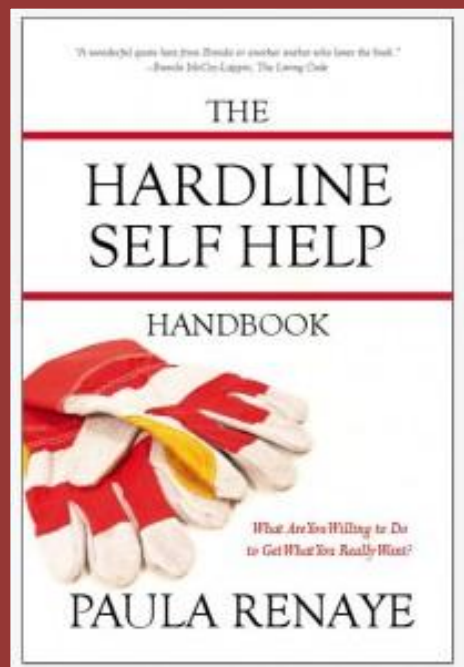


# THE HARDLINE SELF HELP HANDBOOK:

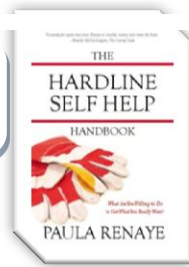
*What Are You Willing to Do to Get What You Really Want?*



**Media Kit**

**Author: Paula Renaye**

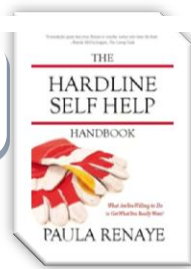
Paula Renaye



info@diomobooks.com

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## About The Book

**THE HARDLINE SELF HELP HANDBOOK**—A fast-track course in self-discovery and self-empowerment, The Hardline Self Help Handbook is all about cut-to-the-chase personal development and self improvement through a life transforming tough love approach.

Each chapter gives you real-world, to-the-point examples of areas in your life that might not be working, then follows up with “Line It Out” exercises to get to the bottom line of why and how they can. If you’re really ready to have the life you dream about, Hardline gives you practical, workable tools to do it. You’ll discover how you can get out of limbo and move forward, and how you can live your joy!

### The Hardline Self Help Handbook: What Are You Willing to Do to Get What You Really Want?

Paula Renaye

170 pages

Publisher: Diomo Books

Publication Date: June 1, 2011

Retail price: \$19.95

eBook formats: \$9.95

ISBN # 978-0-9674786-5-4

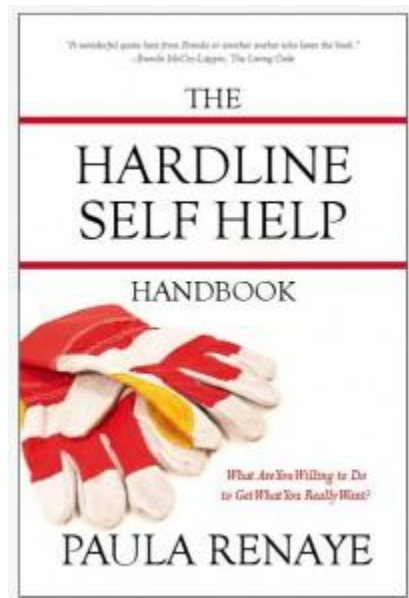
### Winner of the 2011 Indie Excellence Finalist Award

Available at

[Amazon](#)

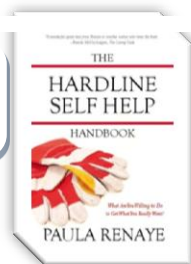
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### The three essential viewpoints in the book:

1. There are simple things that you can do right now, today, that will make immediate shifts in your perception and change forever the way you interact with others—and yourself.
2. You have more power over your life than you want to admit, and if you really want to be happy, you can be. If you’re willing to face reality—and own your power of choice in creating it and changing it—you can reclaim self-worth and self-respect you may not even realize you’ve lost, which automatically puts you on the path to creating the life you really want.
3. You have to be really clear on what you’re willing to do to have the life you want—what you’re willing to change and what you’re not. Working with some very simple questions can help you get the clarity you need to define what you really want and how you can have it.



## *What Readers Are Saying ...*

*"Taking responsibility for our decisions and how those can either help us or prevent us from getting what we want is the key message of this important book. Once we decide what we want, accept responsibility for our lives and realize that we are in control, we can achieve many things. This book reminds us to stop whining and make choices that support our goals, because not only do we deserve good things, the key to getting them is within us."*

**--Victoria Dimock, PhD**

*"This dynamic book will change forever the way you look at life and living from your Higher Self! The hard-line approach takes you directly to your heart-line, your only point of power for true change, a vital first step to creating a life filled with purpose and passion. Reading this book will put you into alignment with who--and what--you really are. Start now!"*

**--Brenda McCoy, co-author, *The Living Code*  
*Deciphering Life's Spiritual Messages by Learning to Live from the Heart***

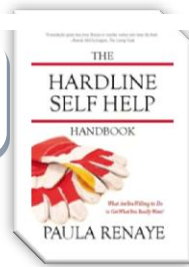
*"Getting what we want out of life takes work. And thanks to Paula Renaye's intuitive and common sense advice, every reader will put this book down knowing exactly what they can do to create positive changes in their lives. Paula delivers this wisdom in a down-to-earth, easy-to-understand way, and readers can't help but feel that she is right beside them, cheering them on and providing support and strength to help them move forward. I love this book."*

**--Sherri Cortland, ND, *Windows of Opportunity and*  
*Raising Our Vibrations for the New Age***

*"I highly recommend this step-by-step, tough love approach to getting what you want. As a business coach, the biggest hurdle I find when dealing with my clients is self-doubt and procrastination. In *The Hardline Self Help Handbook*, Paula not only tells you the absolute truth about getting unstuck, but also gives you tools that guide you to take action and personal responsibility to create an amazing life."*

**--Linda Hampton, RN, MSN, *AttractClientsOutOfThinAir.com***

Paula Renaye

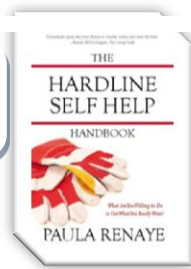


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## *About the Author*

Paula Renaye is a certified professional coach, motivational speaker, regression hypnosis practitioner and award-winning author. She has been a consultant for 18 years and is a member of the International Association of Coaches. She presents classes, seminars, hands-on workshops and events on self-development and self-healing, as well as writing and publishing. Her passion is helping people face reality and take personal responsibility for their choices in order to reclaim their own power and live the life they really want.





## *Book Excerpt*

### **Preface**

As the subtitle suggests, *The Hardline Self Help Handbook* challenges you to answer the question: What are you willing to do to get what you really want? It challenges you to discover what you really want your life to look like--your life to *be*--and what you're truly willing to do to get it. The concept is simple. The reality of understanding it is not.

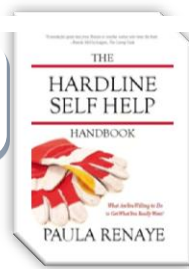
We didn't get the way we are overnight, and it can take some work to figure out why we do what we do and want what we want. This book cuts to the chase and gives you a shortcut to the bottom line. It's a straightforward-even-when-it's-uncomfortable approach to seeing what you haven't wanted to see about yourself and dealing with the cold hard truth of that realization

Consider this book a best friend who is giving you a little tough love. You may not like what he or she has to say, and it may sting a bit from time to time, but if you'll stay strong, you can use the insights you gain to make faster progress than you ever imagined possible.

I offer you this approach because it worked for me in a way that all the commiserating, sympathy, positive-spinning and "let it go" talk never could. My in-your-face moment came after I had regaled a dear friend with yet another rendition of "poor me." When I took a breath, she said to me, "Isn't it great, that for the rest of your life, no matter who you tell that story to, they'll say 'you poor thing.' And you, my friend, can be a victim forever!"

Well, that stopped me in my tracks, but I couldn't get mad about it because I knew it was true. So, I changed my way of thinking--about the situation and about myself. I did not make such stellar progress in other areas of my life. Looking back, I wish someone would have sat me down, eyeball to eyeball, and said the following:

*"Look, I know you're in pain, and I hate seeing you hurt. I've tried everything I know to try to help you. I have listened and sympathized. I have offered suggestions and recommendations. I have sent you websites, books, CDs and movies to help get you through this. Nothing is working. So, because I care about*



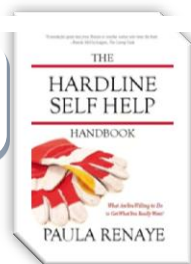
*you, and I care about myself, I am going to tell you that you have to make a choice. You can choose to stay in pain if you want to. It's your life. But if you do, I will assume that your situation and your pain are what you want and I will honor your right to keep them. I will no longer make suggestions about things you can do to feel better, nor will I suggest that you change anything about your life. I will also no longer listen to you complain about your drama, because it serves no purpose. Either do what you need to do to change what you need to change, or admit that you don't want to and shut up about it."*

Ouch. Yes, it would really hurt to have your best friend say that sort of thing. But it could also be exactly what you need to snap you out of denial and get you moving forward. I'll never know if it would have made a difference for me back then. I hope it will make a difference for you now.

There's a lot of material packed into these pages, without any highbrow concepts that sound great when you hear them and not so great when you try to put them into practice. What you'll find here are simple concepts, including real world examples, to help you evaluate your own situation, along with practical tools to put them to use. It's a quick and dirty crash course to help you uncover and clear out what may be holding you back from having the life you truly want. These are things that have worked for me based on what I have learned to this point. Tomorrow I expect to have different understandings that give me different things to share. It's a process. At least now, it is a fun process...most of the time.

As you read this handbook, take from it what feels good to you and start doing it. Keep working with it and move on to the next thing that feels appropriate--adding new techniques to your toolbox as you go. What speaks to you one moment may be completely different in the next. Just go with it and trust that you'll get what you need when you need it. Go back through the book as many times as you need to. You'll probably get something different from the book each time

Each chapter builds on itself and offers you opportunities to identify the chinks in your armor; however, you don't have to go in any particular order to benefit from this book. You can start at the end and work your way backward. Or you can just randomly open the book and see if there's something inspiring for you in that particular section at that particular time and go from there. Again, make it easy. Find what works for you and use it.



A word of warning here: This is called the “hard line” handbook for a reason. If you don’t find something in this book that triggers some important emotional reaction, then you don’t need to be reading it! If something you read gets your hackles up or strikes you as completely ludicrous, *rejoice!* You’ve just hit pay dirt, stumbled on a gold mine of opportunity, found a buried treasure, a...well, you get the idea. What actually happened was that something you just read triggered a limiting belief and you reacted to it. That’s great! Don’t fight it. Embrace it. Write everything that comes to mind, such as “There is no way that’s right because...” or “That’s the dumbest thing I ever heard, everyone knows...” Embrace every thought, because what comes out in these precious moments can give you more insight into yourself than you ever dreamed possible. Besides, maybe you’re right and need to share your understandings with me!

Many years ago, when I desperately wanted my life to be different, another dear friend gave me an audio presentation by Caroline Myss, Ph.D. (It was either *Sacred Contracts* or *Why People Don’t Heal*. I can’t remember!). Anyway, I dutifully started listening to it, and the more I heard, the angrier I got. For starters, I *hated* her voice! The woman was clearly from “up north” and she was yelling at me, scolding me like I was a three-year-old child! How dare she! Every word out of her mouth was a personal criticism directed deliberately at me. She had no right to say those hurtful things to me. She was *mean!*

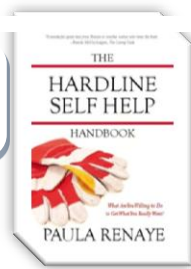
Well, I wasn’t about to stand for it, so I called my friend and ranted and raved, telling her how awful I thought it was. How in the world could she think *that* was good stuff? Why, the woman clearly didn’t know what she was talking about! It made no sense whatsoever, and it certainly didn’t apply to *my* situation or *my* life.

When I’d finished my tirade, my sweet friend gently said that she was really surprised at what I’d heard because she’d gotten quite a different enlightening and inspiring message from the program. She said she was going to have to go back and listen again because she must have missed something.

Well, we all know who missed something. And so, being sane enough to realize that it might possibly have been me, I went back and listened again--really listened. As I did, the words I needed to hear finally came crashing through the walls of defense I’d painstakingly built. I finally heard what I couldn’t allow myself to hear before, and it knocked me flat, literally putting me on the floor.

I don’t know how long I cried that day, curled up like a wounded animal, or how many more tears fell over the next weeks as I listened over and over to that set of CDs. It hurt, but I had also found a light at the end of the deep dark tunnel that I hadn’t even realized I was in. Yes, it was painful, but it was also liberating.





I ordered more audio programs and books from Myss and others. I hooked them up like bags on an IV rack and pumped them into my system, one after the other. I had opened a vein and I was flushing and feeding my system with all the good stuff I could find. Little by little, I came back to life. That one gift from my dear friend opened an amazing door and set me on a learning frenzy that hasn't stopped to this day.

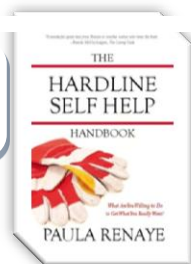
By the way, Caroline Myss is one of my favorite authors and presenters. The reason her voice annoyed me at first, aside from the fact that I didn't want to hear what she had to say, was because it triggered old wounds attached to people with similar speech patterns and voice qualities. It took me a while to figure that out, but when I did, it gave me yet another understanding of myself.

So, pay attention to everything. Don't ignore that little cringe of discomfort or twinge of anger. Embrace it and find your own pot of gold. You'll also find that it will start to snowball on you. You'll like discovering why you do what you do and realizing that you can change it if you want to.

Before we really dig into the meat of the book, I want to make it perfectly clear that I don't profess to have mastered everything in this book. I still get angry. I still behave in reactionary ways. The information here is what I have learned up to this point; these are the tools that I still use to deal with my own challenges. Tomorrow, I will have new insights and understandings. My intent is to pass along ideas and methods that have helped me and that I hope will help you make better and faster progress than I did.

Choosing the hard-line approach takes courage. It's hard to take that first look in the mirror and not blink. But it's absolutely essential. It's also critical to remember that while this *is* about facing hard truths, it's *not* about beating ourselves up over where we are in this moment. We have *all* made plenty of mistakes, and if we had time machines we'd probably all go back for some do-overs. But we can't, and keeping our shame and guilt fresh just keeps us stuck feeling guilty and ashamed, which serves no one.

So, take the loving approach for yourself, as well as for those you wish you'd done better by. Do the tough work and move on. Acknowledge and honor the past, accept responsibility for what you need to, then forgive yourself and focus on making better choices now.



## *Interview Q & A*

### 1. The title of your book is “Hardline Self Help” what does the title mean?

Hardline Self Help means that you stop letting yourself off the hook—stop giving yourself excuses for why you don’t or can’t have what you want—and you hold your own feet to the fire, face reality, take responsibility for your life right now and get busy doing what you know you need to do.

### 2. Describe your book in three words.

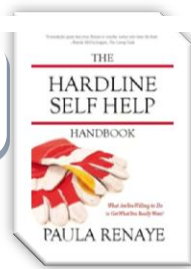
Self Tough Love

### 3. What inspired you to write the book?

I wanted to write a book for people who are stuck in a never-ending cycle of pain and can’t see a way out. I know what that’s like—and I know how wonderful it feels to finally be free of it. My first clue to this tough love approach came when I was singing my same old song of woe to a friend and she said, “You know, isn’t it great, that for the rest of your life, no matter who you tell your story to, they’ll always say ‘you poor thing’ and you can be a victim forever.” Well, that jerked me up by the scruff of the neck and got my attention—fast—and in that moment I vowed I would never consider myself a victim again. I’ve never forgotten how quickly my perception changed, simply because she had the courage to speak the truth to me. That’s what I want to do for my readers—offer a little reality boot camp so they too can experience lightning bolt awareness moments for a “blink of an eye” transformation.

### 4. What do you hope readers will learn/discover from reading Hardline Self Help?

Themselves. I want readers to really discover themselves—the true authentic version—and honor it! Most of us go through life being who we think we should be—we are products of our programming and don’t even realize it. I want readers to be willing to look unflinchingly in the mirror and say, “yeah, I did that, but I don’t have to do it again. I have choices!” If you face reality, make choices that a person with self-respect would, then take action toward what you want, you will have joy. So, ultimately, it’s joy. I want readers to have joy—which is the natural state of the authentic self!



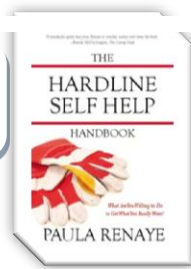
## 5. What Makes Your Book Unique?

Well, let's just say that one title I toyed with was: Masochistic Self Help, which is different than Self Help for the Masochist, although I suppose that could work too. Whatever the case, this is about being willing to inflict short-term pain on yourself in ways that you would never tolerate from anyone else in order to get long-term happiness. I've used the term "a crash course in self tough love" several times, but that's what it is. There's a chapter called "Bullets You Need to Bite" that might have some people wanting to aim one at me. If a friend said to you, "Either start eating healthy and exercising or quit whining about being fat," you'd probably never speak to her again. We just won't say those things to each other. You may, however, be willing—eventually—to take it from a book. Throw the thing across the room if you must, but when you're really ready for your life to be different, pick it back up and do what you need to do. And, as strange as it may sound, it probably won't be long before you're enjoying this self-inflicted tough love approach, and eager to find yet another way to feel better. So, yes, uniquely masochistic—in a good way!

## 6. What do you mean by "What Are You Willing to Do to Get What You Really Want?"

When we are in tough spots in our lives and are in a loop of pain we just can't seem to find a way out of, we may say that we're willing to do anything to make things better. But is it really true? Many times, what we're really saying is, "I'll do anything not to hurt anymore as long as I can keep things the way I want them." For example, if what you want is a loving, peaceful and trusting relationship, but you're in constant turmoil and upset over the situation you're living in, what are you willing to do about it? Personally, I was willing to do absolutely anything except the one thing that I had to do—get a different partner. When I became willing to let go of my limitations—my attachment to that particular partner—I opened the door to being able to have what I really wanted.

Here's another example. A lot of people tell me they're going to write a book. Great! When? How? What are you willing to sacrifice to make it happen? Are you willing to watch less television to make time for writing? Are you willing to give up golfing on weekends? How bad do you really want it? I asked myself the "what are you willing to do" question repeatedly throughout the process of writing and launching this book. Every time the answer was the same—whatever it takes, which meant working 12 to 16 hours a day for months straight. Sure, I got tired, but I loved what I was doing, and getting this book in print was that important to me. I was willing.



## 7. How does this book help women?

It's been said by many that the one thing we have to do in order to be happy is to simply love ourselves. Great, how? As women, we have so many "shoulds" pulling us in different directions. On the list of mother, wife, "good girl," dedicated employee, family command center facilitator and other roles, just where does "loving yourself" rank? Even thinking about taking loving time for ourselves can feel selfish, greedy, self-centered and all those other undesirable traits we've been warned against. I never did get the "just love yourself and everything will be fine" model. What I do get, however—and what makes perfect workable sense to me—is self-respect. If I ask myself, "Would a person who had self-respect do what I'm about to do?" I get a much better answer that I can work with—one that doesn't offer me the option of feeling bad because I shouldn't want so much for myself. Everyone can honor respect!

## 8. Where is Hardline Self Help available?

The trade paperback and ebook versions are available through amazon.com and other online retailers as well as by order through most bookstores.

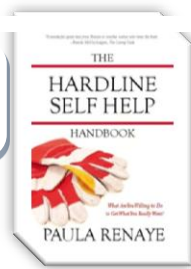
PDF versions of the book and the companion workbook (8½ x 11) are available from DiomoBooks.com.

## 9. At what age did you discover writing and when were you first published? Tell us your call story.

I always loved to read and was drawn to journalism and served as year book editor in high school and college. I also wrote for the university newspaper and served as copy editor and news editor. However, I did what a lot of women have done—and still do—I gave it up to be married. I still continued to read and wrote a few feature pieces for local newspapers, but it was many years later before I really began writing again. And, it came in quite an unusual way.

My dad passed away suddenly in the fall of 1991 and it was a tough time for me. A few months later, songs—country songs, complete with tune and lyrics—kept popping into my head. So, I wrote them down. Having found my connection again, I wanted to expand and found a local writing group. A lot of people in the group were writing novels, and since I'd read a zillion of them, I figured I could certainly write one. So, I did—a 400-page western historical with a love story that won a contest right off the bat. But it was the fourth book I wrote—Hot Enough to Kill, which is a humorous mystery—that made it into print. The second book, Dead Man Falls, won a WILLA Literary Award.

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## *Contact*

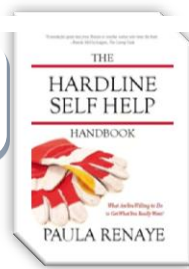
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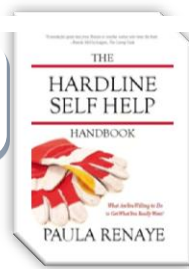
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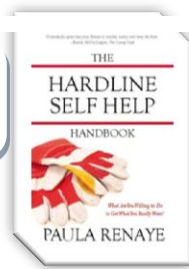
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*"This dynamic book is a go-to guide for any challenge and will change forever the way you look at life and living from the heart. Take the hard line to your heart line!"*

—Brenda McCoy, *The Living Code*

# THE HARDLINE SELF HELP

## HANDBOOK

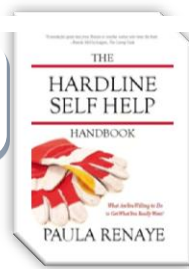


*What Are You Willing to Do  
to Get What You Really Want?*

# PAULA RENAYE



Paula Renaye



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*“Paula delivers intuitive and common sense wisdom in a down-to-earth, easy-to-understand way, cheering readers on and providing support and strength to help them move forward.”*

—Sherri Cortland, ND, *Windows of Opportunity*

## A CRASH COURSE IN SELF TOUGH LOVE

If you're really serious about making positive changes in your life and are ready to do the tough work, **The Hardline Self Help Handbook** gives you the tools to do it—fast. Put on your work gloves, a thick skin and a willing attitude, and get to it.

You *can* have what you really want!

*“The highest calling we can have as human beings is to honor our hearts. This book is much needed tough love for courageous transformation.”*

—Karen Barnett Bozeman, LCSW

*“A great format for evaluating your life choices and choosing those that create well-being and success. Do these exercises and take control of your new life now!”*

—C. W. Miller, Custom Training Concepts

Paula Renaye is a certified professional coach, motivational speaker, regression hypnosis practitioner, award-winning author and consultant. Her passion is helping people face reality in order to reclaim their own power and get what they really want.

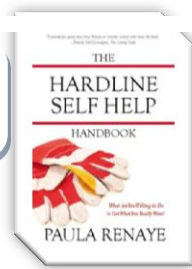


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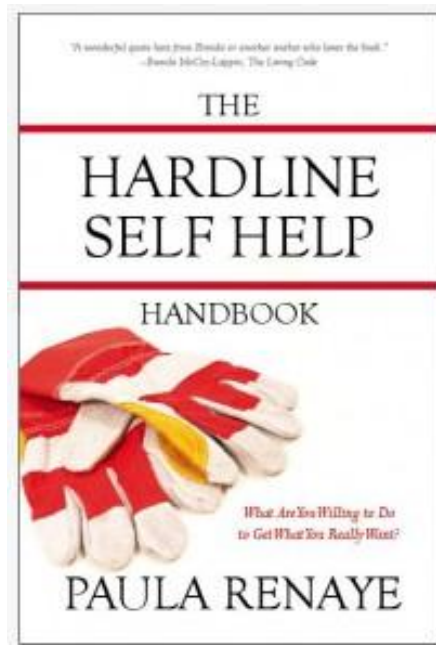


Paula Renaye



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## The Hardline Self Help Handbook



A fast-track course in self-discovery and self-empowerment, The Hardline Self Help Handbook is all about cut-to-the-chase personal development and self improvement through a life transforming tough love approach.

Each chapter gives you real-world, to-the-point examples of areas in your life that might not be working, then follows up with “Line It Out” exercises to get to the bottom line of why and how they can. If you’re really ready to have the life you dream about, Hardline gives you practical, workable tools to do it. You’ll discover how you can get out of limbo and move forward, and how you can live your joy!

*“This dynamic book is a go-to guide for any challenge and will change forever the way you look at life and living from your heart. Take the hard line to your heart line!”—Brenda McCoy-Lappin, *The Living Code**

*“Paula delivers intuitive and common sense wisdom in a down-to-earth, easy-to-understand way, cheering the reader on and providing support and strength to help them move forward.”—Sherri Cortland, ND, *Windows of Opportunity**

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Paula Renaye

170 pages

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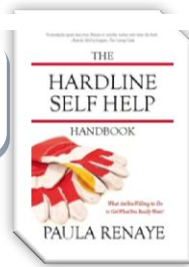
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## The Hardline Self Help Handbook



Paula Renaye is a certified professional coach, motivational speaker, regression hypnosis practitioner and award-winning author. She has been a consultant for 18 years and is a member of the International Association of Coaches. She presents classes, seminars, hands-on workshops and events on self-development and self-healing, as well as writing and publishing. Her passion is helping people face reality and take personal responsibility for their choices in order to reclaim their own power and live the life they really want.

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