

Everyone Has Hungers

Just in case you feel like there are some people out there without hungers, all you have to do is look behind what moves people to do what they do. You will see it all very clearly. We all have emotional hungers, whether we recognize them or not. Each of us has at least 3 or 4 major hungers operating in our lives at any given time. There's nothing "wrong" with the hungers we have. But there are healthy and unhealthy ways to feed them. Would you condemn yourself for the need for food? No, it's simply a fact of life. But how do you satisfy that hunger? With junk food or with nourishing meals? Your choice of food makes all the difference in the results you get.

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There are healthy and unhealthy ways to feed hungers. When you feed your hungers well, you're released from their power.

If you think you don't have any hungers—think again. Ask yourself, why did you buy this book? Is it because you had nothing better to do? Or did your appetite for learning kick in? Perhaps it was a hunger to serve your clients better, or a hunger to be the best and so you gather to you whatever information it looks like will help you. You may have a hunger to be free and you seek the food of information that will assist that. You see, when it comes to hungers, they are a

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You don't need to know how a hunger got there; you just need to feed it—regularly and healthfully.