

- Chris LoCurto: Welcome to the show folks. We are again so glad that you are with us as always. Today is a very exciting day. I have got a fantastic author on the show who's joining us to talk to you about not worrying, about how not to worry and how to keep that from entering and ruining your life. Today on the show we've got Bruce Van Horn, who is just a phenomenal, phenomenal guy. Bruce and I go back a ways. We've been friends for quite a while and I got to tell you that one of the things I love about Bruce is just his incredible happiness and positivity. Is that right? Can I say that?
- Bruce Van Horn: You can say that. That works.
- Chris LoCurto: He's just a positive guy. He's a dad. He's a writer, a coach, an entrepreneur, a speaker, very much a runner. He does a lot of marathon training and a lot of running and a lot of other things as well. His personal motto is, "Life is a marathon, so let's train for it." Folks, please do me a huge favor and welcome to the show, Bruce Van Horn. Bruce, welcome.
- Bruce Van Horn: Thank you, Chris. That was awesome.
- Chris LoCurto: Brother, it is so good to have you on here. We have done a lot of things online, offline together and I am so excited about having you on the show.
- Bruce Van Horn: I am, too. I've been a big fan of your show for like ever, ever since you started it.
- Chris LoCurto: I appreciate that. That means a lot to me. We have a great gift. Now you have written the book, *Worry No More*, which is *The 4 Steps to Stop Worrying and Start Living*. I love the covering. It really emphasizes start living.
- Bruce Van Horn: That's the important part.
- Chris LoCurto: There is a way to this and you have done a fabulous thing. You've given us a gift to give to our listeners. If you want that, this is very easy. All you got to do is go to [chrislocurto.com/downloads](http://chrislocurto.com/downloads) or text the word all 1 word; this is 2 words but put it all together, text the word nomore to the number 33444, just 1 word nomore to the number 33444. Bruce, you have got this fabulous book. I love it.
- Bruce Van Horn: That means a lot.

Chris LoCurto: It is something that the moment I saw you come out with this; because I know a lot of your backstory, the moment you came out with this I knew this is going to be homerun. Do me a favor. Tell us why you decided to write this book?

Bruce Van Horn: I decided to write it ... It's hard to say that it was actually a decision as it was, I just felt God telling me to do it. It's certainly is birthed out of many of my life experiences.

I've had lots and lots of cause to worry in my life, especially in April of 2014, so just over a year and a half ago. I had to have surgery at age 50 for stage 4 prostate cancer and that's really, really young for a prostate cancer. Had I waited ... I fortunately was really in my doctor's face about it when I was 44. I said, "You need to start checking my PSA, because I have a family history of prostate cancer." He said, "How old were these people?" I said, "They were in their 70s." He said, "We're not worried about that then because that's about when men get prostate cancer." He said, "We don't start checking prostate until you're 50."

I said, "With me, you start sooner." He said, "No. We really don't do a PSA test until you're 50 years old." We were friends and I said, "Rob, you misunderstand the doctor-patient relationship. You actually work for me, so draw. It's just a blood test. Draw the blood." Anyway, had I waited until I was 50 I would be dead today.

Anyway, I had surgery in April of 2014 and there were complications during my surgery. I lost 70 percent of my blood. What should have been a 1-1/2-hour surgery and 1 night in the hospital was an almost 5-hour surgery and a week in the hospital. Towards the end of the surgery the anesthesiologist told the doc, he says, "Doc, you've got to finish this up. We're losing him."

I wrote it out of that and the experiences in the first few days in the hospital

Chris LoCurto: Can't even imagine.

Chris LoCurto: I'll never forget the day that you texted me. You just found out the day before.

Bruce Van Horn: February 17th of 2014, 9:22 in the morning, I put my youngest on school bus and had just started to eat breakfast. I was expecting my doctor to call me with the biopsy results, but he assured me that everything was just going to be fine. There are these times in your life where I don't

know if you've experienced it, but I've talked to several people who have ... The phone rang. I looked at the caller ID and in that instant Chris, I knew exactly what he was going to tell me. I knew that eating breakfast that morning was going to be the last normal thing I would do for a very long time.

Sure enough he called and he said, "Bruce, I just have no idea how to tell you this. It all came back bad. You've got stage 4 prostate cancer." Then the wheels just start rolling and life doesn't assume normalcy for a long time after that.

Chris LoCurto: Gosh. Again, I'm so glad how everything turned out and now knowing that you went through just terrible pain and a terrible process. More than anything, I love your faith. I love your belief and through the whole thing you stayed that way. I'm amazingly proud of you. I love the dedication that you have opening this book. Here's this amazing thing and this is 1 bad thing in your life. You have a few.

Bruce Van Horn: 1 or 2.

Chris LoCurto: We'll get in to a little bit of that here in just a minute. I love your dedication, because the opening of the book is a dedication to your boys and it is, "Because you deserve the best of me that I seek to become the fullest expression of who I was created to be. I love you, Dad." Man, going through what you've gone through, experiencing what you've experienced, being at this place and being able to look at your boys and girl, you deserve the best of me.

How many people on this planet would take your position and go, "It is all about me. Everybody has to focus on me now. I've been through a lot of junk," and that is exactly what you are not doing but instead seeking to become the fullest expression of yourself because your boys deserve that. How did you come to that viewpoint?

Bruce Van Horn: The last 2 years, 2-1/2, almost 3 years have been really, really rocky for my boys and I for a lot of different reasons and some of them from my fault. I'm no saint, but went through a rough divorce so I'm a single dad with full custody of my 2 boys and so they're with me all the time. Although my wife gets to see them occasionally, I am all they have.

Chris LoCurto: I was going to say if you can even give a little bit more perspective. In 2000, you lost your daughter?

Bruce Van Horn: Yes, so I filed bankruptcy when I was 27 and struggled with a difficult marriage. Then we had my oldest son then we had our daughter and that was very, very difficult. We spent 1.2 million dollars trying to save her life and then while insurance thank God covered most of it, I still had about 400,000 dollars of the medical bills that weren't covered by that. I thought I could dig out from under that and I tried for a couple of years then my youngest son was born.

I spent all of my life trying to be and so many ...You'll know exactly what I'm talking about so will so many people. I always thought that I had to be the best husband I could possibly be, the best dollar I could be, the best employee and then I was a business owner. I had to be the best employer. I had to be the best friend I could be. All of that was trying to be something for other people and in the meantime Bruce lost all of his identity, because my identity was wrapped up in my marriage, my kids, my work, my external relationships.

If at any point time in my mid 40s you said, "Bruce, who are you," I would've had to point to those things. When those things started to fall apart, Bruce was empty and Bruce was this empty shell of a man. Ultimately answering the question about the dedication was that I realized that I can't be the best dad or the best business owner or the best anything if I'm not the best Bruce that I can possibly be.

Chris LoCurto: Amen, brother.

Bruce Van Horn: Which is why in the dedication, I don't say it's because you deserve to have the best dad. I say you deserve to have the best me because, as I work on me and get me well, we tend to think that we love other people. Unless we really truly in a very healthy way love ourselves and love the miracle that I am, I can't truly love you. Once I did that, then the love that I feel for my boys and for the other people in my life is so much more than I had convinced myself I loved them to begin with. That's a long answer to your question.

Chris LoCurto: It's perfect, because it's something that we deal with all the time.

Bruce Van Horn: I know you do.

Chris LoCurto: We have so many people and I dealt. This was something that was a massive struggle and so much of my life was this concept that myself worth came from people, myself worth came from things and things that I did for people and how I served people and have served in taking care of God's kids my whole life, but I'm in a different place when I discovered.

Wait a second. If I make me healthy and I get myself worth from God, at least most of it I don't need. I don't know if human can get all of himself from God. I think in decent percentage then I can serve people so much better.

Everything that you're going through and realizing that and getting to this place that's absolutely perfect, because as people discovered that and we work with that, people in life plans like crazy. When they discovered, it is the freedom of like you said. I don't have to be the best dad. I'm never going to be the best dad. Surely, there's somebody on the planet that's going to be better dad than I am.

Bruce Van Horn: Exactly.

Chris LoCurto: However, I can be the best me and that is going to be great for my kids and so on. I love that.

Bruce Van Horn: As our mutual friend Rabbi Daniel Lapin says, "It's out of the overflow." It's this pouring of the wine into the cup and as it overflows my cup that's what I may be able to give to everybody else. If my cup is empty and I'm trying to give and give and give, you're a race car driver. Can you run your car very long out of oil? Not terribly long, but that's what so many of us are trying to do.

Chris LoCurto: So funny you ask that. We're at Daytona and I'm a stranger. The race officials decided to give us a couple of extra laps on the race, which is not a good idea on a 4-mile track. We ran out of fuel because our fuel as well ran out. The cup that you're talking about for those that don't know is the Jewish ceremony called Havdalah, where they pour wine into a chalice with a plate underneath it and that represents the filling me up and the overflow like you just shared is what I give to others. I've got to be filled first. I can be filled first and one thing I teach people is health, God then my health. Not my happiness, not my anything else, God, my health and then others, because if I'm not healthy I obviously can't pour out.

Chris LoCurto: The book is Worry No More, The 4 Steps to Stop Worrying and Start Living. It's funny because I love ... You have got a great definition of what worry is and so I came out to my team one day and I just said, "Hey guys, I just want to know. What is worry?" As I was putting everything together for this after having read the book and putting questions together and the amazing thing is it takes people thinking. Those of you that are listening right now, I want you to think what is your answer to what worry is. The outcome comes down to usually the basically the answer is fearing a negative outcome.

You have a much better version or better definition of what worry is and the verb. Can you share those?

Bruce Van Horn: Sure. Worry is using your imagination to create images of what you do not want to see and/or events that you do not want to occur. The type of worry that I'm writing about comes from a verb, which means to torment oneself or to suffer with or from disturbing thoughts or to threaten.

Chris LoCurto: The concept of "it's your imagination", we don't go there. We don't think, I'm imagining something that has not happened yet. I'm imagining something that could be negative that I don't want to see in the future; worry equals imagination.

Bruce Van Horn: It is. You're watching a movie. You're creating, scripting, directing, and casting a movie in which you're a victim.

Chris LoCurto: Very true. That is exactly it. Talk about how when worry becomes your dominant thought process.

Bruce Van Horn: Oh gosh. It becomes paralyzing. It really does. There are so many things we worry about that we have absolutely no control over. We worry about world economics or whatever. In my day to day life, I have no ability to control world politics or economics. I just don't. I'm a pretty influential guy with a lot of Twitter followers, but I can't sway. I tried to prevent the thing in Greece and the stock market craziness of today and it didn't work.

There are certain things though that we worry about that we do have control over. One of the examples that I used in the book is let's supposed money is tight and you're worried that you might not be able to pay the rent next month. That's a legitimate worry. First of all, it's a concern and you wouldn't be human if you didn't have these things that you're aware of. There's this difference between concern and worry though.

When you stress over it and you keep focusing on that negative outcome to the point where it paralyzes you from taking the action that you can take, then that's a dangerous thing. How many people get evicted or their car repossessed because they didn't take the action necessary to either sell the car or reduce your expenses or go out and get that extra job. When you are telling yourself the story in which you're going to fail, it's a lot easier to go through the motions telling ourselves that we're going to win than it is to go through the very same motions convinced we're going to fail.

- Chris LoCurto: Absolutely.
- Bruce Van Horn: A lot of times that's what we're doing when we're worried. If I don't think that I'm going to be able to pay the rent but I go get that job to help, in the back of my mind I'm saying, "You know what? This is just silly. No way I'm going to be able to raise the money to do this. This is just ..." I'm going through the motions but I'm not going to be as effective as I could be had I told myself a different story. If I visualize myself writing that check and handing it to the landlord then that story, that movie gives us an excitement and a motivation to do the things that we can do.
- Chris LoCurto: Absolutely. I always tell people, "When you freak, you freeze." When you are freaked out, when you get to that place in your mind of, "Oh my gosh, I don't know if I'm going to be able to pay the rent," and that maybe a very educated response from knowing that you don't have money. When you freak, you freeze and your brain stops functioning. You stop thinking about reality. You stop thinking about what are my options. You stop thinking of ways to get out of it, so absolutely and that's one of the steps that you talked about. I want to go through all the steps, but before we get to there I want you to explain what is E plus R equals O.
- Bruce Van Horn: This 1 formula is really what changed my life. I was 42 years old and the depths of just my mock that I was in where I was pointing fingers, blaming everybody. At 42 years old, I'm thinking to myself, "If I'm going to live to my mid 80s, which Van Horn meant to do, I do not want to live another 40 years like I've lived this first 40." Seriously, I was at this point where I knew I had to make a change or had to just end. I opted for the change, but I didn't know what to do. I was always trying to change my circumstances. I was always trying to change other people, if I just made more money or maybe if I'm just nicer to somebody else. I was always ...
- Chris LoCurto: Always the "if...then".
- Bruce Van Horn: Yes. If you would ask me what my problem was, I would have listed them all off for you because I had a long list of problems and who is to blame for them. I was out doing a long run and I literally came to a complete stop in the middle of this deserted road and I had one of these oh-my-God moments. I had all of these problems, Chris. I had financial problems. Relationship problems. You name it. I had all of these problems. What God really said to me, "Bruce, you've only got 1 problem. You've got a Bruce problem. You've got a thinking problem."
- As our buddy Zig Ziglar would say, "Son you're suffering from stinking thinking." What I had believed and I learned that E plus R equals O

formula after this epiphany, because it was about this time where I realized that only problem was me and the way I was thinking about my life, the way I was thinking about other people and my circumstances. I lived in this formula that is event equals outcome. If I'm upset about something, certainly there was an event that caused it. Whatever I was feeling because my daughter died, so daughter died equals feeling. I feel insignificant as a failure, as a man and a provider because I filed bankruptcy and so event equals outcome.

Yet we can look at other people. Let's look at a natural disaster that comes through, a hurricane, earthquake or whatever, where everybody in the same community loses everything, so there's an event. Why is it that that causes some people to, the despair of having lost everything it causes them to take their own lives, where people who have lost the same if not more they grieve over it, sure, but they rebound and they build a better life. It can't be the event, can it? It can only be our response to the event. We are always telling ourselves a story about everything that ever happens to us.

I had been telling myself a story in which I was a victim which left me powerless. When I learned that I was not only capable of crafting a response, a story that I tell myself but that the response is 100 percent my responsibility not anybody else's, wow, what an empowering.

Initially that was scary because you've got to look at this by my comparing it to other people's standards. I had to look at this failure of life that I was living and for me to say, "This failure of life is 100 percent my fault," 100 percent, not anybody else's because it was the way I choose to respond to these events. I can't point the finger anywhere other than at me. That's E plus R equals O.

Chris LoCurto: If people can get that. Folks, those of you that are listening to this right now if you can just understand that formula, then life changes.

Bruce Van Horn: It did.

Chris LoCurto: Life changes. I've been through a ton of crap in my life. I've got a bunch of junk and a bunch of bad situations in my life and have decided that that is not going to be the rest of my life. Instead, I'm going to look at things in a different way and solve stuff and move and put healthy boundaries where I need them. Let people in that need to be closer to me, and all those kind of things. Some powerful, powerful stuff!



Out of this and that of all the stuff that's happened, again, if there's anybody who has a reason or an excuse to worry, it's been you. You've had a lot of junk and I love that you talked about seeing a happy future. You discovered steps. You've got 4 steps that you talked about in the book. Again, thank you so much for the 4 chapters that were given away. Just go through, share with us, walk us through the steps and there's a couple in here that I just, especially on number 2 that I loved because it's something I did years ago. Go ahead and walk us through the step.

Bruce Van Horn: Step 1, I walk you through some tools and techniques or first of all just giving you the awareness. Many of us just live our lives unaware that we can indeed control our thoughts. I meet so many people say; "I just can't stop thinking about so and so or such and such and such." I was like, "Okay," and so I give a couple of examples in the book where I'll just start talking to somebody about something else. I'll say, "We'll get to that," "What'd you do this weekend?" I'll distract them and they'll start telling me their story and then I'll say, "You see what just happened here?" You stop thinking about that for a minute. You can so don't tell me you can't. It's just you haven't learned how to practice controlling your brain.

Chris LoCurto: I love the staggering statistic you have that 50 to 70,000 thoughts a day and approximately. Researchers have discovered that approximately 75 percent of those are negative.

Bruce Van Horn: Think about your own life. You're driving down the street and you see something; I don't like that billboard; ooh, I don't like those cars; ooh, I don't like those cars; ooh, look at that guy he's pretty, I've had it, whatever.

Chris LoCurto: Why did I wear this shirt today; what did I ...

Bruce Van Horn: Did I do this right or did I do that right; I clicked the update Skype button and when I shouldn't have; we're beating ourselves over that; I don't like; so many of our thoughts are negative. The crazy thing is that even a higher percentage of the thoughts that we have today are the same thoughts we had yesterday and so we get domesticated.

Chris LoCurto: Bruce is referring to I had plenty of time before this interview to update the computer. At least I thought I did and unfortunately he pushed his way into our time here and so we sent him an email and he's like, "I'm reading my book Worry No More."

Bruce Van Horn: Exactly, I'm not worried.

Chris LoCurto: I'm not worried. You go from watching a different movie and then into step number 2.

Bruce Van Horn: We're going to scrape this. I made myself watch a different movie, because it would have been so easy for me to go back to the old Bruce. I had determined many years ago I did not ever want to be that person again. I didn't like that Bruce. I like this Bruce, so I wasn't going to be that Bruce. Step 2 is move to a different state. Packing up our belongings and moving a couple hundred miles away might remove us from the source of what we think is some of our worry. That's not the moving to a different state that I mean. I'm talking about physical and mental state management.

We know that there is this amaz- ... God created us. The human body it's all inspiring. We know that there is this direct connection between our emotions, our mind and our bodies. You do not have to be skilled at the study of body language, kinesiology to understand what's happening in people's lives. Just go to the mall and watch people walk and you can very quickly with a very high percentage of accuracy determine who's happy, who's sad, who's angry, who's brokenhearted just by the way they move their body. By the way, they carry themselves, the expressions on their face. We know that our bodies bare the emotions. This is what poker players try so hard to master.

Yet what we forget is that there is just the opposite reaction. Our bodies they have control over our emotions. When we're happy, our bodies move in a certain way. We are expansive. We take up more space. We move our arms freely in and ran away from our body. We bounce up and down or whatever. We make expressive gestures with our hands. We smile. When we're angry or upset or worried, we perform contractive body movements. Our arms are folded over our chest or close to our sides. We don't make expansive body movements unless you're really angry, so you can do just the opposite.

When you're upset about something, when you're worried about something, there are some things you can do if you will intentionally. Even though you're not happy, if you will move your body the way you would be moving your body, if you were happy amazingly, you start to become happy. One of the examples that I point out in the book; it's in many Psych 101 class textbooks, just hold a pencil between your teeth and it forces your cheek muscles to do exactly what they would do if you were smiling.

Study after study after study has shown that people who simply hold; I'm not talking about biting down so hard that you break the pencil, but if you just hold it loosely in your mouth you will feel happier, if you'll just stretch, lean back, yawn. These are things that cause blood to circulate through your brain.

Chris LoCurto: You feel like you're a dork and that makes you happy.

Bruce Van Horn: Exactly.

Chris LoCurto: I was reading the book and you've got more examples on that on things I could do. I'm sitting there doing all of the examples going.

Bruce Van Horn: Oh, fun.

Chris LoCurto: This is working and I probably would look silly right now, but it works. It absolutely works.

Bruce Van Horn: It does. It does. It's amazing. There are lots and lots of different things that you can do. Because when you're worried and stressed about things, the reason that I included this chapter was to give you all of the possible resources that you can. We need these reminders that there are things that we can do to give us these little extra boosts to help us control our moods. We just have to be aware of them.

Chris LoCurto: Move yourself to a different state, different state of being, different state of mind.

Bruce Van Horn: Exactly.

Chris LoCurto: Then you jump on to step number 3.

Bruce Van Horn: Step 3 and step 4, this is where we start to get deep and spiritual. Step 3 is titled Give Yourself to Present. What I'm talking about there is when we're worried, we are thinking about the future. When we're thinking about the future, we are not living in the present. The only thing that is absolutely guaranteed in this life God only gives us right now this very second. The only time in which you have any power to do anything about the future is right now, practicing mindfulness, just living in a moment, catching yourself thinking about the future and reminding yourself.

You know what? This is why scripture says, "Tomorrow has enough worries of its own." Live today. This is where I talked about my experience and the gift that I received when I was in so much pain,

because I literally was living 1 breath at a time for several days because it was the only way I could manage my pain. I didn't even count my breaths and string them together. I treated each one as a unique miraculous event. Because in reality, Chris, each breath you take is a unique miraculous event.

I had this little mantra that I would do. I would take a breath and I would breathe it out and I would say, "You took a breath and you didn't die. Let's do another one just like it," and I would do that in sight. We call it epiphany. God breathes and so it's not from this thinking and connecting dots and coming to some logical conclusion. In a split second, I just had this awareness that if I have the ability to breathe, that is life and that is all I need. It occurred to me that if I can breathe, I have everything I need, everything I need. All you really, really need in this second is the ability to breathe.

Here's the epiphany in the excruciating pain that I was in. I realize that there are people in this world who can't feel what I'm feeling therefore this pain is not a curse. This pain that I'm feeling is a blessing. It's a gift, because I don't need it to be alive but the fact that I can feel, I know this pain will eventually fade. I just have to get through this journey and I knew it was a through. That was the awareness so my mantra changed at that moment. It's what I should have been doing to begin with, but I wasn't. My mantra changed to, "Bruce, you took a breath. You didn't die. Thank you, God."

Chris LoCurto: No kidding.

Bruce Van Horn: "Thank you. Thank you." I'm just filled with this amazing sense of gratitude just by staying present in this moment, this idea of gratitude for this moment, our lives and the things that we're worried about. The stresses. I know people who are dealing with really, really difficult situations right now in their lives; if we can just come to this present moment and be grateful.

Chris LoCurto: Absolutely. For step number 4?

Bruce Van Horn: Step 4 is called rest in P's and it's very "punny". We described 5 Ps in this chapter. The Ps are perspective, plan, purpose, perfection, and peace. I won't go through all of them. With these 5 Ps ultimately, if we can understand that the life that we are experiencing right now remembering that we are only able to experience anything within our own thought process. I don't know what your perspective is. I only know what my perspective is.

If I can realize that there may be another perspective, another way of looking at this situation that I'm worried about or stressed about, I have found that in the midst of a crisis it doesn't do me a lot of good demanded answers. I don't know how good you've been at getting God to give you answers in the midst of a crisis, but it hasn't worked too well for me. My prayer now is, "God, just help me get a different perspective."

If nothing else, being a parent has taught me more about God than any pastor has ever taught me about God, because I know that there are things that I have to require my children to do or go through or experience in some way that is not comfortable, easy or even pleasant to them. They will grumble and grown and whined and say, "Why, Dad? Why do I have to do that?" from their perspective, they can't see the bigger picture.

As their dad and knowing what we need to accomplish, why do I have to get this inoculation? Why does a nurse have to stick a needle in my arm? I understand why. He doesn't because he's the one who about to go through the pain. Understanding that for some reason this is what God has for me is a perspective shift. For me, that's helpful to understand that I don't have to know all of the answers, but I have to know who does.

This idea of perspective and the fact that our lives follow a plan and that plan has a purpose. There's meaning to the things that happened in our lives. I don't believe that anything is random. I don't believe there any coincidences because if things can happen randomly and outside of God's control, then that leaves God being pretty weak. Where does omnipotent go? Trusting that there is a plan and that there's a purpose and that the creator of this plan and purpose is perfect, then here's what this means. It means my getting cancer was perfect. It means whatever is happening in your life is perfect. It doesn't mean it's pleasant.

Chris LoCurto: I want to say it crosses desk first.

Bruce Van Horn: Exactly. If you can wrap your brain around perspective, plan, purpose and perfection, it can't help but bring peace into your life and that's ultimately what we want from our worry is peace.

Chris LoCurto: Absolutely.

Bruce Van Horn: That perspective shift for me has allowed me to look at cancer and say, "That was not punishment. That was a gift." I looked back at my daughter's death 15 years ago and I still cry and hurt over that event and while then it was tragic. It seemed cruel. I didn't understand why God

would allow that to happen. Now I see it s a blessing. I see it as a gift. Her little life has impacted [that I dear 00:47:07] save the lives of hundreds of thousands of people who have heard me talked about it. There's the gift. There's the perspective.

Chris LoCurto: It takes so much for us to let go of what we think our life should look like and accept, embrace. I constantly through life plan am helping people to understand. If we take just 1 story; I use many stories, but if you just take Joseph in the bible and his idea in going to his brothers, "Oh, you're going to bow down to me someday." Oh, really? Then getting sold into slavery and then having to ending up in prison and then ending up in governor over the land and saving all of the children of Israel.

In the concept of when he's in prison, he was going, "Do me a favor. Tell them I don't belong here." In his mind, this was not right. This isn't right, but in God's mind it was, "Son, I need you to be here. Just trust me. I'm working through this." Maybe he have been working to Joseph's pride, I don't know, but he lived there for a process so that when his brothers came to him, he said, "What you meant for evil, God meant for good. You thought you were selling me to slavery but he was sending me exactly."

That perspective of looking at your life and saying, "I don't know," it may not know why on this side of heaven why, things have happened the way that they have. If I understand that he knew about it and he allowed it and some of it he probably planned, then that changed the way I look at situations.

Bruce Van Horn: Exactly. We live in this paradox and trying to find peace in that paradox. We are 100 percent responsible for our lives as far as the decisions we make, the thoughts we think, the way we respond to certain event in our lives. We don't usually get to choose the path. We get to walk down but we get to choose how we walk it. Do we walk it with a gracious I don't like this but I'm going to make the best-of-it attitude.

We are 100 percent responsible and it's not or and they don't conflict and God is 100 percent responsible for our lives. They don't conflict with each other and so many people struggle with that. If I'm 100 percent responsible, then there's no God. If God is 100 percent responsible, then I'm just a puppet. Now it's both.

Chris LoCurto: I tried to help people understand the saying that I heard a long time ago and this is the peace of Christ is not the absence of situation or circumstance. One last thing, if you could go back in time and talk to a young Bruce, what would you tell him?

Bruce Van Horn: Oh my goodness. The young Bruce struggled, struggled so long. Ever since I was a teenager, the Bruce struggled with I'm not big enough; I'm not attractive enough; I'm not smart enough; I'm not fast enough; I'm not wealthy enough; I'm not witty enough or funny enough, all of which boil down to, "Bruce, you are not enough." I would say, "Bruce, that voice inside your head is a liar. It is not the voice of truth. You are a miracle and you are enough. Your life is perfect. You are created perfectly and be who you were mean to be instead of who you think other people want you to be."

Chris LoCurto: I'm just thinking of brother, great, great stuff. How can people get more of you?

Bruce Van Horn: Gosh. Brucevanhorn.com, it is the best way because there's links to everything. There's links to the book. There's links to My Life's Marathon podcast if you want to join my little city in Twitterdom. I'm the mayor of an average-sized city. Why 377,000 people had any interest in what this middle-aged white guy has to say from the mid-Atlantic states of the United States. It's beyond me, but I am enjoying the world of Twitter, so @brucevh on Twitter. The brucevanhorn.com has links to everything and my social media, so that's the easiest place.

Chris LoCurto: Excellent, excellent, excellent! Man, thank you so much for your time.

Bruce Van Horn: Thank you, brother. It is always a pleasure to talk with you.

Chris LoCurto: Glad to have you here. Folks, Bruce Van Horn, there you have it. The book is *Worry No More, 4 Steps to Stop Worrying and Start Living* and you've got to understand. You heard it in this. Somewhere in here you got the, "I don't need to be worrying. I shouldn't be worrying. It's affecting me in a negative way". There are steps. There are so much we barely even scratch the surface and this was a long episode that's got to tell you something. There's a lot in this.

Also thank you to Bruce for giving us a free 4 chapters of the book. You can get that right now by going to [chrislocurto.com/downloads](http://chrislocurto.com/downloads) or text the word *nomore* to the number 33444. That's all 1 word *nomore* to the number 33444.

Folks, as always, we hope that you've enjoyed this. We want you to take this information, change your leadership, change your business, change your life and join us on the next episode.