

THE TRULY AMAZING LIFE SHOW *with Aaron Kennard*

Finding Joy Even in Pain & Learning to Love Mondays.

Episode #44 – with Preston Ely

Aaron: Alright, welcome to the Truly Amazing Life show. I'm your host Aaron Kennard author of the number one best seller, The Positive Thinking Secret, and I'm extremely pumped about the guest that I've got on the line for today's show. He's an author. A musician. A coach. A self-made multi-millionaire entrepreneur with a lot of different profitable business and a soon-to-be father. And I'm grateful to call him a personal mentor and a friend. And he's made an enormous impact on my life. I really cannot wait for our discussion today. I've got some cool questions for him. And much of my morning routine that shapes my life and what I teach others was directly influenced by him. Like the life vision, and theme process, as well as, my daily affirmations. So, just really excited to have him on the line, and with that, I want to welcome Preston Ely to the call. Thanks for taking some time out of your life to talk to us today. How are you?

Preston: I'm doing good man. I'm doing amazing.

Aaron: I like it. That's perfect because if you weren't doing amazing, I'd have to kick you off the show.

Preston: I'm just sitting here feeling amazing in my amazing life.

Aaron: Well, I wouldn't doubt that for a minute. And you probably just got done with like some kind of epic morning routine, right?

Preston: Oh, I just got up and I'm doing just a bunch of amazing things ever since I woke up this morning.

Aaron: So, you don't have to make sure everything is amazing, just so you know. But I know that it just automatically flows out, like that's your favorite word. You can keep making everything amazing if you want but you're not required to, just to make sure you know.

Preston: OK. Thanks for clarifying.

Aaron: But I do want you to explain, what does make life truly amazing to you? Like right now in your life, what it is that really makes life awesome and amazing for you?

Preston: Man, I'm going to be like completely candid with you and your cult members. Life is not very amazing for me right now. For the past five years or so, I'd say I've gone through probably the most difficult season in my life. You know, you go through painful seasons in life. You know, I've read your book by the way. I'm a fan.

Aaron: Yeah. I appreciate that. Thank you for reading that.

Preston: I've read every word. I can't say that I've been through something as physically painful as you have. I've been through a lot of physical pain but not so intense. But yours was kind of like in a relatively speaking a short...

Aaron: Yes.

Preston: A short.

Aaron: It was like a big short burst that was super intense. Yeah.

Preston: Yeah. Yeah.

Aaron: Short meaning, I mean three months may not seem short but three or four months is super short for some people. It sounds like what you've gone through, from what I know, or just in different ways, or just different people with chronic issues, right? But keep going.

Preston: Like sometimes I get jealous of Jesus. I'm like, listen, I know he went through a lot of pain but I mean, it was over in a couple of hours.

Aaron: Yeah.

Preston: Like, come on God. Just like give me the killer shot and be done with it.

Aaron: Yeah.

Preston: But I've had personally just a ton of personal challenges, especially with back pain. I've had like four different surgeries on my back. Which if I would have known now what, you know, back then...if I'd known then what I know now, I would have had any of those surgeries. They were all unnecessary.

Aaron: Yeah.

Preston: They all made things worst. This last one, you know, helped a lot. And thankfully, I'm doing better now. But life is hard, man. You know, if I had to describe my life, right this second, you know, it probably wouldn't be amazing. It would probably be just challenging, man. But that being said, you know, I still do find joy in living. I mean, let me elaborate, my wife has this autoimmune problem. So, you know, any husband that are listening right now, you know that when your wife is having problems, you know, you are having problems.

Aaron: Yeah.

Preston: And it's almost even worse.

Aaron: Yeah.

Preston: It's like you want to do something about it and you try and sometimes you can but sometimes you can't. A lot of times you can't. You know, you just sit there and watch them suffer.

Aaron: Whether it's physical, or emotional or anything, right?

Preston: Yeah. A lot of times it's emotional. When it's physical, it's always physical and emotional.

Aaron: Yeah.

Preston: So, you know, I had to deal with a lot, you know, as a single man. And it was a lot easier when I was single. Once you add a marriage on top of it. I got married a couple years ago. Put somebody else's stuff on top of your stuff. Oh, my gosh. Like I thought I was a man. I thought I had arrived at full man, and then I just realized there's just so much farther to go in my masculine journey. And now once I have a kid. You know, we want to have a lot of kids. And you know, who knows, you know. Kids get cancer and like you never know what could happened.

Aaron: Yeah. You never do.

Preston: And so, you know, life is amazing because life is beautiful. And it's amazing because it just exists in the first place. It's like, if you really stop and think about it, like, like what's going on? Like why are we here? What is all this beauty that's all around us? Beauty makes life amazing to me. Like, I could just sit and stare at a tree forever. Like, trees are incredible to me.

Aaron: Yeah.

Preston: You know, if you really just stop to think about it, it's like, you know, why are we here? You know, people need to go a little bit deeper than just...most people sleepwalk through life.

Aaron: Yeah.

Preston: And it's just like, they don't even stop to think about what's going on. About like, what is this world that we're in? Why is it here? Who put it here?

Aaron: Yeah.

Preston: You know, and why?

Aaron: This is like an awesome question and I love how you started this out. Where just saying, look it doesn't seem amazing to me all the time. I'm in a lot of pain. I've been through the most difficult season. And this is literally, like what you're speaking about is like the reason why I'm so adamant about this particular mission of teaching people what it means to live a truly amazing life, and having these conversations. Because it's extremely common misconception when I'm saying, hey, I believe this is a truly amazing life. People are like, pssh. Aw, whatever. Life is hard. Stop being so, you know, you're just like these rose colored glasses. And like you said, life does not feel amazing. And so, like when I say that, like I'm not telling people, hey, I feel like this blissful happy, I live on a cloud, you know, 24-hours a day. And I'm oblivious to pain that type of thing. Like I really want to get this message across. Like, let's have these discussions. Like, why is life amazing even though we have pain? And why can you say, hey...even in the beginning you said, I've experienced pain. I'm even actually still finding joy in living. That's kind of the essence, like how do we live that way despite our pain? And I'm really excited to get into more about talking about that here today. So, I'm going to jump into that. I want to get back into some of the pain that you've gone through and kind of dive into some of the detail of that. But first of all, just a quick aside. You said recently that Mondays, you just absolutely love Mondays. Why do you love Mondays? And what is your typical schedule like on a Monday, for example?

Preston: So, I used to hate Mondays like everybody else, like the majority of the world, you know. I lived for the weekends. And come Sunday night, I would just literally...a sense of dread would come over me on Sunday nights. And then Monday mornings waking up it would just intensified. And I was even making decent money. But I just hated what I did. And I just didn't...I guess I hated life, man. You can say you don't hate life, but if all you're living for is the next sports game, the next, you know, party, the next weekend night, the next sexual excursion, you know, then I hate to break it to you but you hate life.

Aaron: Yeah. I mean you're kind of just escaping being here now. You're waiting for the next thing, right? If you're not enjoying this moment, then what is it?

Preston: Yeah. So, you know, I had a paradigm shift very, very similar to yours. Which was just the fact that I have a measure of control over things. Over my thoughts and the fact that taking control of those thoughts, changed how I felt. And changing how I felt, you know, changed what I did and what sort of life I experienced.

Aaron: Yeah.

Preston: So, I just went to work just reprograming my mind and my beliefs. The exact same way you did.

Aaron: Yeah.

Preston: And things just started changing. It took a while, man. I would say it took a few years of work, of self-inner work, you know.

Aaron: Yeah.

Preston: To get to the point where I was looking forward to a Monday. But it happened. And it will definitely happen for anyone who really wants it to, you know. And the fact just knowing that it can happen, that's what makes it happen. When I realized that things could change. That it was possible to change, that's when it hit me. I was like, oh my gosh, life change. That's what I tell people. The best thing you could do for somebody is to tell them, you could do it, man.

Aaron: Yeah.

Preston: You can change your life. Most people don't understand that. They don't get it. You know, they think they're just at the whim of circumstance and, I mean really subconsciously they know this. They know they can change. They know they can improve their life, subconsciously. Well, no, that's not true. Consciously they do know it.

Aaron: It's the subconscious they don't. It's like they're holding on to this subconscious belief.

Preston: Yeah. But they're hiding it, you know, with this subconscious BS. That, you know, no, it's impossible. You know, blah, blah, blah.

Aaron: Yeah. We're all holding on to these stories like Tony Robbins always talk about. I mean, it's the story we hold on to subconsciously. We don't even realize we're holding on to that's like holding us back.

Preston: You know what, I was just like thinking about Tony Robbins the other day. I haven't listened to any of his stuff in a while. Besides that new book he has.

Aaron: Which is awesome by the way.

Preston: Yeah. Has he had any like new home study courses or anything come out or anything?

Aaron: I haven't heard of any new on the personal development general front, but just that new money book I think he's been working on for the last four years or something. So, he's put that out which is really powerful. It goes beyond money. But it's super [inaudible 13:09].

Preston: His book, Awaken the Giant, which everybody has to read. That's like your awaking the giant within.

Aaron: Yeah.

Preston: I'm sitting here staring at it. It's on my bookshelf.

Aaron: It's like a 20 year old book or something, right?

Preston: It could be a million years old.

Aaron: Yeah.

Preston: Who cares? It's one of the first books that I read, like period.

Aaron: Yeah.

Preston: And that was like my wake up call. It's like your initiation book. Like it's a personal development if you're like...

Aaron: No, it's amazing. I mean that guy is just so spot on. And the things we're talking about the influence he's had on our life, I think millions of people's lives, I couldn't agree more. That's such a powerful book.

Preston: And so many personal developments. So much of this stuff out there nowadays is such BS. It's like people are getting lazier, and lazier. And it's like, it's almost like authors and speakers. It's almost like some of them want to, they want to make money off of that or something. It's like they're, what's the word I'm looking for? They're catering to that.

Aaron: To people's laziness and just wanting to, you know.

Preston: Yeah. Even Tony Robbins a while back, I remember him saying that the personal development industry is changing right now. You know, it's changing from, you know, you could work to have a better life. You can, you know, just like imagine it and have it appear in front of your face.

Aaron: Yeah.

Preston: You know, it takes work but so, I look forward to Mondays because I've transitioned my value system from a place of, I valued fun and comfort over everything.

Aaron: Yeah.

Preston: To now I value personal growth, and accomplishment over everything. So that being the case, Mondays beat Fridays.

Aaron: Yeah. That's really interesting. I've experienced that same transition and you get in this mode of like, it's just so fun to grow and change, and to produce, and create value. And then it's almost hard to want to stop, right?

Preston: Yeah. It's fun to create. We're producing things out here in the world but creating is an even better word for it.

Aaron: Yeah. Creating is one of the 12 pillars that I teach. It's like such a foundational principle to create.

Preston: Yeah.

Aaron: Create the life you want. Create art.

Preston: Yes. Yes. Exactly. If everybody can see themselves as artists, no matter what they do. You know, you may say well, I'm a janitor. How am I an artist? Well, first of all you're creating that for yourself. So, that's the life that you're creating for yourself. So, you know, on the canvas of your life, you're painting yourself as an artist. Not as an artist, as a janitor. So, you know, you could change that if you want, you know. But even as a janitor, you can change the way your days go. You can look at your life as an opportunity to inspire everybody that you come across, you know. But we need to all see ourselves as artists, especially entrepreneurs.

Aaron: Yes. Oh, absolutely. So, I could go off on lots of tangents there. As I thought about the book, *The War of Art*, which is just so...you've read that, I'm sure? Right?

Preston: Did you read his new one, *Do the Work*?

Aaron: Yeah. Just last week and I was bawling during it because I was right in the thick of the battle and I'm just like, this guy is speaking my language.

Preston: He's amazing.

Aaron: Yeah. Totally. So, anyway, I'll come back. I want to speak to one thing, and then I want to get into pain. I want to finish our discussion on pain but before we transition to that, you mentioned this transition like going from before, kind of like hating your life, essentially and just living for the weekend. And then this transition into personal development and growth. Do you have like a turning point moment or story within that where you kind of like shifted, like now you're reading, and now you're growing? Like what was it that made that shift for you in the beginning? I know it was a long transition. But what was kind of a shifting point?

Preston: So, first of all as a kid, and I had like blocked this out of my memory. Like as a kid, I used to read constantly. I read like huge books, like books way out of my level. And, you know, and for whatever reason when I became a teenager, I just like threw it all away. And I was like, you know, it's time to party.

Aaron: Yeah.

Preston: So fundamentally, the change was a religious one for me personally. I was raised in church and, you know, I just kind of made a mess of my life. You know, I got caught up in drugs, and alcohol, and just hanging out with the wrong people doing the wrong things.

Aaron: Yeah.

Preston: And it just completely ruined my life, and it brought me just to the lowest place you could ever possibly imagine. I mean, I was bankrupt. My house was foreclosed on. Both my cars were repossessed. And so I'm just like sitting in my house. I had no money. The electricity was off. The lawn was overgrown. I remember looking outside, the pool was like black because I never bothered to learn how to clean a pool. I'd always just paid people to do it. And I had no money to pay anybody to clean the pool. And I just kind of remembered the way that I was raised that, you know, that God was ultimately there and available, and it kind of brought me back to him. And that was ultimately what was the turning point for me, was developing a relationship with God, specifically through Jesus Christ. And just totally turned my life around. But even saying that, my life was still horrible for quite some time after that moment.

Aaron: Yeah. Like you had an awaking, or realization, or you came back to believing and like going back to trusting in God. And then it wasn't like immediate all of a sudden you're living the blissful, truly amazing life. Right?

Preston: No. No. There was a definite switch, like from that moment, where I said like, God, I've made a mess of my life, take control. Please help me. Please forgive me for all this nonsense and, you know, whatever you want me to do, I'll do.

Aaron: Yeah.

Preston: And there was definitely a switch that was flipped. I mean, there was definitely...and it was very real. I was very much like the matrix. You know, on how he kind of like, you know, gets plunged down this thing and then his eyes are open. He sees the world how it really is. Things definitely changed. Like, it was bazaar. Like I would go to clubs and I would just see everything totally differently. Whereas things seemed so glamorous before, it's like I had new eyes. It's like I could see how it was just disgusting. And I kept taking drugs, and drugs didn't work anymore.

They literally had no effect upon my body. It was very, very real. However, I was still miserable. So, I had this epiphany. I don't know where it came from. I think I was like journaling or something, and I just had this epiphany one day that I was unhappy because I was choosing to be unhappy. And that was the bottom line. And that if I would just change the way that I was thinking, that my life would change. And I literally went out...and this is exactly what I did. I went out and I just bought every single book on positive thinking that I can possibly find, and I read them all. I just read dozens, and dozens of books on positive thinking and it just completely changed my life.

Aaron: That's awesome. All of a sudden I'm getting a little echo here. Let me see. OK. That's better. So, you read these dozens of books and that sounds like just a couple transitions. First this kind of recommitment to God again in your life. And then at some point having that epiphany of that you're in control. That is really very similar to...I mean as you've said, you read my book and I talked about that one. And for me too. It's interesting how mine...like that epiphany for me came like after reading certain books and then it did launch me into this like voracious reading like you did as well. Was there books that you read before that voracious reading period? Like had you read *Awakening the Giant* before that or was than an after?

Preston: No. All that stuff was after that.

Aaron: So, after that epiphany moment where you realized that you could decide to be happy, was where the major shift change in what you were actually doing?

Preston: Yeah. And then reading books and going through home study courses. That was what cemented it. That was what cemented the deal for me. I mean, I just read hundreds, and hundreds of books.

Aaron: Yeah. And since then just to paint the picture for people, I mean, there's just been this huge transition. Now you have like multiple successful businesses. You have software businesses, coaching businesses. I mean, you've created so much amazing things since that transition point. How many years ago was that? Maybe less than 10 years ago, right, or around there or something?

Preston: Yeah. Somewhere right around there. If you were to tell somebody who knew me then that my life was going to look like it looks right now, especially the part about me inspiring people, they would have laughed you out, wherever you happen to be.

Aaron: Yeah.

Preston: I mean, they would have just said, yeah freaking right. I mean, I was a miserable human being. I mean, if I'm not proof positive that it can be done. I mean, I wish everybody listening could talk to my mom. If you could have a 20-minute conversation with my mom, your life would change forever. If she could tell you like, what more like the real...

Aaron: Details, yeah. That's cool. That's really cool to hear that transition. And I think that really helps people to just understand like really where people came from to experience these things and how we're talking about now. Like we've all gone through these transitions so whoever you are, whoever is listening, whoever you are in your life, it's not...you're just on that place and that path for a reason and you can change it. And it's like, everybody needs to have that epiphany sometimes where they realize, I can take control. Because until we do, until somebody does, then they're not going to read the books. They're not going to go do things. It's like everyone has to have that personal realization. Like you said, that belief that there actually is a way out of that whatever we feel stuck in.

Preston: Yeah. And the good news for me was that by changing my thoughts, I could change my life. But I mean the really good news was that it would like kind of happen automatically.

Aaron: Yeah. What do you mean?

Preston: That by reprogramming my thoughts, and my beliefs that my life would just start, that my life would just kind of start changing as a by-product of that as opposed to just going and trying work hard and change your life.

Aaron: Yeah.

Preston: You know. Put you focus on changing your mind. I mean, just as I look back on it, it's just exactly what happened to me. As I'm going through these books, as I'm assimilating all these different very much more successful people's beliefs systems, my life just started changing. My views about what possible started changing and so, I just started...and so different actions just started coming out of me and better results started coming.

Aaron: Yeah. And it happens so gradually that we don't even notice ourselves living different ways necessarily. But then pretty soon these different actions add up to these massive changes.

Preston: Exactly.

Aaron: That's awesome. Cool. Thanks for sharing that transition. So, as we wrap up then today, I want to finish by talking about pain. We started with pain. I want to come back to pain because this is a particular topic you have a lot of experience with. And we can all compare our pains. I mean, like you kind of did but it doesn't do any real benefit because we all just have different pain.

The point is we all have pain whether it's emotional or physical and we're going through these things. So because of what you've gone through, I want to take the next few minutes just to really dive into that. So, you talked about your back surgery, the debilitating back pain off and on for all these years. What do you think about going through these extremely painful challenges?

Preston: Yeah. And so, it wasn't even that. I was like, everything that I was not able to do because of that.

Aaron: Yeah.

Preston: You know, mixed martial arts was a passion of mine. I could no longer do, and I still can't it.

Aaron: Yeah.

Preston: And it's been years since I've been able to do it. Music was a passion of mine. And you know, that, you know, I was on a path towards making a career of music. That got put on hold.

Aaron: Because of the pain? Because of the back pain?

Preston: Yeah. I just couldn't even get to the, you know, we would record in studios all over the country. I just couldn't even get to the studios.

Aaron: Yeah. Because you were debilitated?

Preston: Yeah. Because I had this one particular surgery that just took me out of the game.

Aaron: Yeah.

Preston: And so, I had constant physical pain. But then on top of that, it was just like everything that brought joy to my life, it's like it was taken away from me.

Aaron: Yeah.

Preston: You know. And so, I was left with not much, man. With dodie. With just doing what needed to be done. You know?

Aaron: Yeah.

Preston: So, what was your question?

Aaron: So, just kind of what were you thinking though? You're kind of answering that because you're feeling this pain but really what's on your mind was all this stuff that was taken away from you more than the physical pain, maybe?

Preston: Yeah. That just adds to the pain.

Aaron: I'm just kind of dissecting this. So, the back pain was, it's incredibly painful but you've now add into the emotional pain and so, just for example, what's your viewpoint on why we experience pain as humans? Let's kind of go maybe higher level. Like why do you suppose this stuff is happening?

Preston: Yeah. So, the whole time that this has been going on, I've known exactly why it's happening. And it's been extraordinarily helpful in dealing with it.

Aaron: Yeah. And why is that?

Preston: A lot of reasons. You know, I struggle with pride and ego. Who doesn't?

Aaron: Yeah, right.

Preston: Right. But like if you were to put me on the ego meter, five years ago compared to right now, like if I was a 10 five years ago, you know, I don't know what I am now. Maybe a five, you know. I have no idea.

Aaron: But hopefully, improved somewhat from where you were.

Preston: Oh, definitely. One of my business partners hadn't seen me in a long time. He hadn't seem me in a couple years. We all work virtually. He's out in Hawaii. And he came out to my house and he was just like, dude, you are just like a completely different person. You know, so.

Aaron: So this is related to why you're experiencing the pain?

Preston: Yeah.

Aaron: Expand on that.

Preston: Yeah. Pain is here to humble us. Pain is here to wake us up out of our illusion that we're in control. Pain is here to toughen us up. The same way, you know, you experience pain in the gym. You're sore the next day and then you're stronger the next day.

Aaron: Yeah.

Preston: That's the exact same effect that pain in life has on your soul, has on your heart.

Aaron: Yeah.

Preston: But it's just sometimes it's stretched out over time. So, I've known that this pain was here to humble me. And to just get me ready for the next stage of my life. You know, I was on this trajectory to like just, I mean, to just do these huge things. And in all honesty, if this hadn't happen. I mean, I just wouldn't have been able to...I wouldn't have been able to take it. The success would have just gone to my head.

Aaron: Yeah.

Preston: You know. I don't know if my marriage would have survived. If I were like, you know, become a rock star without going throughout all this. So basically, pain is here for our good and knowing that makes it easier to deal with.

Aaron: Yes. And you could see that so much more clearly in that hindsight.

Preston: Everything you said in your book is basically what I agree with.

Aaron: Yeah. That everything is conspiring for your benefit and that having that viewpoint literally makes it so that you can get through it better. And it makes it easier to get through. Awesome. So, we're actually at our time here, so I just want to make sure you don't need to run right this moment and we could finish up. If you do, we could wrap up, otherwise if you have time for just a couple more on this to wrap up, let's do. What's your schedule like?

Preston: Yeah. I'm alright.

Aaron: OK. Cool. We'll go through these, a couple more because we're right on this cusp of kind of diving into this topic which I think is so important for people. So, you've established that's it's good for you and that helps you in getting through it. So, in your personal circumstance, do you avoid pain at all cost, or do you seek out pain sometimes? Why, why not on either of those?

Preston: I just realized you sound like Anthony Robbins.

Aaron: Oh, yeah.

Preston: You actually sound like him. Has anybody ever told you that?

Aaron: No. They haven't.

Preston: That's really weird.

Aaron: I just need to get my voice a little more scratchier. Maybe it's getting scratchy because I haven't drink any water. That's a huge compliment. I mean, if anybody ever tells me anything I'm like Tony Robbins, I take that as a humongous compliment. So, do you avoid pain at all cost? If so, why or why not? Or do you seek it out ever? Like, what's kind of your relationship with pain? I mean, some people like literally seek out pain. It's like the Buddha before he became the Buddha was like, he was like actually going through specifically like self-torture type of stuff until he realized, hey, that's not necessarily the way.

Preston: Yeah.

Aaron: And other people just avoid pain. They just seek comfort at all cost. But what's your kind of take on that?

Preston: Yeah. I definitely don't seek out, like I would never seek out what I've had to go through the last few years. I would never seek something like that out. Life is going to give you enough pain as it is without having to seek it out. But I mean, I seek out, you know, healthful, healthy stress. You know, like going to the gym, pushing myself beyond my limits and, you know, fasting, not eating for one day.

Aaron: Yeah.

Preston: Three days even. You know, and stuff like that.

Aaron: Yeah. OK. So, just kind of like looking for that healthy balance. OK, so to finish then on this particular topic. You experienced that you, despite the pain, you live in enjoy. Have you ever experienced like euphoric joy and intense pain at the same time? And it's OK if you've not. I'm just curious more than anything. Because I've had a couple experiences and it's like, I'm more curious to hear what other people have gone through pain have experienced on this. Or have you experienced any level of joy and pain at the same time?

Preston: Yeah. No, I would say that I have. Yeah.

Aaron: And what would you describe that as? What was the situation there?

Preston: I don't know, man. It was like early in the morning. I came downstairs and I was reading some inspirational stuff. And I just started like...I mean, I almost was like laughing to myself. Like I was so happy to be alive.

Aaron: And yet you were in some pain?

Preston: Oh, yeah.

Aaron: It was just this constant back pain that you were experiencing? Or was it more intense than normal or anything?

Preston: No. It was just regular back pain and life as usual which was not great.

Aaron: Yeah.

Preston: But yeah, I've experienced that.

Aaron: So, all of a sudden you're reading some stuff and you're just literally laughing in joy...

Preston: Yeah.

Aaron: ...despite the fact that you were in pain?

Preston: Yeah.

Aaron: Yeah. Totally. I've experienced that a bunch and as you read the book, there is like multiple scenarios in there where it was just like amazing, amazing closeness to joy. Like some of the most euphoric joy that I've ever felt despite like being in just the most incredible, physical pain. So, I'm just curious if other people experienced that too, or what's that like.

Preston: I like your message that you address pain because not a lot of people do. To have any measure of success and stability in life, you need to have a healthy relationship with pain. If all you ever do is run from it, you're not going to have an amazing life. You know, you've got to seek a measure of it out to test yourself as a man, as a woman, you know, to grow. And then the stuff that comes at you that you can't control, you know, you have to see it the right way. You have to have a healthy relationship with it. You have to know why it's there. The pain is there to guide you, to tell you which way to go. It could be there to tell you that, hey, you're going the wrong way. You know? It's there to correct you. It's there definitely to humble you. And to be honest, it's there because God's trying to get your attention, you know? If you're experiencing it, you know, an extremely painful experience. A lot of times it's God trying to get your attention to say hey, listen man, you know, I'm here. In case you need me.

Aaron: Yeah. The humbling piece is a huge one. I love how you brought that up and made a big point of that, with like not being ready for certain things. Every one of us have to battle the pride demon no matter how humble we are. It's a constant life-long thing. And pain is a very effective humbler. And the benefit of that, it's huge. But like you said, you wouldn't be ready for these other things. The benefit to you was, you know, your marriage survived. You're happily married because maybe you were more humbled. Right?

Preston: Yeah.

Aaron: And that's just one thing. I mean, there's so many benefits to that. That's cool. Thanks for all this discussion. It's been awesome. I really appreciate your insights. And really appreciate your time. It's been really cool having you on. I want to finish with one question that I'd ask. You already told us one book people should start with is, *Awakening the Giant Within*, from Tony Robbins. It sounds like a great place for people to start. But if you were to just leave us with the one thing before we go, maybe the one most important thing that you could think of right now that you'd share with someone to help them make today amazing.

Preston: Man, there's never one thing. A lot of people need motivation just to even get the machine moving, you know.

Aaron: Yeah.

Preston: And for that I would say, listen to everything Les Brown has ever put out. I know that sounds old school, old fashion. I don't care. That guy, I've listened to all his stuff. That guy is the most motivating guy that I personally know of.

Aaron: Yeah.

Preston: I would listen to all of Les Brown's stuff to get motivated.

Aaron: Cool.

Preston: I can't remember what books of Jim Rohn, I've read and listen to everything of Jim Rohn but he's the ultimate. He's the godfather.

Aaron: He's the guy who trained Tony Robbins. He's like Tony Robbins mentor.

Preston: Yeah. I think most of his stuff is audio. I would look up Jim Rohn and go through all his stuff.

Aaron: So, from a motivational standpoint, if you're having a hard time like just even being motivated for whatever that would be a place to start then?

Preston: Les Brown for that and then Jim Roan for the particulars, for the details.

Aaron: Awesome. Thank you so much for your time. I really appreciate it.

Preston: Yeah, man. You're welcome.

Aaron: Alright. Take care.

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*Sincerely,
Aaron Kennard*