



Half Full

Bill C. Castengera

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Why don't good things ever happen to me? Why can't I catch a break? How come I'm not lucky? Feeling this way is more common than one might think. We see and perceive things through a filter and if we consciously work at it, we can alter the filter through which we see the world. When the filter changes, and our perception changes, reality changes. Two years ago, I began a soul-searching experiment in perception. I blogged about my thoughts and feelings simply to gain an understanding about myself before the real experiment began. As I put words on paper, I began to realize that simply knowing myself began to shift my outlook in a positive direction. I hadn't even begun what I thought was the real meat of the experiment! Things changed rapidly as I began to learn who I was. I came to the understanding that many of us are strangers to ourselves and that the simple act of thinking about who we really are and being honest with ourselves about it, can make a huge impact on our lives. This book is the simple beginning. It is the culmination of the blogs I began writing two years ago that lead me to this self-discovery. In some small way, I hope the insights herein will benefit others and help them to gain awareness of who they are and meet themselves for the very first time.

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