

Foreword

(by Keith Harrell, Author of *Attitude Is Everything*)

Attitude is 100% of everything you do!

After more than two decades of speaking to people about the power of attitude, I know a positive attitude is your most priceless possession and one of your most valuable assets. To a great extent, your attitude determines the overall quality of your life.

In the aftermath of events like September 11, major corporate scandals, economic downturns, the constant threat of terrorism, and Hurricane Katrina, I am convinced more than ever that people need to learn how to control and manage the quality of their lives through a positive mental attitude. It's not a secret that life seems to reward us most when we approach the world with a positive attitude. But somehow this knowledge and daily practice escapes us when we mix into our lives toxic habits, choices, people, and relationships. These are toxic obstacles that delay and derail us from living our dreams.

My friend, Ty Howard, a.k.a. Mr. Untie the Knots, has written a timely and necessary book for people who seek solid techniques designed to help free them from some of life's most challenging obstacles. His book, *Untie The Knots That Tie Up Your Life: A Practical Guide to Freeing Yourself from Toxic Habits, Choices, People, and Relationships*, is not only a powerful text for continuous guidance, but a reference tool you will find yourself referring back to time and time again. Ty says, "When toxic knots go unattended in your life for long periods of time, they begin to choke and prevent you from living life to the fullest—from fulfilling and living *your* dream!" This is a book that you should not take lightly. It will become a must-have reference guide for your personal treasured library.

In this significant book, Ty weaves together his own life experiences with an easy-to-follow process that can help free you from toxic bondage. In each section, he discusses an "untie the knots" concept, illustrates it with anecdotes, and teaches specific strategies for integrating it into your life—all with an easygoing, friendly, and inspiring style.

You are beginning a journey that has the potential to greatly improve your habits, choices, interactions with people, relationships, and overall quality of life. Isn't that super-fantastic?

The book that you now hold in your hands was written for you, regardless of your current position or level in life. The passion and thorough guidance in this book could bring you the freedom to live, freedom to achieve, freedom to love, freedom to progress, freedom to believe, freedom to forgive, freedom to overcome, freedom to break away, freedom to confidently empower and encourage others, and freedom to utilize a positive mental attitude every day.

Yes, this book has great potential; however, you will need to apply the process and principles in *Untie The Knots That Tie Up Your Life*. Just reading this book will not change or take your life to new heights. As you apply the "untie the knots" concepts, you will begin to renew and free your mind, body, and spirit from the toxic bondage. You will put yourself on course for better living, achievement, growth, and prosperity.

Just as attitude is a choice, freedom is also a choice. Each and every day we have a choice about how imprisoned or liberated we will feel in the world around us. Ty Howard has done you a wonderful service by writing this road map on how to choose, create, and live an out-of-bondage life: a life with fewer knots, a life with more manageable obstacles, and a significant life with greater potential. Read the stories, apply the principles, and enjoy the journey!

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