

Woke or Not?

Is *Mentors and Tormentors* a “woke” book? I don’t know. Maybe. I’m not certain, because I don’t really know what “woke” is supposed to mean. If anyone does have the definition nailed down, please email it to me at tj@timjonesmd.com. I will confess that this book was not written to offend anyone, but rather, to teach people the overwhelming importance of self-respect. Nothing in our lives is more important – because everything, and I do mean everything, in your life is based on your level of self-respect. Every decision you will ever make, every action you take, every response to adversity, and every interaction with other people is determined by your self-respect (your confidence in your abilities and rights as a person). If that confidence is poor or weak, then you aren’t likely to stand up for yourself, or feel motivated, or have high goals and dreams. If your self-respect is clear and strong, then you will speak up for yourself and for others as well. You will be energized to dream big and then make things happen – regardless of obstacles or other peoples’ negative influences.

But there is a problem. Unfortunately, our self-respect can be too easily influenced (up or down) by the opinions of others – if we allow it. Remember, we are talking about “self” respect and not “outsider” respect. You, and only you, can decide what affect others can have on your self-respect. My advice is simple: Always soak up the good and reject the bad. In other words, don’t give a damn what other people think, unless it supports you. Just keep in mind that on occasion critical advice may be exactly what you need. Another person may be correct when they say, “You’re doing it wrong!” But another person is never correct when they say, “You’re not capable or deserving!”

Finally, some exciting news: I am working on a Self-Respect Course for high school students that will be available via Teachingbooks.com. The availability date is set for July 30th. I will keep you updated so that you can check it out.