

Shattering THE GLASS SLIPPER

*Destroying Fairy-Tale Thinking
Before It Destroys You*



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INTRODUCTION

nce upon a time there lived a person who sat reading this book (perhaps the very one that holds it now). Until this time, his life had been filled with mediocrity, along with a measure of failure. In all probability, his mind had been infected with a virus.

Just as your body can have a virus, so can your thinking. Not a biological virus, nor a chemical imbalance, both which affect the brain itself, but a psychological virus that infects your rationale and reason. Similar to a computer that becomes infected with a virus and is rendered inoperable and useless, so a mind can also have its proper functions hampered or damaged by the virus of faulty thinking.

Like all viruses, this one possesses an aggressive nature and a strong proclivity to flourish and spread. It viciously attacks its host, never resting until it has done its work. It infects our government, hinders our economy, cripples our education system, and incapacitates our businesses. It has infected countless individuals and relationships, all the while going undetected and unheeded.

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Millions of people suffer from this malady and never even know it. The fact that this virus is so prevalent has rendered it almost undetectable. People are unable to see the woods for the trees. Because it is everywhere, it is considered normal to have this faulty rationale, and anyone who thinks otherwise is often misunderstood and scorned.

This virus is called fairy-tale thinking. Its symptoms are fantasizing, irrational expectations, inactivity, and misplaced effort. It always results in frustration, confusion, anger, hopelessness, and ultimately, a wasted life.

Fairy-tale thinking is the philosophical belief that someday, without our doing anything, something wonderful is going to happen that will allow us to live happily ever after. This idea is first implanted into our minds in our youth from numerous fairy tales such as *Cinderella*, *Sleeping Beauty*, *Little Red Riding Hood*, *Goldilocks and the Three Bears*, and many more.

The basic premise of most fairy tales is that the protagonist (usually female) falls into in an unhappy or dangerous situation only to be rescued by an outside agency such as a handsome prince, white knight, or even just dumb luck.

This philosophy is perpetuated into our adulthood by countless movies, television shows, books, and magazines. We hunger for these stories because they offer hope of a better day and a brighter tomorrow. It is easier to bear today's burden if we believe tomorrow is going to be better.

So what is wrong with hope? Are all fairy tales bad?

Fairy tales are certainly not evil, but they do espouse an unhealthy philosophy and offer false hope which will destroy your relationships, ruin your health, and decimate your finances.

SHATTERING THE GLASS SLIPPER

People infected with the fairy-tale virus believe that someday someone is going to touch them with a magic wand, changing their life forever because they deserve it. They believe deep within their hearts that some indefinable something will deliver them from their misery and elevate them to success in business, love, or health because they have been good. They think if they just keep sweeping up the cinders and submissively tending house (business, job, relationship, etc.), that heaven will smile on them and their servitude will be rewarded.

And so they wait. And then they wait some more.

Fairy-tale thinking is often misdiagnosed as laziness or apathy because it results in reduced effort. Employees with this mindset don't take ownership of their jobs, doing just enough to get by. They have no emotional investment because within their thinking lies the belief that one day their ship will come in. Until then, they tread water. Why swim for shore if a boat is on the way?

People with fairy-tale thinking always have trouble with romantic relationships. They either spend their lives forever searching for the perfect Prince (or Princess) Charming, or they marry someone they believe is Prince or Princess Charming, only to be disappointed later. People who base their relationships on fairy-tale thinking are always disappointed because they believe that a perfect person exists whose purpose is to rescue them and make them happy.

Business leaders with fairy-tale thinking focus their company's efforts on the big deal, rather than on developing growth strategies or building their organizational leadership. Their judgment is usually impaired and their efforts misplaced.

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They either spend too much, investing in do-or-die, all-or-nothing endeavors, or they fail to risk any capital at all, thinking that something good is bound to happen soon if they just keep “being good.”

Unfortunately, people infected with fairy-tale thinking are rarely ever cured because the virus usually remains undetected. Until the very end, the victims often still think that unnamed “something” will come along. Or, recognizing that their philosophy didn’t yield the expected payoff, they blame bad luck, still recalling the times when they almost got that big break.

How about you? Have you been waiting all your life for something wonderful to happen? Have you dreamed of one day striking it rich or finding that perfect someone? Have you been treading water instead of swimming for shore?

Perhaps a better question might be, what would it take for you to exchange your fairy-tale thinking for another philosophy?

Are you waiting for a sign? If it is a sign you desire, then accept this book as that sign. Accept that somehow, you were meant to read this book and it was meant to be the impetus you need to make a new beginning. Accept that the omen you have awaited all your life has finally arrived in the form of a book. Let it be your starting point for now. Let that be your incentive to go on reading until you can find better reasons to support entertaining a different philosophy other than the one you have held for so long.

It won’t be easy. No virus abandons its host without a battle. The good news is that fairy-tale thinking is easy to identify (once you know what to look for) and can be successfully treated.

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But the treatment itself will be up to you. Don't turn back. Do not heed the call of complacency. Success calls your name and beckons you forward. You have been awaiting this moment your entire life.

This is your beginning. This is your sign.