

Twelve O'Clock High

Feeling Great and Making It Happen 24 Hours a Day!

This Book is Currently Under Construction!!

What you seek is seeking you.

—Rumi

Once you make a decision, the universe conspires to make it happen.

--Ralph Waldo Emerson

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For Adriana, Cyrus, Darius, Mariaelena, Alexanaka, Amandamikkel, and Maverick

Introduction

Twelve O'Clock High is the sequel, in a sense of *The Magical Dozen*, my first self-help book. But you can read them in any order. In this book I continue to talk about personal growth and about achieving your desires and dreams. Also, I confront some of life's bigger questions including why we are here, what happens when we die, and that sort of thing. You'll see that I rely a lot on what I know and on my own experience. And I think that I have some pretty phenomenal ideas. Still, my own experience is fine as far as it goes, but, of course you are not me. You are your own person and a different person, and we are different in significant ways. So feel free to pick and choose, modify, confront, and add to what I have written so that it works for you! And let me know what you did at MurrayNabors.com. I offer you a companionship, and together, we will work it out.

Self-help authors take it on the chin when things don't work out perfectly for them. Wayne Dyer's cancer and separation from his wife of many years and Jerry Hicks' (of Esther and Jerry Hicks and Abraham) death have been cited by many as indications that their advice is not to be trusted. After all, if they can't perfect their own lives why should I count on them to help me? Indeed.

Well just because Julia Child's soufflé exploded in my oven, with disastrous consequences, should I throw out her cook book? Probably not! It was probably my fault and not hers. It's true enough that people who believe in the Law of Attraction do not believe that "Shit just happens." I'd still rather trust in Wayne or Ester to help me out of a serious personal

predicament and Julia to get me out of a cooking conundrum than myself. As a matter of fact, I bet that Wayne ends up doing a pretty good job of figuring out what happened and in solving his problems as does Esther in getting on with her life and teaching.

At the end of each Chapter I have a "To Do List." Try it out, and feel free to add to it as well.

Happy reading!