



**BONUS
ACTION
KIT**

compiled by Victor Boc
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“How to Solve All Your Money Problems Forever”

by Victor Boc

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Preface

Congratulations on obtaining your copy of The Two-Prong Method Bonus Action Kit. What follows is a collection of five articles written by five different individuals.

NOTE: Because these articles discuss specifics regarding the two-prong method, you should read this material *after* you have finished reading the book *How to Solve All Your Money Problems Forever*.

The purpose of these articles is to supply you with a nudge in the right direction as you consider beginning your practice of the two-prong method, that is, to spur you into ACTION! Each article expresses the thoughts and feelings of that particular writer as he or she faces the prospect of beginning the two-prong method.

Preface

The two-prong method is extremely easy to do. In fact, it's fun. Nonetheless, some people find they could use some encouragement as they face the initial hurdle of getting underway. If that describes you, then read this special material, soaking up the thoughts expressed by these individuals who have been down the path before you.

If you are someone already determined and strongly motivated to start the two-prong method, chomping at the bit to get going, then you may not need the ideas offered in these pages. Even so, you might still find the content reassuring or comforting in some way. Surely, you will discover something of value in what these folks have to say.

If you realize, at any time, that you are having difficulty mustering the fortitude to begin (or continue) the two-prong method, then these articles may be just what you need. You could very well find concepts in these pages that will provide you with a welcome spark to thrust you into action.

I offer you this Bonus Action Kit regardless of whether or not you find yourself hesitant to take action. Read this material with whatever mindset seems right and proper for you. And enjoy.

Regardless of what you decide to do with this packet of information, or the two-prong method for that matter, I sincerely wish you the very greatest of success and happiness in the days and years to come.

Victor Boc

The Courage to Follow Through

by Jim Leonard

The two-prong method definitely will create a positive cash-flow into your life—if you follow through with it! The book *How to Solve All Your Money Problems Forever* gives you everything you need to create a wealthy life, except one thing: the courage to follow through. Only you can supply that. Why should it take so much courage to start something simple and enjoyable to increase your income? Because it's different from what you've done before. And it's different from what your father did for money. Creating change always requires courage. Courage means: moving ahead with purposeful action even if it activates emotions to do so.

In the study of yoga, there is a concept called “shaktipad.” Very often in yoga, there are exercises you follow every day in order to produce some specific result. At the beginning of the program,

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enthusiasm might provide sufficient motivation to get through the exercises. Then, after many days, emotional resistance starts to set in. The great yogis say this is the time when you get the results! This is the period of shaktipad. Just before the energies shift, they create a resistance to change. So it is with every kind of project, including the two-prong method. When you reach the point when you feel you really cannot stand to do your affirmations, or where you really don't want to do your glad-giving, that is the exact time when it is most important that you continue, or certainly that you get started.

Here's an exercise you can do right now to help develop courage:

Visualize yourself using the two-prong method. See yourself happily writing affirmations for a few minutes every day. See yourself writing out a check for 1 percent of your income each time you get paid, joyfully sending it off to whomever you have decided to support with your glad-giving. Now, see the results. See yourself receiving more money than you ever had before. Imagine yourself satisfying your own desires, and also those of your family and friends. Feel what that feels like in your body.

Now, let go of that visualization and then visualize doing the opposite. That's right, imagine yourself knowing about the two-prong method, but not taking any action—your finances staying exactly where they are, the same bills unpaid, the same dreams unfulfilled. See yourself just going to work and never having enough money. Feel what that feels like in your body.

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If you are like most people, you enjoyed the feeling in the first visualization a whole lot more than in the second one. Feel the difference as vividly as possible. The strength of your preference for the first visualization creates courage for you. Anytime you feel resistance to starting or following through with the two-prong method, repeat this simple two-part exercise. It will give you the courage you need.

As I look around me at the world we inhabit today, I see a general lack of courage everywhere I gaze. People have always tended to take the easy way out of things, but this attitude is certainly much more prevalent today than at any point in the past.

When I refer to courage, I am not talking about some grandiose scheme whereby you charge into a burning schoolhouse to rescue the traumatized children (and the school teacher too). The simplest most mundane activities of daily life can also require a dose of courage, sometimes much more than we realize.

And so it is with the two-prong method. Even though the process is pleasurable, even though it leads to immense reward, it can still be a process requiring courage. Especially required is the courage to start, to begin that very first affirmations session, to write out that very first donation check for your glad-giving. Courage: do not underestimate its role in a successful practice of the two-prong method.

By the same token, if you are someone who has already begun his or her practice of this method, someone who, even now, is continuing to perform

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the duties required to do this method, then I say you should give yourself a healthy pat on the back. Congratulate yourself, not just for your diligence in the face of life's challenges, although that is surely deserving of some congratulations. No, congratulate yourself for your courage, for demonstrating a measure of courage, perhaps even more than you realize.

Courage is master force, something we need a whole lot more of in our world today. I think we should acknowledge and congratulate acts of courage wherever we find them. Thus, I now congratulate you. I congratulate you who are about to embark on this new and exciting adventure called the two-prong method. Congratulations on your impressive courage.

Jim Leonard is the author of "Vivation—The Science of Enjoying All of Your Life," "Your Fondest Dream," and his most recent book, "The Skill of Happiness." He is also the creator of Vivation® and the founder of Vivation International, Inc.

What is Really Important

by Gladys Morrison

I'm going to be honest with you. I won't mince words. The actual act of performing the two-prong method is extremely easy to do. The writing of affirmations and donating of funds to charities, that's duck soup, simple and easy as can be. Like Victor says, it's fun even.

But yet I say that doing it is brutally hard. Why? Because getting started is hard. It is brutal. Be ready for this difficulty in starting.

I am not one of those people who doubted the effectiveness of this method. Victor talks about those people who don't believe that the process will work, how hard it is to overcome that disbelief and do it anyway.

That was not me. I did believe, logically, that the two-prong method would work. In fact, I *knew* it would. It just made perfect sense to me. Based on

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everything I had ever read and studied, I knew that we create our own reality and that we have only to harness that eternal power to change our world... blah, blah, blah.

That part was easy for me. I had no doubt whatsoever that the method had the power to work to produce massive results, that is, a tremendous flow of money into my life. Zero doubt in my mind.

I still had trouble starting. I can honestly say, aside from the birth of my second son, it was the hardest thing I ever had to do in my entire life.

For days, weeks, months, I would make excuses and put off starting. I knew the prize that awaited me if only I could ever break through and get started, yet I found it literally impossible to begin. Every conceivable excuse and rationalization was employed by me.

I started to get annoyed at my lack of initiative, my lack of ability to even get started. I tried every trick in the book to attempt to force myself into doing it. To no avail.

Occasionally, I would get started, sort of, only to stop two days later. One time, I made a solemn vow with myself to do it. That lasted three full hours! Nothing I tried produced the result of actually starting in earnest and keeping going.

Except one thing.

I will tell you what finally did the trick for me, what finally got my ass in gear and got me doing the two-prong method for real. This idea may work for you or it may not, but it sure as heck did work for me.

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One day, I took a long hard look at myself in the mirror, and I asked myself what truly mattered to me in the world. The answer: my children. Then I asked myself in all seriousness: Then, Gladys, what the hell are you doing?

Gladys, here you have a fantastic technique, in fact, the most powerful technique in the world to turn your life around and provide for your children, to impact and change their lives too for the better, and what are you doing about it? Nothing. The answer to that question punched me in the gut.

At the time, we were having severe money problems. My husband had been laid off, and our savings, meager though they were, were fast being depleted. We had just cut back on our cable service, and the kids did not smile upon that decision favorably, let me tell you. We were looking at cheaper sharing plans for our phones, and we were running around the house all the time shutting off lights and looking for ways to save cost on utilities. Not a pretty picture.

And here I was: I knew the two-prong method would work to totally change the situation for myself and my children and my husband, yet I was for some lame reason stuck in a rut of inaction. How ashamed I should be! And I was.

I stormed out of that bathroom with renewed hope, and I proceeded to immediately charge into my program of affirmations and glad-giving. The rest is history.

Today, things are sure different than they were then. My husband makes a great salary, I daresay.

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And we live about as comfortably as any family could. We just moved into a new 11,000-square-foot home outside town with better schools and better everything. Life is good.

I won't lie to you. The two-prong method is totally easy to do. Yet it is phenomenally hard to start. At least it was for me. Both things are true.

The thing that made the difference for me, that got me unstuck, was recognizing my love and commitment to my family. And that I should be doing what I know is best for them. If you have a problem starting, maybe this advice will work for you.

I will say this without reservation. Whatever you need to do to get started doing the two-prong method, make sure you do it. Don't let anything get in your way. Least of all yourself.

Gladys Morrison is a proud stay-at-home mother, who lives with her husband and three children near Dallas, Texas. Her family just recently acquired a new collie named Buff.

Heaven on Earth is Possible, if You Act Now

by Richard Bertram

I was born on February 4th, 1916. I was a very fortunate child in that my parents were totally in love with one another. I never heard my father raise his voice to anybody. He was a wonderfully caring man. I don't think he ever did a mean thing in his entire life. And my parents were very much oriented toward their children.

My father loved to sail. We had a cruising boat when I was growing up. One of the biggest thrills of my life was also one of the first things I can remember. I'd say I was three or four years old. I recall it clearly, the first morning I ever woke up on a boat. My parents took my sister and me sailing from time to time, but this was the first time we had ever spent the night on a boat. I can't tell you how much this experience meant to me. I will never forget it.

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I remember opening my eyes. Overhead was the reflection of the sunshine shining through the port of the boat. I could see this beautiful light dancing around on the ceiling. At that point I realized I was on a boat. I was suffused with joy. That moment meant more to me than anyone could possibly imagine. I was so happy right then; I know now that I experienced a really deep state of Oneness with Nature.

Waking up on a boat turned out to be an experience I would have many, many times in my life. In fact, it changed my life. I always wanted to do great things. But, as with all of life or anything great you want to do, you must first begin. You must start somewhere.

I grew up to be somewhat of a hero-figure in the area of boat design. When I was a young man, while sailing on the 12-Meter Vim, I spotted a prototype invented by Ray Hunt. At that moment in time, I knew I had to do something about that. In other words, if anything good were going to happen for me, I needed to take action!

I subsequently commissioned him to put together a 31-footer for me based on the same principle—the deep-vee hull. The huge success and publicity of that boat, changed boating history forever, and took my life along with it. The deep-vee design was, at least in part, responsible for my meteoric rise in fame and wealth.

In the years that followed, business could not have been better. I was making lots of money, selling lots of boats and loving every minute of it. Richard

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Bertram & Company Yachts went on to become the world's largest yacht brokerage, revolutionizing the industry in the process. By the time the late sixties arrived, I had amassed more wealth and attained more notoriety than I ever imagined for myself. Life Magazine did a piece on me, in which they noted that, at that time, I was one of the world's richest men. I had amassed many millions of dollars, so for sure, I was toward the top of that list.

Of course, none of this would have been possible had I not had the insight and willingness to act. To this day, I thank all that is holy that I did take action. Taking action, beginning with what you know you should do, is what it's all about. After I took that initial first step of action, everything else began to just fall in place.

I'll give you an example of how things fell into place for me in those years. In 1958, Camel cigarettes came to me and asked me to allow them to use my picture in their marketing campaign. R.J. Reynolds wanted to me to be the Camel cigarette man in their advertising. Of course, I agreed. Suddenly, there was a picture of my face, a huge picture, hanging above Times Square in New York City. It hung there for a long, long time. They also ran another ad with a picture of me at the helm of one of our boats during a transatlantic race, of course with a cigarette in my mouth. It was a full-page ad, run coast to coast.

And that's not all. They also ran a one-minute commercial on national television. Two years later when my boat was succeeded with the deep-vee

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design breakthrough, that's the boat they featured in the TV commercial. The picture they used was a picture of this 31-footer, with its radical new hull design and full-length strakes that kept the boat dry. During the shoot, the boat was held up on a sling and the picture was taken looking up. All through the commercial, we talked about the qualities for soft riding and what the strakes did, and so forth. The whole commercial was spent totally talking about the boat. This proved to be invaluable publicity for us. That TV commercial was in a lot of popular TV shows. Together with pictures of the boat in print, in newspapers and magazines across the country, we received tremendous promotional value absolutely free, courtesy of R.J. Reynolds Company. They spent a lot of money on their advertising. From the standpoint of our brokerage business, it was fantastic. They used those advertisements a long time.

By the way, I did actually smoke Camels at that time. I had just quit smoking when I was approached with this proposition. I felt I had to protect my integrity by smoking again. I was a Chesterfield smoker, but the two brands were about the same. They sent me a carton a week. And I smoked them.

It all sounds great doesn't it? The fame. The money. The glamour. But let me tell you, all was not well in paradise.

The most obvious indication that something was amiss was my drinking problem. My problem with alcohol began as early as high school. I think it started as some kind of high school initiation. I got

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drunk. From that point on, I drank a lot. I didn't always get drunk when I drank. It wasn't like that. But sooner or later, I would go off the deep end and get really sloshed. I was a periodic drunk. I'd do crazy things. I would try to stop. And then drink again. Try to stop again. Drink again. Like that.

Luckily, I was in real good physical shape at the time. Doing so much off-shore sailing, I had a lot going for me. The motion of the sea and the yoga of the sea would keep me in shape and working hard. That allowed me to stay up all night and I didn't have to work in the morning or anything like that.

During those years, I had many symbols of success: a world championship in sailing, a highly-successful business, a long list of admirers, tons of money and so forth. Yet I still felt unfulfilled. I had winning boats in practically every major ocean race in the world. I'd won three straight Bermuda races and the world championship in off-shore power boat racing. I had nice children, a beautiful home and a company that was the acknowledged leader in the yacht brokerage business. I could lay claim to all these things that people would envy, all these external symbols of success. But I was not fulfilled. And I knew it. Something was missing.

My life lacked meaning. In retrospect, I can see that honesty was not a part of my life or my relationships. I was honest as far as business was concerned, but in the rest of my life, I was conning myself.

I was going off racing a lot of places—and playing around with a lot with women as well. The basic

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problem was that I had no idea what an honest relationship was. The bottom line is that my behavior had become unacceptable. Finally, my wife kicked me out.

At the time, I thought it was the worst thing that ever happened to me. Now I see it as the best thing that could have happened at that point.

Being kicked out was a major shock to me. We had a beautiful house in Coconut Grove. In fact, we had the nicest house of anybody around. The house was right on the bay, looking over toward Key Biscayne, with the canal alongside. We had a lot of mutual friends. And I loved my kids. Yes, it was a huge shock to me when she threw me out. I couldn't believe that it really happened.

I was resentful that my wife could kick out such a good guy, me. It hurt. I was terribly hurt for a long time. On top of that, I had no place to go. I didn't have any place to go in the sense of my life. Little did I realize that this event would turn out to be the single most important turning point in my life.

Yes, it was a shock. But shock is good. Really. Especially if it springs you into action. Because action is the ultimate savior.

The day was Super Bowl Sunday. I found myself with ten kids, all the trimmings of a perfect life, and I was miserable. My wife had just kicked me out, and I felt emotionally lost. I had heard about Alcoholics Anonymous before. I thought it was a religious program. I couldn't go, I figured, because it plainly wasn't for me. I was an atheist at that time. But somehow, some way, out of the ashes in

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which I found myself, I managed to find the strength to pick myself up and go to AA. In other words, I took action. That was my personal turning point. AA had a tremendous effect on every aspect of my life from that point on. Now, I see that day as the beginning of my spiritual path.

Prior to that time, I lacked any sense of spirituality. Very soon after going to my first meeting, I realized that I really did want the program to work for me. So I listened to people. I wondered, How could I believe in God? People replied to me by saying, Are you willing to believe? I said yes. They recommended that I say "please" in the morning and "thank you" at night, all those AA things. I did all those things, and the transformation happened. It was so obvious when things improved for me.

Good things started happening. I couldn't stop them from happening if I wanted to. This change, again, was a direct result of my willingness, not to just sit on my duff, but to actually take action!

The sixth step asks that we become ready to have God remove defects of character. So, I was focusing on my defects of character and I got into a deep depression. Due to this depression, I was unable to go ahead on the steps. I was stuck. I wanted to do the sixth step, and I couldn't.

It was at that point that I discovered the power of affirmations. I used affirmations, and applied mine to the sixth step. I made affirmations that turned my character defects around into positive attributes. It worked! It got me unstuck. Truly, when the student is ready, the teacher appears.

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Affirmations really work. Based on my experience, it seems like the sixth step is the appropriate place to use affirmations. They work to change the negative programs in our mind to positive programs. Eventually, we want to transcend these programs altogether, but first, at the beginning stage, affirmations definitely do work. They worked well for me. For quite a long period of time, I kept changing my affirmations. I used them religiously. I had a long tape of affirmations and I would play them every day. I used affirmations for many years, and I still do.

I want to emphasize the importance of actually getting started. Had I just daydreamed about how great affirmations could be, I would have never actually experienced their true power. The key to everything is taking action.

I think back to my Alcoholics Anonymous days when I lived in Miami. We had a group, called the Plymouth Group, that I liked very much. We noticed that the people who were having slips and weren't getting sober were the people who had not taken the initiative to actually DO the steps. Right then and there, we realized the critical nature of taking action. If you didn't act, it became obvious that you were not moving forward, that no real change was happening.

It is easy to slip into denial and get bogged down. We need to be aware that we have this denial and this tendency to slack off and make excuses and do nothing. We need to fight that tendency with every bit of strength we have at our disposal.

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The thing I want to emphasize here is that for anything to work, you absolutely must do it. From my experience, I have found that you must commit yourself to actually taking action.

The two-prong method is no exception. When I first encountered the simple beauty of this method, I was eager to spring into action. Something held me back, but I was able to overcome it. I dove head first into practicing the two-prong method, and the rewards have been tremendous.

Since I do not lack for money, I had other areas of my life where I felt less than fulfilled. The method totally changed my life, and me as an individual. But again, only because I had the will to begin doing it. Again, it's all about taking action.

I feel that right now we have an incredible opportunity for change, beyond anything we've ever dreamed possible. When we, as a species, reach the critical mass and Love takes over as the dominant energy, there are so many things that will be different. It is beyond the capacity of our imagination to envision how wonderful Life will be.

Imagine being able to eliminate world starvation and poverty. We wouldn't need to have all these defense forces all over the world; people would be responsible for their own lives. Armed with the right worldview, there is really no limit to what we can do.

Heaven on Earth is possible. But it is possible only if we take action!

The essence of the Universe is Love. Love is real. Fear is nothing but illusion. In AA, we say that fear

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is False Evidence Appearing Real. Laziness, slothfulness and inaction are the product of fear. Instead, we should choose love. We should choose a life of action.

I hope my life has been a beacon to illuminate what is real, and a testament to illustrate what works. I now feel closer to the goal of the game we call life: to experience as much Love as possible in each moment. I feel joy in looking back. I feel excitement in looking forward. I feel Bliss in Being Here Now. Most of all, I feel gratitude for having been given the opportunity to play the game.

Richard Bertram is the founder and past president of Bertram Yachts. He gained worldwide fame as 'the Camel man,' as the winner of countless boating competitions... and as a self-made billionaire.

Getting Started: The Hardest Part of Glad-Giving

by Shannon Wise

Affirmations were easy for me. I was eager to start. They sounded like fun and I could hardly wait to get my program underway. Glad-giving, however, was an entirely different story.

When I first heard about the idea of giving money away, I was immediately against it. I listened, but I thought to myself, “No way!” I’ll be polite and hear what the guy is saying but I will definitely never consider actually doing it. I’m not a total idiot you know!

For me, starting glad-giving was unbelievably hard. It was so hard, in fact, that I can honestly say it was one of the most difficult things I ever did in my whole life. But I’m here to tell you that if I can do it, anyone can do it.

At the time, I was working as a disk-jockey at a local nightclub. In my line of work, you don’t make

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a lot of money and what you do make is somewhat unreliable. So the idea of giving away a percentage of my income was extremely unattractive to me. But I really did want to start. In fact, I started saving ads I got in the mail for charitable organizations, just in case I ever got around to doing this. I started getting eager to send some money to some of them. I actually wanted to donate, and I knew I would need to do it or I would never be content, but I just couldn't bring myself to start.

Finally, one day, I decided to have a different mental attitude. I decided that I would be a fool. I decided that glad-giving was stupid, but I would go ahead and do an idiotic thing anyway. Sometimes I do other idiotic things in my life and so, what the hell, I'll just be an idiot one more time.

That did the trick. For me personally, I found it much easier to begin with an attitude of 'don't give a damn' and just be a fool anyway. The amazing thing is that once I got past those first few donations, it got totally easy. Now, I love it!

The way I see it, as far as glad-giving is concerned, getting started is the whole thing. If you can get started, you got it. The rest is easy. The calculating how much to give and deciding who to give to is no big deal. The only part of this entire process that amounts to anything is getting started. Making your first donation is the name of the game.

I don't blame anyone if they don't want to do glad-giving. I can understand what they feel. Lots of people, I'm sure, realize that it would be a good

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thing and it would be neat to donate to worthwhile causes, but they just find it unbearable to ever get started. One point to make about this is that the amount is really very small. Only one percent of my income is basically insignificant. And if I decide to be crazy and do a crazy thing by doing glad-giving, losing a mere one percent of my net income is really not all that crazy anyway. The truth is, I'm a lot better off now than that one percent could ever make me.

I'm not saying my approach will work for you. Everybody is different. You may find some other mental trick or way to get yourself to start. But I will say this, whatever you have to do to get yourself to begin, do it. Do whatever it takes. Once you get past that initial rough part, you will be thrilled. It's hard to imagine much else in life that is more rewarding than donating your money to help others. The fact that it's so hard to do (at first) is part of the reason why it's so incredibly rewarding once you get going.

I know now why many people never do glad-giving. I almost didn't. It's because it is practically impossible to start doing. But once you do, you'll be very pleased, I'm sure. The whole thing, in a nutshell, is getting started.

A word about how things are going for me today. My situation is totally different from what it was when I first started glad-giving. I am still a dj, but these days I do it just because I love it. It really is a blast, and I really do love it, but I don't need to do it

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for income anymore, out of a sense of desperateness like I used to.

By the way, I have since decided to be even more of a fool than I once was. I now give anywhere from two to four percent of my income away every two weeks. I know, I'm an idiot. But I'm a happy idiot! Ecstatic idiot, would be more accurate.

Actually, on second thought, I now believe I'm no longer any kind of idiot at all. I've done the smartest thing possible I could ever do. It's called the two-prong method, affirmations and glad-giving.

The proof is in the pudding, as they say. And I've got lots of pudding, if you know what I mean.

Shannon Wise now owns and operates a thriving computer-networking company, with an abundance of clients up and down the west coast. And he still deejays every weekend; he can be found at the top nightspots throughout the greater San Diego area.

Don't Believe the Hype

by Jennifer Ward

I deal in hype every day. I am a book agent working for a major company in New York. Believe me, hype is everywhere in my world.

Yet I found myself susceptible to the hype, of a sort, surrounding the two-prong method and plans like it. The hype is that you can get rich, and it will be easy, easy, easy. You don't need to do squat, and riches will just fall in your lap. Nothing is required on your part. That's the implicit promise. That's the hype.

Don't believe it.

While this particular plan, the two-prong method, is technically simple to perform, and the results are satisfactory, it still requires some action on your part. You can not just sit around all day doing nothing and expect money to fall from heaven into your lap. No, it doesn't work that way.

Don't Believe the Hype

I had just finished reading the book *How to Solve All Your Money Problems Forever*. I don't know what I was thinking, but I guess I figured I would just read the book, and then that would be all that was required of me to strike it rich. I figured I was informed now of how my subconscious works and how glad-giving reduces my addition to money, etc., so all I need to do now was kick back and enjoy the good life. In short, I believed the hype.

Don't. Hype is just that, hype. Unrealistic expectation, left like residue from strong marketing.

In today's society, marketing is everything. And these days, everything is either *free*, or *easy*, or both. Nobody wants to do anything. Everybody wants something for nothing, the easy way. It is understandable that people feel this way. That is the central message of most marketing these days. Thus the word: hype.

In the case of the two-prong method: it is a God-send! It is, without question, the most worthwhile thing you could be doing to better your financial situation in every way. But make no mistake, it is not a something-for-nothing proposition. You must do something.

True, the something you need to do is simple and easy in and of itself. (Affirmations and glad-giving.) But it is still something that needs doing. You cannot just loaf around and do nothing.

I am not saying that Victor Boc is inaccurate in marketing his book. Not at all. His statements do tell the truth in describing this process. Doing this method is easy. And it is virtually impossible to

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exaggerate the claims regarding the result you will see. Nonetheless, surely some people will interpret this to mean that they don't need to do anything at all. Some people will undoubtedly supply their own hype, even if there is none there to begin with.

The idea that you don't need to do anything is incorrect. You must write and say affirmations, and you must practice glad-giving. That is not nothing.

In fact, getting started can be a tough hurdle. It wasn't for me personally, but I have heard from others that it is for them. If you approach the starting point with an expectation that you don't need to do anything, you will probably fail to jump the hurdle and start. That would be sad.

I encourage you to go into your practice of the two-prong method with your eyes open. Yes, you must do something, easy though it is. And yes the results are inevitable, based on irrefutable laws. And that's it. That is the truth about this proposition, what is required and what you can expect. Anything else is just hype. The best thing to do when you encounter hype, is disregard it. Treat it like the nonsense it is. And then proceed.

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