

# Achieving Happiness

HOW TO BOOST THE CONFIDENCE,  
SELF-ESTEEM, SUCCESS, AND HAPPINESS  
OF THOSE THAT MATTER TO YOU  
– *IT'S AS 'EASY AS ABC'*

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## *About the author*

I never imagined, 35 years ago, that I would find myself working with homeless people, the unemployed, those with life-threatening illnesses, and Olympic competitors. Nor did I see myself training sports psychologists, and a wide range of coaches.

I just set out to deal with some personal issues, and develop my understanding of how mental preparation can unleash potential, and now I find myself mentoring youngsters, parents, aspiring sports stars, and business leaders, to be happier and more successful.

I take great pleasure in helping people, whatever their circumstances, to find within themselves something stimulating and energising to look forward to – partly because they are fascinated to discover that the three step process is as 'easy as ABC'.

The concepts equip people of any age to develop an effective mindset and put themselves on track for greater success and happiness. Those who study and understand the concepts will appreciate how to help others in their family, or environment, to benefit from their support.

I take every opportunity to run workshops, coach individuals, give talks, and train those who want to use this approach to work with their clients at a deeper level.

I have no intention of retiring – I am enjoying my work, and the rewards it gives me and those I help, far too much!

## ***The purpose of this book***

I have given numerous talks and presentations in Europe and the U.S.A. and members of the audience have frequently asked if they could buy 'my book'.

After a talk I gave, on my 'ABC' model, a former international table tennis player told me that I should not only be working with athletes and other competitors but should also be training our Olympic coaches.

When an Olympic medallist then told me I needed to write a book about my approach I realised that it was indeed time to do so.

While the original book was primarily intended for aspiring sports stars, coaches, and sports psychologists, this version will give valuable insights to any individual (whether a student, parent, employer, employee, or retired person) wanting to use more of their potential and be happier, or more fulfilled.

I stress it is *not* simply intended to be a '*self-help*' book – I hope and anticipate that the concepts will help all my readers to help many others:-

Part 2 of this book, the Psychology element, covers many well-known concepts that all readers will be able to use to their advantage.

Part 4 is deliberately all about what each of you can do for yourselves, to use more of your potential and fulfil your ambitions. Also, the last chapter of Part 4 'Mental simulation' is in the free 'Mind Games' download, on the website, as an immediately available resource for anyone you know who is looking for support of this kind.

If you really want to stretch yourself and fulfil your heartfelt ambitions, you may well need help from a suitably qualified coach, to tap into your inner aspirations, and then to overcome any lurking, subconscious, doubts about your prospects of making your dreams come true.

***Extracts from Part 3***  
***My Kinesiology experience***

“I’ve done a lot of work with Jeremy, and his integrated approach takes sports psychology to a new and even more powerful level. I would recommend him to any competitor, at any level, wishing to achieve their full potential.

What interests me, more than just the psychology side of what he does, is the kinesiology, which is really interesting, in that you get right to the nub of what your worries, concerns, and fears might be, as you are really tapping into your subconscious.

So at the end of the session, you know you’ve dealt with the problems that you need to, if you're going to perform to the best of your ability.”

***Goldie Sayers,***  
***GB javelin record holder***  
***UK javelin champion for 10 years***  
***Olympic medallist***

## Developing the approach

### The key points:

*The coaching approach I have developed is a combination of cognitive psychology and 3-in-1 Concepts kinesiology that works at the physical, emotional, and psychological levels.*

*'The Pinnacle of Happiness' model helps by illustrating the links between the four elements of the 'ABC' model and the many levels of our consciousness.*

*'Mindset Priming' is an entry level coaching approach that helps you set the most appropriate goal(s), gives you access to the root causes of any self-imposed limitations on your aspirations and performance, and identifies the best 'mind games' to improve your performance.*

*'Goal Balancing' is a more profound, holistic approach that can also address your imbalances at a physical as well as an emotional or psychological level and thus, while powerful for all, is likely to be especially valuable for those with PTSD, Help for Heroes patients, and those competing in the Paralympics or Invictus Games.*

I qualified to teach an advanced level of kinesiology in 1985. If you have not previously come across kinesiology it is a complementary therapy that can benefit everyone (and is quite different from kinesiology tape used in sports).

Blending Eastern and Western medical thinking, it enables the therapist to identify imbalances in their clients' energy systems and to rectify those imbalances. This simple balancing approach can have a profound and lasting impact on the physical and/or emotional wellbeing of the clients.

As mentioned previously, Roger Black told me that he and Steve Backley were both helped in their athletic preparations by a kinesiologist.

An increasing number of complimentary therapies, and all branches of kinesiology, use the process called 'Muscle Response Testing' (MRT) that Doctor Anne Jensen researched and validated at Oxford University. MRT enables a coach or therapist to get feedback from their clients which indicates what work needs to be done, which techniques will be the most appropriate, and when a session has been completed.

### My favourite process

One of my favourite applications of this therapy is called 'a goal balance'.

This involves using MRT to let the client's subconscious picking a date in the future, after which the client consciously

describes, in as much detail as possible, what they see as the ideal picture of how their life could be at that time.

The next stage is to use MRT to check whether the picture of the ideal future lodged in their unconscious mind would enhance their conscious picture.

The third stage is to monitor the level of any subconscious resistance to fulfilling this aspiration and then reducing that resistance to zero.

This is precisely the technique I have used with Olympic prospects and, as mentioned in the chapter on 'Switching on the engine', it has come as no surprise to me that, without exception, every athlete's unconscious self-belief (in the speed that they can run, or the distance they can throw) has been greater than their conscious ambition.

Having used MRT to set a stretched goal that the client is excited about at the conscious and unconscious levels, it comes as no surprise that the first measurement invariably shows 100% commitment to that goal.

What intrigues me is that the second measurement has revealed levels of resistance of up to 100% (triggered perhaps by self-doubt, fear of failure, fear of success, past memories, expectations etc.) lurking in the client's subconscious.

This resistance can always be cleared with kinesiology techniques (and/or other effective approaches). It may take a number of sessions to clear it completely but the impact on the client is remarkable.

There is an almost visible level of excitement and determination when MRT indicates to them that they are 100% committed to their goal and that there is no resistance, at any level of consciousness, to inhibit their progress.

## **Relevance to Paralympians, Invictus Games competitors, and H4H and PTSD patients**

### **The key points:**

*A kinesiology balance will improve the integration of the client's mind/body neurology at each session.*

*A single balance has been known to have an impact on the mobility of severely injured patients.*

*Dr Charles Krebs, having been a quadriplegic after suffering from type two (cerebro-spinal) bends, learnt to walk again with the help of his neurological knowledge, determination, physical training, visualisation, and kinesiology sessions.*

*'Mindset Priming' combines the kinesiological and psychological approaches that could make a difference to every client (and perhaps especially to those listed above) and helps clients adjust their visualisation to have the most impact.*

Before introducing you to 'Mindset Priming', I want to explain why my experience with kinesiology leads me to think that this approach might well be of particular benefit to Paralympians, Invictus Games competitors, and H4H and PTSD patients.

While I was being trained in America to teach 3-in-1 Concepts, two of us were asked if we would demonstrate it to a former Hollywood youth star who had been devastatingly injured in a car crash. He could only walk rather grotesquely by rotating his body to get one leg in front of the other in turn.

At the end of the session he expressed himself fascinated by the process, and very grateful, but commented, rather apologetically, that he could not detect any improvement or change in his condition.

The next day he rang our instructor to thank him for sending us along and asked him to pass on the information that, following our visit, he had gone, as usual, to a friend's house to take advantage of the opportunity to swim privately in the afternoon (thinking that his appearance might cause distress to people at a public swimming pool). He said that for the past two years, since recovering from his accident, his feet had hit each other when he swam – and they did not do so any more.

I am not for a moment suggesting that Mindset Priming is a cure-all approach for all those recovering from trauma but I would love the opportunity for its benefits to be researched by those working in that field.