

Sample: *Breaking the Mind Barrier* by MaryAnn Diorio, PhD

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INTRODUCTION

Have you ever wondered why some people succeed in everything they do while others continually fail? Perhaps you yourself are one of those people who have struggled hard to achieve your goals—whether losing weight, getting out of debt, or building a happy marriage—but, time after time, you've been met only with disappointment or bitter defeat. You feel as though you're up against a brick wall that, no matter how hard you pound against it, won't give way. You may be at the point of totally giving up on your dreams, of wondering if there's any hope left for you.

Well, let me assure you with a resounding YES that there is hope for you. In fact, it's as close as your mind, that fantastic computer that God has placed in the six inches between your ears. The key to success lies in knowing how to use your mind in the way that God intended it to be used.

But before we explore this area, let's go back to that brick wall. The truth is that you are indeed up against a wall—not a brick wall, however, but a far worse one—a *mental* wall. In short, you're facing a mortal enemy called **The Mind Barrier**. If you don't learn how to destroy that enemy, it will turn on you and destroy your whole life.

Most likely, you've heard of the "sound barrier." According to Webster, the sound barrier (also called the "sonic barrier") is that "sudden large increase in aerodynamic drag that occurs as the speed of an aircraft approaches the speed of sound." When an aircraft exceeds the speed of sound, it is said to have broken the sound barrier.

Applying this definition to the mind, we could say that the mind barrier is that sudden large increase in mental drag (or positive thinking) that occurs as the content of our thinking approaches the realm of success. When our positive thought pattern exceeds our negative one, we break the mind barrier.

Great! you may be mumbling under your breath. What does that mean in plain English? It means that the positive power generated by God-inspired, right thinking is sufficient to break through the mental barrier of Satan-inspired, wrong thinking. In other words, the power of truth is sufficient to break through the power of the Lie.

When God created your mind, He created an extremely complex faculty that literally controls the course of your life. Before the fall, Adam and Eve possessed minds that were totally

in tune with the mind of God. As a result, they experienced health, prosperity, joy, peace, and intimate communion with God and with each other. After the fall, however, their minds became intrinsically corrupted by sin with the result that no longer did their thinking naturally line up with God's thinking. Instead, their thought patterns tended naturally to side with those of Satan. Consequently, they experienced faulty thinking that resulted in wrong decisions, misunderstandings, and a host of other problems that come with a corrupt, unregenerate mind.

It is this corrupt, unregenerate mind that Adam and Eve passed on to the entire human race. This is the reason that you have difficulty reaching your goals. This is the reason that you have challenges in your relationships, in your finances, in your health. This is the reason that you feel worthless, or stupid, or incompetent.

God, however, had great mercy on man and sent Jesus, His Son, to restore man to Himself. One marvelous result of this restoration is that God restored to man the power to develop a mind that is once again in tune with God. Only a person with such a mind can achieve true success in life.

Your present difficulties, challenges, and negative feelings are simply bricks in a wall that you have built around your mind. This wall is keeping you from success, from happiness, and from health. This wall is called *the mind barrier*. It is that mental barrier that is keeping you from becoming all God created you to be.

Breaking the Mind Barrier: How to Think like a Winner is a handbook for achieving success in every area of your life through the power of Biblical thinking. In this book we will explore ways to develop a *success-oriented* and *success-achieving mind* through a process the Bible calls *renewing the mind*. We will take a close look at the Bible, God's manual for life. In it we will find every principle we need to *break the mind barrier* and experience the full, abundant life that Jesus Christ intends for us to live. So, let's begin this exciting journey together!

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