

THE LITTLE RED BOOK

HOW TO DEFEAT
GAMBLING & ADDICTIONS
IN 7 DAYS OR LESS

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The Little Red Book

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Dedicated to...

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INTRODUCTION

You are growing your inner hero, your inner genius to create the best of you. Will you accept this challenge?

It all started with one question, How do I find God's will for my life? After my Honorable discharge from the US Navy in 1993, without a sense of fulfillment, something was missing. Desperately looking for the answer, I began a journey to find my purpose.

I stirred up desire mixed with hope. Through overcoming a dark, painful addiction to problem gambling Of Over 32 years, little did I know I would discover other harmful habits that would be defeated also. It was like waking up and ending a long episode of horrible nightmares. I began to understand, what would be my life mission.

To Jesus Christ, In all humility, I give all the praise! Special thanks to my wife Sherry, my children who help me build patience. Ines the young lady mom, pop Santos Sr, Cephas Tope my business partner and Diane, who shared some helpful writing tips with me on this revised project.

“This is the latest improved version” of The Little RED book. A special big thanks to all of you who purchase the book. You are all helping my mission go forward, to inspire thousands into an awareness of their most enormous potential. Thank you for permitting yourself to take the necessary action to bring to an end problem gambling and addictions in your life; You are courageous!

Even though this book may read like it's just for problem gambling, it's not! We all have negative habits, that hold us, hostage, from overeating, harmful anger and anything in between. Within this book is your universal application, a solution to master your mind and train your brain to live a clean life and sustain success in the long run.

I encourage you to start keeping a journal, keeping notes, or as I like to call it, “journaling” An essential step toward personal progress. You're building a positive habit that will help you develop the best version of yourself, and bring about a total transformation in your life.

Most successful people have a way of keeping notes or journaling. Another thought to consider is that when you write down a thought about a particular Idea ringing in your head, it will help you come back to that

frame of mind so you can further develop that idea at a later time.

If you come across an exercise that does not resonate with you, go to the next section, you can go back to the difficult one later on. Friend, Your mind is creative, and through persistence, it will reveal your solution.

Have you ever considered how you became who you are today? How you made it through difficult life experiences? How you keep thriving when most people have lost it and would have faded away in the face of the challenges you're facing right now? Have you ever given this a serious thought? I never considered it necessary to think about these things until I experienced personal transformation; In fact, I never know what it really meant to sit down and think. It was a new awareness as I began to construct a new foundation for personal growth and success in life.

You do want to move away from negative habits and addictions to achieve a positive transformation right? Into a better understanding of yourself; which is your foundation for growth. What's your why? Why do you do the things you do? Here is my philosophy on this subject.

The words addiction and habit are almost interchangeable; both words can describe a positive or harmful activity.

Lifestyle is a byproduct of habits. Habits or addictions result from your repetitive actions.

These repetitive actions are the results of certain family traditions and experiences we get exposed to early on during our first years of coming into this world.

As we grow, we either add or remove certain beliefs once we can think on our own as you begin to make personal choices in life.

We must get into a habit of challenging ourselves, our experiences, and values at a foundational level before allowing them to influence us or become a part of our daily living.

Understanding this is very important today more than ever, as parents especially if you are growing a family.

As you study the contents within this short book, you should experience a new awareness within your mind, a bit of a battle of thought. If you run from this, you will miss out on your true blessing which is disguised within this experience. To experience self Improvement, there has to be a transformation within your mind.

Ascribe wrote: Be ye transformed by the renewing of your mind.

Simply put, you have to be willing to let go of negative beliefs, and allow positive new ones to flow inside. In due time you will win more mind battles with ease through focusing on building positive habits, It's like opening a door and stepping into a new journey that will have mountain top bliss and down in the valley lows. You will be tested, what you learn on the mountaintop will be tested in the valley.

Remember that first job? That first date? That first new experience you became confident with after some practice? Like leaving home to be on your own? At the beginning of every great journey, there is going to be a little challenge.

That is why what I share with you will go against most of your current beliefs, and that's what's intended here. Changing your mental record, developing a winners mindset, The result? The best you is being created through this process!

This is not a feel-good book. Though some parts of it are fun, my primary intention here is to give you reasonable provoking thoughts and exercises, so you experience a total transformation and breakthrough throughout your journey as you apply what stands out to you out of this book. You know, Just like gold has to refine through the fire, I want you to experience personal change so you can come forth like pure gold.

It's exciting when you are more ALIVE! And more in control, more alive means more courage, more vision and more awareness resulting in victorious daily living.

I recommend you spend a day on each chapter and do all the exercises. If you do that, in 7 days' time you'll have the tools and abilities you need to defeat gambling and any other horrible addiction. Let's get the journey started.

CHAPTER ONE: An Honest Confession: A Bit Of My Story And How I Breakthrough From Gambling

During my childhood years, I experienced a lot of domestic violence; there were a few days where things appeared to be calm. Most of my early development was full of Fear, violent threats of death and suicide, physical and verbal abuse, especially against mom.

One event almost took mom's life. All this happened because my father was a distant, mysterious person. So growing up, I lived with constant fear, which subconsciously sabotaged my confidence and progress of success. Escapes became a normal routine which resulted in negative experiences, via pills, pot, alcohol, if other different drugs were available those too would be tried. Promiscuity was easy to develop in those days too.

What you focus on is what you will bring into your life. Research shows that our beliefs or group paradigms

develop into habits very early on, your lifestyle is like hypnotic states or like a trance. I agree with this reasoning. It is possible for us unknowingly or knowingly to put ourselves in a state or situation that causes us to move in a specific direction whether good or bad. Does it make sense to understand this especially today?

It's very frightening, not knowing the kind of deposits and belief systems that can go into your mind from conception and as your subconscious is being trained from the almost magical influence, The behaviors of close family and friends until about 7 or 8 years of age. It could be a higher age since there is no direct information that proves 100% it's only a 7 to an 8 year period of intake. The key thing I want you to understand here is that early stage deposits create the deepest, strongest habits in your life.

Truth be told, we can't easily erase habits and beliefs that we Incorporate from our family members or that come into our life as a result of our environment or group thinking.

Can you relate to what I am sharing here? about why we are where we are? and why you behave in some way that's different from someone else? I am not an expert in behavioral science; I explain these things as I have experienced them in my life..

Developing a better understanding of your existence, and why you do the things you do will help you in more ways than you can ever imagine.

There are countless numbers of people living today that also have a similar story just like mine or even worse! By the grace of God, I am one of those individuals that broke through and freed himself to begin this new journey that has led me to a much happier life.

One reason I enjoy educating others via a book, video or through personal self-empowerment coaching is because of my mother's influence as a teacher and the transformation I've experienced.

Mom made deep seed deposits in me while we lived during those dark years, I see them now as I look back from time to time. Mom is a miracle woman! Dad is also somewhat of a miracle too. Both are still alive. Mom, at 75, is a retired educator living in Willimantic, Connecticut, love you, mom! Dad is disabled and lives in Stockton, California, in a care facility at 73. I get to visit him every day and make sure he is "Tranquilo" at peace. Love you, dad! Mom and I have deep conversations these days about our journeys

Even though I have had a rough childhood, and despite how difficult my dad was. Mom's words and encouragement helped me face my fears and helped me

make positive decisions that led to the breakthrough I'm enjoying today.

You and I are privileged to have a few key people in our lives who are dreamers and achievers, let's learn and appreciate them. Once again I must say that none of this would be possible apart from the grace of the Almighty.

Your Past Should Not Dictate Who You Are Today

Miles Davis Quote: "When you hit a wrong note, it's the next note that makes it good or bad."

Our apartment building comprised six units on top of a hill not too far from an abandoned red brick eery warehouse with many broken windows.

I had the rude pleasure of throwing rocks at the unbroken windows for fun, I know today it was not proper! Forgive me for breaking windows; it's behind me.

One evening while the family was cooling off in front of our apartment building as the sun was going down. I said the wrong thing to a family member that was visiting; my dad's sister.

Dad thought I deserved a punishment, which today is called abuse. Guess I did something worthy of being whipped with a tree branch that was snapped off a tree

in the front yard; I can still visualize myself hopping in a circular motion as dad held me by one hand and lashed the back of my legs with that whip. I remember crying on my bed in my mother's arms, as my legs were feeling the welts.

These types of experiences go on and on for many of us during early childhood; most people end up carrying the burden and bitterness throughout their life. No wonder so many people are bitter, scarred and unforgiving today.

You might be saying, but Santos, you have no idea what I have gone through during my childhood. Yes, I agree. I resonate with that, I know experiences in life differ for everyone, but can I be frank with you for a moment? It doesn't have to define who you are or who you will become.

Though you might find yourself living every single day of your adult life feeling inadequate, empty, attracted to wrong things, fearful, made to feel dumb by others including family members as if you don't have what it takes to make things happen. That doesn't have to decide who you will become in life.

Simone Weil Quote: "Pain and suffering are a kind of currency passed from hand to hand until they reach someone who receives them but does not pass them on."

Nelson Mandela was convicted during the apartheid in South Africa, an act that landed him 27 years in prison. After his release in 1990, he didn't seek revenge against his jailers; instead, he invited one of them, a white man named Christo Brand, to his 1994 presidential inauguration. In fact, Brand was also invited to Mandela's 20th-anniversary celebration of his release from prison. Another of Mandela's jailers, James Gregory, also spoke and wrote about his friendship with the political prisoner.

The key lesson here? Mandela being the president, had the power to revenge and jail jailers. He could have set a trap or manipulate them and send them to the prison as they did to him. Honestly, with Mandela being the president, A successful revenge is guaranteed.

But he did the opposite. You and I can imagine what was going on in his mind. Instead of taking revenge, he decided not to let his past define his present. He chose to forgive and love wholeheartedly.

Later on, Gregory and Brand both spoke about their deep respect for Mandela -- Brand, specifically, has spoken about his transformation from a pro-apartheid young man into a man against racial segregation and oppression. Mandela's influence, according to Brand, was unbelievable and life-changing. This act of Mandela

has become a lesson in forgiveness for many around the world.

Whatever you're going through right now, you can choose to release the pain, to forgive and let go. You are the one who has the right to decide who you'll become, not your past or the pain. To prevent more suicides from happening is also one of the primary reasons I wrote this book, so please remember this. You should think of how you will turn things around because you can. Right here is hope for a brighter day and a greater you.

How I Breakthrough From Gambling

After losing over \$500,000 to Gambling, self realization which we will discuss in the next chapter is one of the key steps in my self-recovery journey. I started making changes, I was no longer satisfied with the life I was living, and I desire to leave a legacy for future generations. It really began by asking myself questions:

What is my God given purpose?

Why am I alive today?

What do I want people to say about me when I am gone?

Months after asking those questions, things began to unfold to me; I started gaining understanding about

what I can do to turn my life around. It was like coming out of a dark closet I had been in for so many years. A bubble I lived in. That was the time I defeated a secretive harmful addiction called problem gambling. I believe once you get your first life breakthrough, it will begin a fantastic journey of self-discovery and self-awareness into other personal breakthroughs.

The question is, If you could trade your negative addictions-habits for positive habits today, right now, where would you begin?

Write down the thoughts that come to your mind. Now, what is the smallest step you can take today to start achieving those goals? Friend, it's time to make a brief foray into an actual reality.

CHAPTER TWO: The Power Of Self Realization

I read the story of a man who had been down on his luck and was desperate to make a little money. After so many closed doors and failed attempts, the idea of going to the city zoo clicked, hoping to get a job feeding the animals. The manager at the zoo had no vacancies, but seeing how big the man was, he offered him another possible option.

He said, “our gorilla died the other day, and he was one of our popular exhibits. If we got you a special gorilla suit, would you put it on and imitate him for some days, until the new gorilla arrives? We’ll pay you well for it!”

Well, when you need a job, you need a job, said the man in need. He was so desperate for work, he was ready to do anything as long as he could make ends meet and provide for his family, so he agreed to take the position.

Let’s give our story a pause for a moment. Do you have an idea of the decisions people make once they find themselves in a tight spot, once they are in desperation?

Of course, you know what I'm talking about, you've been there yourself, that point you lost your job and had to sit at home for what?

Weeks?

Months?

Or even years?...

At that point you had to make a desperate decision just like the man in the story, your luck was down, you applied for so many other jobs but had the door slammed at you as many times as.... you can't even start counting. You have a family to cater for, or maybe you weren't even married yet, but you had to measure up to your peers. You tried everything there was to try in your own perspective and then resulted in gambling.

It wasn't so harmful the first time, as it was just a few bucks you put in and lost, the push came to get back your money and gradually from a few dollars you went on gambling your little savings, the whole of it, now it's painful, but you can't let go, you want to get it back, and you just needed your very good friend- LUCK!

Probably, luck did show up, and you won but rather than quitting you thought "this isn't so bad", so you went on and on, growing in debt, losing relationships and losing yourself through the process.

You need a solution, to get you out of this sinking state you have found yourself in. You need a miracle! And you need it fast.

You're back to where you were at first-- in desperation but unlike before when you had to make a decision that cost you a lot, this time will be a whole lot different.

This book you're holding will help you or rather put you on the right path to realize how much you can be, to become the best version of yourself by breaking old harmful habits and building new helpful ones.

Back to our story, he did agree to take the position of the gorilla, and in a matter of a few hours, he got into the suit and started playing his part, beating his chest and shaking the bars. He started getting attention from huge crowds gathering outside the bars. "Maybe this won't be a bad idea, after all, he told himself".

The pay was pretty good, and he had all the banana he could eat, and when he thought about it, there were worse jobs than this out there.

But one day, just in the middle of his gorilla act, he was swinging on a trapeze and lost his grip, he landed himself in the middle of the lion's den. Looking up at this intruder in his territory, the lion roared. The crowds were mesmerized to be caught in this jungle scene, a big bad gorilla Vs a ferocious lion.

What would the gorilla do? He realized that if he cried out for help, it would reveal his true identity, so he slowly walked backward away from the lion, hoping to climb the fence back into his cage. The hungry-looking lion started stalking him step by step, and finally, in desperation, the gorilla cried out, “help”! Immediately the lion answered in an annoyed whisper, “shut up stupid! You’ll get us both fired.

I hope that cracked you up a bit, cos’ you need it, lighten up your mood, you’re holding your solution in your hands, and everything will be just fine.

You’ve landed yourself in the den of a gambling addiction, and you feel it stalking you, about to eat you up, but just like the story, it isn’t real, it’s all in your head, and that’s where you want to start, shifting your focus from what’s not authentic to what is- your self realization!

SELF REALIZATION- YOUR KEY TO QUITTING GAMBLING ADDICTION.

The key to quitting gambling or any addictions is first to acknowledge it as a problem, or become aware that one is addicted and start working toward making changes. I could say, you reading this book right now means you have come to that realization and congratulations on taking this big step, a quantum leap into complete

freedom from gambling or any other addiction you believe has you by your throat.

I want you to understand that this first step you have taken requires tremendous strength and courage, to own up to this, to come to the realization of addiction as a problem you are facing and doing your best to be rid of it, especially if you have lost a lot of money and strained or broken relationships along the way.

Right now, you are frustrated, and in great despair, you feel like this is your cross, and you have to bear it alone, but here is good news for you.

What good news?

Yea, you're probably very eager to hear good news, more importantly, one that will bring a solution.

The good news is that you are not alone, you might have lost everything, even your loved ones, but you're not alone in this situation. Many others have been in your shoes and have been able to break the habit and rebuild their lives. You can, too! And that's the reason I wrote this book to help you through this phase of rebuilding everything that has gone down and most importantly enables you to break your addiction.

Believe me; it's an easy task, as long as you're ready to see it through to the end and to erase every doubt and

fear. So, let's work together to help you recover all that you've lost in the past.

What Is Self Realization?

Self realization means knowing oneself, to realize the truth of one's existence to reach your full potential.

I believe my self realization journey started after I asked myself, what is God's purpose for my life?

Why am I alive today?

This is a fundamental question we all must reflect on, that's if you want to live a meaningful life. You can't afford to live your life just anyhow you want, you have to define your existence and find out what is the exact reason you were created and the answer to that is not to gamble away your life, no! By no means.

There is a greater purpose as to why you are here on earth, and when you have succeeded in finding it out and when you begin actualizing it, you will look at yourself and feel fulfillment like a raiment upon you.

Years after asking myself the "who am I" question, what is God's will? I defeated a secretive harmful addiction called problem gambling.

This, for me, as I mentioned earlier on, was like coming out of a dark closet I had been in for so many years. A bubble I have lived in. Once I got my first life breakthrough, it was the beginning of a fantastic journey of discovery and greater self-awareness.

Through Grace, I am who I am today. I will continue to become a better version of myself, not a bitter version and help others get from where I have been before with problem gambling to where I am now, and that's a state of freedom from the grip of addiction.

ACHIEVING SELF REALIZATION

I heard the story of a wealthy man who threw a party for his daughter because she was approaching marriageable age. He wanted to find a suitable spouse for his daughter, someone courageous, intelligent and highly motivated. He, therefore, invited a lot of young eligible bachelors.

After they had a wonderful time at the party, he took the suitors to the backyard where he had an Olympic-sized swimming pool filled with poisonous snakes and alligators. He announced, "whoever will dive into this pool and swim the length of it, can have his choice of one of these three things. One, he can have a million dollars, two, he can have ten thousand acres of my best lands or three, he can have the hand of my daughter in

marriage, who upon my death will inherit everything I own.”

No sooner had he finished talking, when a young man splashed into the pool and reappeared at the other side of the lake in less than two seconds. The rich man was overwhelmed with the guy’s enthusiasm and asked “young man, I have never seen anyone so excited and motivated in my entire life, do you want the million dollars, 10,000 acres, or my daughter?”

The young man looked at him sheepishly and said: “Sir, I would like to know, who pushed me into the pool!”

Lol! My friend, you are capable of more than you can imagine, whether you get a push or not, go for it! And experience your full potential coming into the limelight.

Maybe I am giving you that push already because that is what my mission is right here, to shake you out of your present position, to encourage you to discover and uncover the unusual gifts and talents embedded within you.

Ask yourself this question; am I going to allow the harmful incidents and hopeless failures of my past to undermine my future?

No! Although, you've been through hard times, one I can't even imagine right? But you have to put that behind you and take control of your life now!

FINDING YOUR PASSION- A KEY TO SELF REALIZATION

“If you have a strong purpose in life, you don't have to be pushed. Your passion will drive you there.”

— Roy T. Bennett.

If you ask most successful people, they will tell you the first step of their journey was finding their passion and following it through with all zeal and focus. Whether you think this has become a cliché or not, the thing is it's a real fact and no bluff at all.

It is your passion, your why, your dream that will keep you going when the road gets rough, and as you know, it gets rough.

So how do you find your passion? How do you discover that which brings you joy every day so you can live to your highest potential?

Answer these questions sincerely:

What are the 5 things I am naturally good at? (this can include the skills you've been recognized for in the past, as well as your accomplishments.)

What are five things that interest you every day? (the type of information that gets you engrossed daily, forgetting every other thing, whether through TV, blog articles, books, tapes, podcasts, magazines e.t.c)

What kind of people do you spend your time with? (are they the kind to learn from positively, do they lift you or bring you down)

What five things bring you joy? (what gets you jumping off your bed in the morning, what makes you eager to start your day)

What do you have to offer others? (what need can you fulfill in others through your skills, what can you do for free, for most of us this is where your purpose lies)

I have something else for you, what are the five things you would do if you found out you had just nine months to live?

Take some time to reflect on this and have your answers here

1. I will _____
2. I will _____
3. I will _____
4. I will _____
5. I will _____

Are you done with that yet? If you are great! If you skipped it, please go back and write your answers or if you prefer you can reflect on it throughout your day.

Phewww!!! That was a whole lot of work. Take a break from this book and give yourself a sweet treat, then come back refreshed!

Do not forget to reflect on these questions and the answers you've given, also think of how you can use them positively to create a better you.

Made it here? Awesome. I still have more great things to teach you including how to earn more income and become totally debt free.

To do that, you'll need to go to <https://www.amazon.com/dp/B07YB1NR53> to get the complete Little Red book. I promise this is going to change your life.

Have any questions or challenges? Shoot me an email @ santosrolon@soldiersofselfmastery.com

To your success,
Santos Rolon Jr

