

# BALANCING TRUTH, LOVE AND POWER



FIND YOUR DEFICIENCIES  
IN THESE 3 VITAL QUADRANTS  
AND LIVE A BALANCED LIFE

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# Foreword

The Balancing Truth, Love and Power book is derived from one of the most famous authors in the area of personal development, Steve Pavlina.

**The key point of this book is to understand Steve Pavlina's principles and apply it in a concise and straightforward way in your life. The ideas in this book are not endorsed by Steve Pavlina but are merely a take on the principles, how it works – especially for the Internet era.**

In his book, “Personal Development for Smart People” talks about the 7 principles in terms of effective development and if any of you apply the strategies and principles, you will be amazed with the wonders they can potentially bring to your life. The book lays down a very firm foundation for the readers to understand the root causes on the things that they do.

For instance, at times you will see people talking about the big plans of their lives but after a few years, you never happen to see them coming to pass. What are the reasons behind it? Also, do you really know the motivation behind a person who is courageous? What are some of the things that are actually stopping you from being who you want to be today?

After reading the book, I understand why sometimes I behave in a certain way. I used to be a very timid person and had problems starting conversation with the people I met for the first time. I didn't know what the problem was until I found out there was actually a

kind of fear in me that stops me from going all out to initiate a conversation. It was the fear of rejection.

Of course, being able to identify the problem is only the first step and it won't really help me to overcome my fear of rejection. Nevertheless, it gave me a direction on where I should work towards. The rest of the story is history.

So what is the ultimate formula?

It is the balance between truth, love and power. One must weigh the 3 components in a balanced manner. When you have only truth without love and power, your life remains unchanged.

You know exactly the kind of problems you are facing but you just do not have the power to make the changes in you. Although, there is a famous quote that goes, 'Love is Blind', love isn't really blind in reality. You need to love the person correctly and that is why you need truth and power to say no to his unhealthy request, like eating too much fat. When you have power without truth and love, people will suffer because power can be abused.

Those are some of the examples. Don't worry if the above does not make any sense to you at this moment. As you go through the entire book, you will be able to understand the balancing principles in depth.

## **The Balancing Truth, Love and Power**

*The Key to Achieving Goals that Matters to You*