. There are many many people I could put in the number 3 slot, my Thai Chi teachers, other wrestling coaches, and people I've met over the years who have passed on profound things to me. I have to go, because of the influence of Dr. Maltz and Michael Avery I have to put both of them in 3<sup>rd</sup> place as a tie. Runner Ups (laughing). Runner ups are Ted Nicholas, who was huge in getting me started in information publishing. He's not only been a mentor but a friend. It was his ad that I read in 1995 book Millionaire Writer that captured my imagination and my attention. I sent away for his special report. I ended up ordering his audio cassettes and his book. My life changed because of that and he has a home in Tampa as well as other places in the world. I'm fortunate that he's here a few months every year and we get together regularly and visit. He's been huge in so many ways. Not just that he got me started in information publishing but he's down to earth, and he's talented. He's always learning – he never stops learning – he's athletic, he's beating people in their 20s and 30s in tennis and he's far their senior. In addition to that he doesn't run his life as if money is the only thing. As if I can't talk to anyone unless it's a deal. Unless there is something I can get out of it financially. Ted is a humble, down to earth guy and that's the type of person I respect. There are other runners up I could put in the number 5 position, but I won't

comment. I will say, also, very close to Ted in that number 4 position is Dan Kennedy. Dan took me under his wings after I got started in info publishing through Ted's guidance and clarified a number of things with me that were revolutionary at the time and really changed my life for the better, plus Dan is the person who previously owned the Psycho-Cybernetics foundation and I purchased it from him, therefore I have to give him kudos in a big way as well. And there's a big list and the list continually expanding. I believe in the principal of always be learning and the final part of that principal is when you finally stop learning you're dead. It's really true. When you think about it in terms of neuro anatomy, when you stop learning new things, your brain begins to die. Not only die, but your brain of its own accord will begin deleting parts of itself that are not being use. This is why to learn new things is not only to your advantage but it's what keeps you alive and keeps you vibrant and healthy.

Michael: Wow, you certainly have a lifetime of learning under your belt. So if the student listening to this and they want to take advantage of all of that learning and some coaching from you, what does coaching look like with Matt Furey and what can one expect and what would be the best way for a listener to inquire about some of your coaching?

Matt: The coaching I do currently is in a number of areas but they all have a blend. They are people who come to me for business coaching, they want to become published authors or they want to get an internet business going and they want help with email or their web copy or coming up with unique selling propositions or so one. So that's one type of coaching I offer. Another type is my Psycho-Cybernetics/Whole Brain Power type coaching where people are learning to accomplish much of which we've discussed during this very call. Is to get the steroidal genesis flowing in your life. Get your brain pumping and activating the release of more growth hormones and so on. And then I have a Chi Kung training with me in person regularly throughout the year and then there are combinations thereof where people are involved in 2 or more programs, but at any rate, whichever one a person is looking for, the best way to contact me would be to send an email to [MattFurey@mac.com](mailto:MattFurey@mac.com) or you can text me and in the text tell me your name and all your information so I can get back to you. The number for the text message is 813-482-3228. Either way is a viable option and I'll get back to you coming up with a program that's tailored to your specific needs and it can be a combination of phone consulting, it can be live one on one in person coaching, it can be also done in other formats, but the two I work with the most are phone and in person.

Michael: Perfect, thank you. Matt, where do you think you're going to be and what do you think you're going to be doing 10 years from now.

Matt: I love it when people ask me this questions because I usually astound them with a jaw dropping answer. Not in terms of the magnitude of what I'm talking about it's not a colossal goal or dream by any stretch of the imagination. It's very simple. If 10 years from now what I really want is to be breathing deeper, enjoying life more fully, improving my handwriting, my athleticism, my Thai Chi practice and coaching people the way I do currently. I want to be traveling around the world giving talks when appropriate and continuing to work on the very things I'm working on now but getting better at them and continually adding other skills into the mix so that I'm continually challenged to get better and to really as it was said in the movie 'Dead Poets Society' to suck the marrow out of life. To just get the marrow out of things. The get the essence. The marrow is the essence of life. And how about you get that feeling deep inside your bones of all of what there really is for us to do here. It's not going be accomplished with 4 ½ , 5 1/2 hours a day in front of the television. It's really about being self-reliance and doing things with your hands and your body and your mind simultaneously. The idea of "oh I want to be rich and famous" or "richer and more famous" or "be worth a certain amount of dollars" those thoughts really I don't have anymore. I did at one time, but they're not really part of my consciousness at the present and some people may view that as a good thing and some may view it as not a good thing. All I know is that I'm pleased and I'm happy and I'm enjoying my life. Another person recently asked me all of these achievements that you have to date, what do you think about them? and what caused them? and my answer was really simple. It was everything that you believe I've achieved didn't come to me alone. There's a universal power that flows through me. You can call it God, you can call it whatever you want, but I believe there's a universal power that flows through all human beings and when you connect with it, with deep breathing, with mental imagery, with relaxed movement, that the ultimate expression of what you're capable of flows through you. I can't take credit for all of that. The only thing I can take credit for is doing my part in the process as best I can and that's it. But, that's what I want to see continue, so the idea where I'm going to be 10 years from now I think about how Wayne Dyer would answer that and say "Look, I'm having trouble with today" (Laughing)

Michael: I know, it's a tough question.

Matt: I got enough trouble going on today, you want to project me 10 years into the future. No, no, no, no, don't do that. And there's tremendous wisdom

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in that. Can you be in the present moment? And moreover can you be in the present moment doing something? Can you be in the present moment doing two things simultaneously? That's the ultimate expression to me and 10 years from now hopefully we'll have another conversation and I can give you a report on all the advances that have come to me and that I've passed on to others to make their lives much richer and much more full as well.

Michael: I do look forward to that in 10 years. Matt, it's been a wonderful interview. It's been a real honor, and a pleasure.

Matt: Well thank you, I appreciate it and will continue to be aware.

Michael: I thank you again and wish you a great rest of the afternoon.

Matt: Thank you, you have a great day yourself.

Michael: Alright Matt, bye bye.