

From the Best-Selling Author of  
*Dying to be Young and Lifestyle of the Fit & Famous*

THE 5 MINUTE MOTIVATOR

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Imagine How 300 seconds, or 5 Minutes a Day, Can Change Your Life.  
Learn the Secrets to Life, Success, and Happiness.

DR. ERIC KAPLAN



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**Sample Chapter of  
The 5 Minute Motivator  
By Dr. Eric Kaplan**

Success is based on attitude, and attitude can be altered by time. We are all born with an equal inheritance of approximately 700,000 hours. One of the great differences between life and death is that life offers us a choice, while death offers a mystery. We have a choice of how we live these 700,000 hours and we can choose the quality of our existence on this journey of life. Many people live their lives in a whirlpool, marred by confusion, and absent of direction on their quest to succeed. Man and woman were born to succeed. It's the goal of this book to continually activate endorphins by turning your basic coffee break into a 5 minute motivator. In "5 minutes" or less, simply by reading any chapter in this book, you can alter your being, alter your existence, transform your dreams into realities, and have your realities create dreams for other people. This book will offer a series of vignettes, motivational techniques, and stories that will teach you the secrets of success. The 5 Minute Motivator is a proven system that will unlock your powers to succeed.

This book contains an empirical formula to personal success that introduces a synergy of methods and ideas, techniques, and motivational anecdotes—all brought together in one place. Each individual component can be learned and revisited in just "5 minutes" a day. The principles of success, health, and happiness are not new. The concept of the 5 minute motivator is to embellish these principles into a user-friendly system that maintains your interest while providing a winning strategy: Winning at the game of life. Life is based on numbers: the seconds in a minute, the minutes in an hour, hours in a day, days in a week, weeks in a month, months in a year, and years in a life. The human body consists of approximately one trillion cells, which work 24 hours a day, 7 days a week, 365 days a year, never taking a vacation, let alone a minute off. When you stop to consider that the human body is perfect—that a heart beats an average of 72 times per minute, which is approximately 100,000 times per day, over 700,000 times per week, almost 3 million times per month, and over 34 million times per year—and never takes a minute off—you realize that our life is dictated by time.

We need to utilize time efficiently to experience all life has to offer. Life is like a combination lock, only with more numbers. If you select the right numbers in the right sequence, you can unlock the treasure chest of health, happiness, and success. In "5 minutes" you can be the locksmith of your destiny. It takes just "5 minutes" to change your psychology, alter your physiology, and transform you into the person that you were born to be. The only way to break a bad habit is simply to drop it. What we need to do is create healthy, happy, and positive habits. In just 5 minutes, a minimum of once a day, The 5 minute Motivator will provide the techniques that can literally transform your destiny. Imagine if success could be obtained in only 5 minutes!

Walt Disney said, “Your imagination creates your reality.” Close your eyes. Look into your subconscious, your inner eye. What do you see? Like an architect, you must create the blueprints of your life. Imagine you could be anywhere you wished—on an island, in the mountains, maybe even at sea. Transport yourself wherever you wish. Smell the air. Feel the sun and the wind. Hear the birds. See yourself smiling, at peace, and happy. Picture yourself as you want to be.

Now, I ask you: How did you get to this place? You put yourself there through your imagination. Visualization will create reality. With this realization, you have learned the first key to unlocking your inner dreams—your imagination will create your reality. My wife and I came back from the dead. We looked death in the eye and said, “It’s not my time.” We have come to treasure life and our time on this planet. Life is for living, laughing, loving, and learning, not whining, worrying, and working.

(more below)

*Life is a grindstone. Whether it grinds us down or polishes us up depends on us.  
Thomas L. Holdcroft*

## **Chapter 1 Life is Difficult**

M. Scott Peck, MD sold over five million copies of his book, *The Road Less Traveled*. What I remember most from reading this book are the first three words: Life is difficult. Is that a positive or negative thought, or is it just a fact? We must all recognize that success does not follow the path of least resistance, that words can be substituted for other words, and that words do not have to control our mindset. It's the thoughts we create, the visions we apply while reading these words that define our lives and put up obstacles to that success.

In 5 minutes, or 300 seconds, you can control your mind and your life by accepting your circumstances and by changing your attitude.

My wife and I were completely paralyzed after cosmetic injections. We weren't able to move a muscle in our bodies, not even to open our eyes. The doctors and nurses weren't sure at times if we were alive or dead. Our prognosis was grim. Would we survive, and if we did, what condition we would be in? We were expected to live our lives in wheelchairs, possibly on ventilators. They advised us to change our lives and either sell our home or make it wheelchair accessible. We were facing difficult times ahead and we needed to find a way back to life, a road to recovery, a road to success, health, and happiness. We found it once we knew God would not abandon us in our time of need. We needed faith and we needed to work harder than we had ever worked. We needed to believe more than we have ever believed. It started daily during rehab with our mindset. All people have obstacles—even the President of the United States has obstacles—but change is about turning obstacles into challenges.

Can we, transform “life is difficult” to “life is a challenge”? Of course we can. Life is full of challenges. Life is about choices. .

Every day we make choices. The key is to make the right choices. You can be a winner or a loser, happy or unhappy, healthy or sick, a victor or a victim, apt or inept, willing or unwilling, strong or weak. James Allen, author of the best-selling book, *As A Man Thinketh*, said, “A person is limited only by the thoughts that he chooses.” He also stated, “The outer conditions of a person's life will always be found to be harmoniously related to his inner state...Men do not attract that which they want, but that which they are.” We must take the plunge into life. Life cannot consist of indecision and second-guessing. We must be more than average, average is defined as the best of the worst and the worst of the best! There is no middle ground in life. We must not be scared to be who we are or think what we think. We must not be frozen by our fears. These are the mortal enemies of spontaneous brilliance. We must not forsake our uniqueness to become a carbon copy of

the Madonna's and the Michael Jackson's of the world. We must utilize our uniqueness, and through this uniqueness create spontaneity.

Without action, your dreams, goals, or plans will have little meaning to the world. The dreamers are the saviors of the world. As the visible world is sustained by the invisible, so men, through all their trials and sins and sordid vocations, are nourished by the beautiful visions of their solitary dreamers.

James Allen

Living and risking are very close companions. If you sense that you've made a good decision, have faith and move forward. A wise man once said, "If you put everything off until you are sure of it, you will get nothing done." You don't have to take life the way it comes to you.

have the ability to move away or to step back. You have the ability to set goals and to make affirmations. Life is for the living, and dreaming creates reality. What if Edison didn't see the light, Morse didn't hear the code, or Graham didn't hear the bell? What if the Wright brothers were wrong? What if Galileo wasn't a night owl? What if Columbus didn't like to sail? What if Einstein didn't like math or didn't have the time? By converting your dreams into goals and your goals into plans, you can design your life to come to you the way you want it. You can live your life on purpose instead of by chance. Allow yourself the freedom to grow and develop the habit of saying yes to your own potential. Take the time to think of all the reasons why you can, and why you will excel at something wonderful, because there will always be plenty of people around you to tell you why you can't. It takes just "5 minutes" to dig in to your subconscious spirit—to your soul—and transform your being. You must have a positive thought for every day—an inner core, an inner saying, a mantra. A lack of opportunity is driven by a lack of vision. Go for the opportunity!

Cherish your visions; cherish your ideals; cherish the music that stirs in your heart, the beauty that forms in your mind, the loveliness that drapes your purest thoughts, and if you but remain true to them, your world will at last be built.

James Allen

The road you choose in life will only be as strong and as powerful as your attitude. How you see the world is how the world will see you. Are you a positive person? Are you willing to spend "5 minutes" per day to change your life, to give yourself the life you have always dreamed of, the life you deserve? Or are you going to do the same thing, the same way and expect a different result? You were put on this earth to do something wonderful with your life. Your job is to find out what that wonderful thing is and then throw your whole heart into doing it extremely well.