

*Foreword by legendary LSU head basketball coach Dale Brown*

The Playful and Powerful  
**WARRIOR**  
**YOU!**  
*within*

*How to reclaim your personal power and live  
a fulfilling life of true adventure!*



**GJ REYNOLDS**

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**YOU!**  
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**GJ REYNOLDS**

*Published by Beachlifestyle Publishing, LLC*

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Beachlifestyle Publishing, LLC  
8635 West Sahara Avenue, #578  
Las Vegas, Nevada 89117  
[www.beachlifestylepublishing.com](http://www.beachlifestylepublishing.com)  
[simplyg@beachlifestylepublishing.com](mailto:simplyg@beachlifestylepublishing.com)  
[www.powerfulwarrior.com](http://www.powerfulwarrior.com)

To order additional copies, contact [order@beachlifestylepublishing.com](mailto:order@beachlifestylepublishing.com)

Cover and interior design: JENNINGS DESIGN/[www.jenningsdesignonline.com](http://www.jenningsdesignonline.com)

ISBN-13: 978-0-9832295-0-6

LCCN: 2010919235

First Edition 2011

Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1

*I dedicate this book to the following:*

*My parents, Gary and Nancy;  
my grandparents, Mimi and Papa, and Nana and Pop;  
and my children, Rachel, Michael, Marcus, and Austin.*

*I continue to learn many lessons from all of you.*

*I thank you all.*

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# FOREWORD



Life can be so difficult at times that it is easy to become frustrated, disillusioned, bewildered, unhappy, and depressed. GJ Reynolds has come to the rescue with his sincere, thought-provoking plan to find success and happiness in a mixed-up world. His transparency about his own depression and thoughts of suicide gives his words credibility.

The deeper you get into this book the more vividly you will see a clear view of who you are, how to reclaim your powers, and how to lighten up the load of negativity that might be leading to your anxiety. GJ's words will give you the incentive to discover the true purpose of your life.

If this fine book gets the proper advertising, marketing, and promotion, it would be no surprise to me to see it on the list of best sellers.

DALE BROWN

Former LSU Basketball and Hall of Fame Coach

[www.coachdalebrown.com](http://www.coachdalebrown.com)

# PREFACE



**Come, be open and embrace your  
magnificence. Play through any  
fears and reclaim your personal  
power. No experience necessary.**



**W**hy did I write this book? I wrote this book because first, the grace of God showed me how I could transform my life and the lives of others. Second, most of the people I come in contact with are searching for some type of transformation in their very own lives, and what has worked for me may very well work for them. Third, the steps laid out in this book are what have transformed my life as a Playful and Powerful Warrior, and I have chosen to share them with the world.

In 1972, I met Coach Dale Brown, former LSU basketball coach, National Coach of the Year, and Hall of Fame coach. I was just eleven years old. Throughout my life, he shared many philosophies on basketball as well as on life. All of his teachings have had a major impact on the man I am today. He has been a coach, teacher, and mentor. Most importantly, he is one of my closest friends. Because of his mentorship and friendship, many of the principles he has taught me



are in this book. Just like Coach, I have chosen to share my knowledge and experiences.

In November 1973, Coach Dale Brown invited coaches John Wooden and Adolph Rupp to the LSU Purple and Gold kickoff game. I had the distinct pleasure of meeting John Wooden, former UCLA basketball coach (named the Greatest Coach of the 20th Century by ESPN) as well as mentor and friend of Coach Brown; Hall of Fame coach Adolph Rupp, the former basketball coach at Kentucky; and Bob Pettit, the two-time All-American at LSU, who was later inducted into the NBA Hall of Fame.

At that game, Coach Wooden patted me on the head and said, “You look like a fine young man. Just practice the fundamentals and you will go far.” Coach Rupp patted me on the head as well and said, “Just do what he [Coach Wooden] said and you will do just fine.” Bob Pettit then said, “Young man, what they said is the best advice I can give you. Just do what they said.” Thanks to all three of you, I realize that when my life is balanced and in order, I am practicing the fundamentals of life.

After meeting Coach Wooden in 1973, I was introduced to him again in 2007 by Coach Brown. Then, in 2008, I had the distinct pleasure of fulfilling one of my most desired goals: to spend an afternoon with Coach Wooden.

I have read and listened to everything Coach Wooden has written and taught. This piece he wrote stays with me: “Everything in the world is passed down. Every piece of knowledge is something that has been shared by someone else. If you understand it as I do, mentoring becomes your true legacy. It is the greatest inheritance you can give to others. It is why you get up every day: to teach and be taught.”

Thank you, Coach, for sharing. It has become my passion and my purpose to help millions of people transform their lives. Consequently, this is a primary reason I have written this book: to assist others in reclaiming their personal power and be the

playful and powerful Warriors they are. Most are closer to having all of their goals, dreams, and aspirations than they realize. They just require a little assistance and the willingness to do so.

I wrote this book to be used as a beginning tool with the potential to evoke lasting life changes in anyone who reads it. I choose to teach the reader how to embrace his or her inner playful and powerful Warrior self and live a fulfilling life of true Warrior adventure.

Need a little help?

I was the guy who had a great amount of agony and pure anguish prior to writing anything. The internal anguish was so great that I never wanted to write anything. Now I choose to write. I have also learned to love to write.

About fifteen years ago, I told John McNaught, my business partner at the time, “If you could just get paid to write all day, you would be right at home and the happiest man I know.” What I meant by that statement was that John loved to write and had written many great documents. He was always at peace when writing anything.

I was just the opposite. I was good at adding my input to what he wrote. That was about it.

What changed? Today, I consider myself a student, teacher, and coach. A student who loves to learn. A teacher who loves to share information and teach others. A coach who loves to assist others to have and achieve their desires with purpose. I simply draw from my own life experiences, education, and lessons. Writing is one of the ways for me to gather my thoughts and choose to share them with others.

The more I share with others, the more I find it empowering. I find it a keen sense of fulfillment. So now I write. I find writing peaceful and relaxing. I have now found that same peace about

writing I would always see within John. I find it amusing that I am now a writer and author.

Others have considered me to be focused, intense, direct, strong, and powerful. Only my closest friends, family, and associates ever saw my playful side. Everyone saw my powerful side. I was typically the one who would lead, especially when things were tough. I outwardly portrayed my inner strength. It was a false strength, my ego. I learned that true power comes from the inside for strength and flow. I will cover more of this throughout the book.

Coach Dale Brown shared with me three key things when I was younger:

1. Always try to do your best.
2. Never give up.
3. Let God take care of the rest.

These three simple teachings have helped me transform into the man I am today. They assisted in saving my life when I was suffering from depression and was suicidal. These teachings have also become a catalyst for this book.

In May 2007, I was with Coach Dale Brown in Lawrence, Kansas. We were walking outside of Allen Field House (where the University of Kansas Jayhawks play basketball) and Coach asked me, “When you came out of depression and from being suicidal, outside of God, what was the major thing that made an impact on you?” I replied, “Coach, just getting around the right people.” From that moment, I started adding to Coach’s teachings this statement: “Get around the right people.”

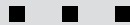
I have always been a consistent goal setter, and I have encouraged people always to have “Big, big goals, dreams, and aspirations.” I have said on many occasions, “If you are going to shoot for something, shoot for something big. You just might receive it.” I added “Big, big goals, dreams, and aspirations” to Coach’s teachings and started teaching this as well.

During this time, I was seeking how to live and enjoy my true, authentic self. This led to me sharing “Be authentic; live authentically.”

From there, I was also learning how to accept and enjoy living in “the now.” I had always done a great job of living in the future. I was great at putting off enjoying “the now” for the enjoyment I thought I would have later. I was great at living a life with delayed gratification. I realized I am able to live right here and right now.

Since I am able to live only right now, I have started to be conscious of being and living in the moment. I have started to see a new and empowering life for myself and have begun sharing “Live in the now” as well.

**When you open yourself to  
the development of your inner  
Warrior self, concrete change  
is destined to occur.**



Then, one weekend in the spring of 2008, I went to a “Warrior” weekend. One of the exercises was to listen to the instructor describe a beautiful and tranquil setting. He described a young and happy boy playing. Then he said, “You are this young boy. He is playing with a ball and the ball bounces over to an animal. What animal is it? What do you see? What do you feel?”

For me, it was a playful and powerful tiger. The tiger was interacting with me, and together we were having fun. I felt the security of the tiger, and I felt the strength and power of the tiger, too. I was at peace, and I could feel the love I had with the tiger. Tranquility illuminated within me, and it was a loving and magnificent feeling.

Then the instructor said, “You are both: the boy and the tiger. You are one and you are the same.” I realized right then and

there that I am a playful and powerful tiger. I *am* a playful and powerful Warrior.

Hence, this is how the title of this book came to be. What I will teach you here is all about reclaiming the playful and powerful Warrior within YOU. It is finding, maintaining, and living with your loving, tranquil, peaceful, playful, powerful, and magnificent self.

This book is a direct result of the following:

- Having great teachers, coaches, and mentors.
- Having experienced some fun, some challenging, and some very difficult times.
- Having Coach Brown ask me one simple question.

I trust each one of you who reads this book will find something useful, and then apply it and pay it forward. Now go and *embrace YOUR playful and powerful Warrior within YOU!*

**Be playful, be powerful,  
and live your life to the fullest.**



## CHAPTER ONE



# Your Warrior Journey

**Are you ready to live your  
great Warrior journey?**



Imagine it is the middle of June. The day is warm and sunny. It's peaceful and calm. A slight breeze is blowing. The trees are blooming.

A man walks out on his back deck to view all of this beauty. The sun shines on his face and he feels the warmth. The birds chirp a lovely melody, and two squirrels play tag in the trees. He has a nice cup of coffee, and the taste is refreshing. He smells the freshness in the air.

There is no one around. Just the man. He is alone and one with nature. It seems as though there is a magnificent feeling in all of this—pure tranquility, beauty, and peace. Everything is green, and everything is alive.

All of a sudden, all he sees is darkness. All he feels is emptiness. All he hears is chatter. All he tastes is blandness. All he smells is death. He is depressed and numb to the world.

Death is imminent.

Right now, all he is thinking about is ending it here and now. He is tired of feeling like a failure, of struggling to pay his bills, of being fearful of losing everything, and he is ashamed at how he has let so many people down and is unable to meet his basic obligations.

This is a forty-year-old man who is a college graduate, former sergeant in the US Army, corporate executive, leader of thousands, successful entrepreneur, and overall high achiever who is now a broken man. He is at his lowest point in life, and all he desires is for all of this negativity and depression to end and go away. He is looking for the light at the end of the tunnel and is unable to see it.

The guilt. The shame. The emptiness. Seems too much to bear.

The only apparent answer is to end it all, with the use of a Ruger 9 mm. To die by his own hand.

All of a sudden, a brightness illuminates around him. An easy peaceful feeling fills him up. The numbness disappears. He sees a bright haze. Then, just as he would grab hold of a child to get his or her attention, he is grabbed and held in this same stern and loving way.

A distinguished voice says, “You do not have a reason to die. You have a reason to live. I will show you how.”

**You have a reason to live.**



A calming effect comes over him, and he feels completely filled with love inside of him. He looks out at the beauty of the world with amazement. He wonders what just happened. He looks to see whether anyone else is around. There is only him.

He asks himself what just happened, if this was all a dream. His consciousness is aware he is alive and that all of this was—and is—real. There is both a sense of confusion and a sense of understanding within him. The thoughts of never giving up and always doing his best comes into his consciousness. Then . . . everything goes blank.

He finds himself at the bottom of a shower with the water running. He begins to weep. The more he weeps, the more he feels a cleansing. The tears pour out of him and onto the bottom of the shower. Again, everything goes blank.

The next day he wakes up in a fog. Was all of this a dream? He realizes this is *his* life and *his* reality. The events from the previous day begin to come into focus.

He asks himself, “How could I have reached this point? Who was the stern and loving being? What did this stern voice mean by ‘I will show you how?’ How to do what? Was this God reaching out to me?”

He gets through the day, still feeling confused and shameful. He finally goes to bed, and the bed feels like a sanctuary. Warm, comfortable, safe, and secure. His eyes close.

He falls into a deep sleep. He is in the midst of a dream. A dynamic and vivid dream that is much more than a vivid dream. It is a vision. Every step and every moment, he feels more alive and empowered.

Suddenly he sees this dynamic Warrior. He looks around. He notices thousands of people watching the Warrior and listening to him share his story.

He follows and watches this Warrior speak all across the country and the world. At every stop, he witnesses this Warrior share his story with millions of people worldwide. He witnesses the impact of this Warrior and feels connected to him.



Every moment he is present, and he wonders who the Warrior is. He is dynamic, interesting, playful, and powerful. The audiences are captivated with every word of this Warrior's story. The man feels the impact and witnesses the cleansing and empowerment that is happening with each stop along the journey of this Warrior.

At one particular venue, there are 13,189 people present. The Warrior walks out onto the stage and begins to share his story. The same story he has witnessed all over the world.

With each word, the man becomes aware that the Warrior's story is similar to *his* story. Then the realization hits. This *is* his story. A bright light begins to shine on his face, as if he is on a stage with all of the lights shining on him.

He feels the sweat start to appear on his forehead and on the side of his face. He opens his eyes and looks out at the crowd. They are all waiting to hear him speak. He feels the energy of the crowd. He feels completely at peace, whole, and alive.

And then he realizes he *is* the Warrior. The same Warrior speaking to millions of people around the world, sharing *his* story. What story? It is *his* personal Warrior story, the one that tells all of his life's journeys, trials, tribulations, and adventures.

He wakes up the next day. Everything is just as it was before he went to sleep. The bills are unpaid. The shame is present. And so too are the same depressed feelings that had him on the brink of committing suicide.

Just the man and God know what has transpired and how he feels. There is a new, refreshing feeling in him. In his soul, he knows something good will come from all of this.

He is also open to understanding what this is all about. He chooses to learn what adjustments are necessary for him. He understands he has a life to live, and *he has chosen to live it*. He knows his journey, and his great adventure is one he chooses to explore.

This is *his* life. Some of you may be able to identify with this story because it is similar to *your* story or to the story of someone you know and care for.

Personally, I am able to relate closely to this man. That magnificent day was June 19, 2001. How do I know this? This is *my* story. This was the start of my new beginning to my current Warrior journey and adventure.

**Your story has power.  
Share it with others.**



Regardless of where you currently are in your life, you have a life to live—your powerful Warrior adventure and journey. All you have to do is *choose* to live it.

Congratulations on making it to this very moment. After all, this is your life. Tell your story. One of the most powerful things you are able to do is share your story. Love it, live it, and share it. Are you open and ready to live and be the best that you are? Are you living your great adventure? Your present situation merely determines where you start.

I look back at how I got to this very point. Through all the ups and downs, it has been a great adventure. What I am personally excited about is that the most exciting part of my life's journey starts today. Every day is a new day for me, and my journey is still in process. Every area addressed in this book is one in which I am still improving.

Do you feel inside yourself a higher purpose calling for greatness within you? Do you choose to live your great adventure? You are able to do, have, or be whatever you choose. You are able to experience being more alert, aware, and present. All you have to do is choose the necessary time investment for yourself. Time is a precious gift. How will you choose to use the time you have?

**Do you feel inside yourself  
a higher purpose calling for  
greatness within you?**



Remember the joy of childhood? Think about it. Virtually everyone experienced some type of freedom, exquisite happiness, and absolute calm at some point in childhood.

When I was growing up, most of us were childhood Warriors. We were taught to pray to God and allow Him to guide us. We looked to Him and the stars above. We were authentic in what we said and did. We were taught to do our best and, in most cases, we did. Forgiving our friends was much easier when we were kids, and once we did, we moved forward as if nothing had ever upset us. We simply let go and moved on. We had loving and caring teachers, neighbors, friends, and family surrounding us.

We dreamed big, big goals, dreams, and aspirations. We used our imaginations. We knew what we desired to be when we grew up. For me, it was Batman.

I was also taught to go after what I chose to have out of life. My attention span was limited to what was going on right then and there. I was living in the present moment. Life was all about living and having fun right then and there.

With the assistance of like-minded Warriors—and by looking within yourself—you are able to live the life you deserve to have and dreamed about as a child. It is time to start *living your* life. Do you realize you have the power to see, think, and choose differently for yourself? Being open to seeing things and doing things differently will change your life.

At some point in your life, you will reach a crossroad. Are you at your crossroad right now? It may be a crossroad in finding peace,

happiness, life, health, prosperity, balance, success, children, marriage, or a new career. You determine whether you have and live a better lifestyle path and establish a more fulfilling life. Many events and experiences may seem to be too difficult and create tremendous hurt, fear, and paralysis.

Have you ever been certain you were on the right path, only to find out the path you were on seemed to lead to an off-ramp or a dead end? Too often we find ourselves at a different point than where we choose to be. Your Warrior journey is likely to have all sorts of exits, detours, circles, and perceived dead ends. Remember, it is simply a journey. Please embrace it and choose to enjoy the process. You have the POWER to choose again. Step up and into your own empowering adventure.

This book serves as a jump-start to being in touch with your inner self. You are able to choose to embrace *your* Playful and Powerful Warrior self. For some of you, it is reigniting your synergy or reaching a much greater height. This book will assist you in finding your authentic path and staying on *your* path.

Many people are seeking freedom and independence from the social chaos of the external world. They often find the path less traveled is the one that leads to personal empowerment and freedom. Your internal Warrior self will help you find your *authentic path* and shape *your* vision of how you choose to live and be. It will most likely be the road you have avoided choosing so far.

Your path is paved with dreams of a better life and a more secure future. You determine your own path. You control your perception of *your* world and you control *your* thoughts, words, and actions.

Your success is dependent on your own internal realization, effort, energy, and desire. Your life has magnificent possibilities. Experience the difference of owning and living your life while having fun doing so. Start a new path for yourself today by reading, learning, and choosing the best choices and actions for you.

Once you have decided to choose the path to your personal freedom and look for a way to achieve your goals, dreams, and aspirations, the path becomes clearer. Your path leads to the clearing where you will have a clear view of your life—who you are and the goals, dreams, and aspirations you seek. The intangibles are now tangible; the vision is clearer. You are now on the threshold of embracing your powerful self and life. Once you cross over and into the clearing, everything you imagined will be achievable. The amazing thing about this is that you will end up with the life you choose.

Understanding the Warrior within you may at first seem a little foreign in your present world. Warriors correct certain things within themselves before they begin to succeed and come into their own magnificence. Warriors are willing and able to overcome, in a positive manner, any obstacles or challenges they may face. As a Warrior, you will encounter many life experiences in your journey.

When your playful and powerful Warrior self is embraced, you are able to see a manifestation of what God has planned for you. You are an empowering Warrior entrusted with all the keys to your kingdom.

Are you willing to release the imprisoned Warrior from the dungeon you have placed him in? Understanding your previous behavioral thoughts, words, choices, challenges, and actions will enable you to do so. You have the power to allow your authentic Warrior self to be free.

**YOU have the POWER  
to CHOOSE again!**



**Your present situation merely  
determines where you start.**



Your success is as predictable as the sun rising in the east and setting in the west. Practicing and implementing the Warrior lessons and principles in this book, you will move to the front of the line in life. Your life.

When you consistently and persistently apply these lessons and principles, you live life from your true, authentic self and have all of the success you deserve. You are the architect of your path. You are behind the steering wheel of your life, and you control the pace at which you live it.

You have gifts, talents, and abilities far greater than anything you have ever realized or used up to now. You have within you the potential to accomplish wonderful things with your life.

I trust that you will restart your life's journey as well. You have the power to choose the necessary adjustments for yourself. You are able to live your life, from this day forward, as a great adventure.

When you come from your true, authentic self, your life becomes much more enjoyable to live. You are a magnificent human being and you are . . . a Warrior. Be playful, be powerful, and embrace your Warrior journey.

**Are you committed to your Warrior  
journey and living your great adventure?**



# **WARRIOR ACTION STEPS**



## **YOUR WARRIOR JOURNEY**

**Your Warrior journey is endless  
and will go on to the very last  
moment of your warrior life.**

1. Choose a moment and congratulate yourself for making it to this very moment.
2. Commit to living your Warrior journey.
3. Are you feeling there are more things for you to accomplish in life? Create a list of what they are.
4. List three adventurous things you choose to accomplish.
5. List three things you choose to change in your life starting right now.
6. Your story is unique and is powerful. Share it. Purchase a journal and start writing your story.



**Be Bold, Be Playful, Be Powerful, and  
Enjoy Your Great Warrior Adventure!**

# ABOUT THE AUTHOR



**I am a playful and powerful Warrior.**



**G**J Reynolds, also known as “G,” is a passionate entrepreneur, business developer, trainer, public speaker, and author who thrives on teaching people how to improve their lives.

Ten years ago, it was a different story. Reynolds was 40 years old and living the American dream as a successful business owner. He enjoyed the thrill of accumulating “things” and the attention that came along with it. Despite having material success, Reynolds craved more. As he says, “I had a lot of stuff!” He eventually became deeply depressed and suicidal.

“While others saw greatness and accomplishment, I saw a sellout. While others saw success, I saw failure. Externally, I looked great. Internally I was a feeling like a complete mess,” says Reynolds. “I began to wonder how I could have so much and be so empty. I had spent the better part of my adulthood chasing the external world and ignoring *living* within my internal world.”

Upon hitting rock bottom in 2001, Reynolds had a vision: God led him out of the darkness saying, “You do *not* have a reason die. You have a reason to *live*. I will show you how.”



Today, Reynolds's mission is teaching people how to elevate their lives. For the first time, he shares his inspiring story in *The Playful and Powerful Warrior within YOU! How to Reclaim Your Personal Power and Live a Fulfilling Life of True Adventure*. With the book, he hopes to evoke lasting life changes, bringing readers one step closer to their dreams and own empowerment.

Reynolds spent five years in the U.S. Army as a satellite communications specialist, achieving the rank of sergeant. He graduated from MidAmerica Nazarene University with a bachelor of arts in management of human resources and then spent five years in the corporate world as a telecommunications specialist and manager. All three companies he worked for in the telecommunications industry were acquired and/or merged to become Verizon.

In 1991, Reynolds became an entrepreneur and has since owned or operated several successful telecommunications and business marketing and development companies. Reynolds has assembled and trained sales and marketing teams of over 50,000. He specializes in working with like-minded entrepreneurs and professionals who choose to raise the bar for themselves and their businesses.

G is on a mission to assist millions of people to transform their lives. Need a little help?

To contact GJ Reynolds, visit [www.simplyg.net](http://www.simplyg.net)

**I BELIEVE IN YOU.**



# MISSION G



**Effective receiving is reciprocated  
by open giving. —MOTHER TERESA**



**T**en percent of every book sale is donated to Mission G. Your generosity will help shape the future of communities across the world.

Mission G is an organization created to assist others to enhance their life, health, and prosperity. Mission G focuses on uniting talented and passionate leaders around a worthwhile cause of enriching people's lives.

Mission G focuses on providing underprivileged children with education and health. Mission G also works with Feed The Children, an initiative that provides nutritional meals to underprivileged children.

Mission G also assists Project NOW (Nurturing of Our Warriors), which helps former military personnel with the transition from active duty to being and living productive lives as a civilians.

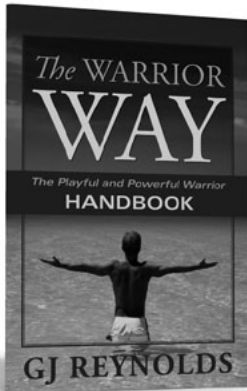
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# More Resources from [PowerfulWarrior.com](http://PowerfulWarrior.com)



## THE WARRIOR WAY The Playful & Powerful Warrior Handbook



Your responsibility is to honor being the best you are—your true, authentic self. This handbook provides you the opportunity to apply the principles you have learned and create a plan to achieve your goals.

It is your step-by-step guide to reclaiming your personal power and living a fulfilling life of true adventure. This handbook is an essential tool for further experiencing and processing what you have learned from the *Playful and Powerful Warrior within YOU!*

To order additional copies of *The Playful and Powerful Warrior within YOU!* and to download *The Warrior Way* e-book, visit  
[www.PowerfulWarrior.com](http://www.PowerfulWarrior.com)

