



brilliantideas

one good idea can change your life...



Transform your life

Become the person you want to be

Penny Ferguson

Brilliant ideas

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Brilliant features

Each chapter of this book is designed to provide you with an inspirational idea that you can read quickly and put into practice straight away.



Throughout you'll find four features that will help you to get right to the heart of the idea:

- *Try another idea* If this idea looks like a life-changer then there's no time to lose. *Try another idea* will point you straight to a related tip to expand and enhance the first.
- *Here's an idea for you* Give it a go – right here, right now – and get an idea of how well you're doing so far.
- *Defining ideas* Words of wisdom from masters and mistresses of the art, plus some interesting hangers-on.
- *How did it go?* If at first you do succeed try to hide your amazement. If, on the other hand, you don't this is where you'll find a Q and A that highlights common problems and how to get over them.

Introduction

Many of us can find ourselves feeling frustrated with the way things are going at some point. We can even feel total despair. Often we feel like there's no way out of the situation, let alone any hope of getting close to achieving our hopes and dreams. Frequently we blame others or the circumstances for the way we feel.



I know this because this described me up until quite late in my life. But reading a book that jolted my thinking was a catalyst. I discovered the way to totally transform my life into a happy and exciting adventure, where I stretch myself and my abilities to the limit on an almost daily basis. I only wish I'd done this sooner. In this book I share my discoveries in the hope that they may help you to grasp the opportunities that life presents.

PENNY'S ROAD

One day, at the age of forty-nine, I was walking my dogs in the woods and reflecting on my life so far, which hadn't quite gone to plan!

I'd been abandoned at four months old by my mother and then packed off to boarding school at the tender age of seven, where I was bullied, teased and very

lonely. My first experience of sex was when I was raped at the age of eighteen. I was engaged at nineteen and married by the time I was twenty. I had six children before I was thirty.

The trauma and abuse of three failed marriages had left me a total wreck, with no confidence and very low self-esteem. In addition, despite my father settling a small fortune on me just before my first marriage, with the help of my husbands I was now totally broke and facing a mountain of debt.

I had the added trauma of my second son having recently died. He'd been diagnosed schizophrenic at the age of eighteen and after an extremely challenging eight years suffered a heart attack at the age of twenty-six.

TIMELY INSPIRATION

To add to all this, my health was suffering and I had a chronic back problem. It was actually during a trip to see my osteopath that a book I discovered inspired me to really look at myself in a different way. This, along with a number of other books and a series of personal development workshops, started the creation of a new wave of thinking for me.

That day, right there in the woods with my dogs, I made my 'commitment to the universe'. I wasn't going to waste the rest of my life in the same way. It was time to recognise that the only common denominator in my three unhappy marriages was me. This meant one thing: any change had to start with me. In that moment I committed to change my thinking and create a new life and to become a success in my own terms and by my own efforts.

AND NOW

Now I'm sixty-one and thousands of people have changed their personal and working lives after understanding how I turned my life around. How the picture has changed!

I've been inspired so much by my family. I have a close, loving and mutually supportive relationship with my children and recent grandchild, which I cherish. I have my dream home in Berkshire, set in an acre of beautiful gardens and woodland, which I share with a very special partner and my collection of four-legged friends.

I run a successful training and consultancy business, with twenty-five colleagues and associates in my team. I've received glowing testimonials for my work from people as diverse as chief constables, heads of industry in three continents, professionals, fathers, mothers and children.

Perhaps most remarkable of all is that my own self-esteem, self-reliance and confidence in my abilities as mentor, coach, trainer and inspirational public speaker have blossomed to fulfil my dreams.

I changed my thinking and I changed my life. I created a vision of how I wanted my life to be and I'm now living my dream. And still my dreams expand. There have been no lottery wins or major pieces of 'luck'. It's all come about because I changed my way of thinking – about me, about life, about relationships. Then I took total responsibility for the transformation. So, just open up your mind to what's possible and what you can achieve. I hope these 52 brilliant ideas help start you on your way, wherever you are right now.