



TAKE SIX with author Gina Mollicone-Long

Your book's title is *Think or Sink: The One Choice That Changes Everything*. What is the one choice that could change everything in a person's life?

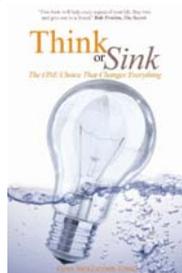
The *one* choice is the choice that each one of us has to classify any event or circumstance as stressful or not. Believe it or not, whenever *anything* happens to us, we always have a choice in determining our response to what happens. It might not always feel like that but we always have the choice. If we don't make the choice consciously then it will get dictated to us by outside forces like the media, our friends and family etc. This is only a problem if the response causes us to feel additional stress in our lives. Many people like to blame their circumstances, especially when times are tough. Blaming the circumstances might make you feel good in the short term but it ultimately leaves you powerless because you have given your power over to your circumstances. It is not your circumstances that are to blame but rather it is your response to the circumstances that is the issue. Successful people and great leaders do one thing differently than most people during times of challenge. They think for themselves and choose powerful responses to events instead of sinking into the prevailing negative default response of their circumstances and the people around them.

***Think or Sink* can be categorized as a “self-help” book. What about your book stands apart from the rest in the genre (namely Rhonda Byrne's *The Secret*)?**

This is not a book about *what* to think. This is a book about *how* to think for yourself, perhaps for the first time. There are a lot of books that tell you what to do. Sometimes the advice works and sometimes it doesn't. There is no sure-fire way to tell. This is a different kind of book. This book is about *how* life works as a process. This book will show you how it works so you can make good decisions about what is right for you. This is not a book about positive *thinking*; this is a book about positive *responding*. *The Secret* is an excellent book in theory but it was missing one key piece of information which is to show people *how* to put the principles into action.

What is The Simple Process?

The Simple Process is a process for getting what you by learning to make a change on inside in order to see a new result on the outside. This process is quite simple, but it is often not easy. The difficulty lies in the fact that we must become responsible for shaping our life experience. In accepting this responsibility, we give up the ability to blame our life experience on anyone or anything on the outside. For many people this can be a daunting concept. However, once you get over this hurdle you can begin to craft the life experience that you were born to live. The Simple Process is about taking the feedback contained in your circumstances and using it to understand what you are actually looking for. First, you take stock of your circumstances and then uncover the “real wanting” using techniques outlined in *Think or Sink*. Once you have this then you use it to make a change on the *inside* so that you can finally see a different outcome on the outside.





One idea inside *Think or Sink* is that stress doesn't exist. Can you describe and/or clarify what that means?

The word "stress" is a noun however no one has ever seen "stress". You can't put it in a wheelbarrow. This observation made me curious. It led me to make the distinction that stress is actually a *decision*. When you decide that something is a problem then it becomes stressful. This explains why two people can experience the exact same circumstances and have completely different responses to the event. For example, some people decide that driving in rush hour is a problem and therefore stressful whereas other view driving in rush hour as a chance to relax and unwind. Same circumstances with completely different responses. This means that what we define as stress is ultimately under our control and therefore if we experience too much "stress" in our lives then we need to go to the source of this stress which is NOT the circumstances but rather our RESPONSE to the circumstances. Change the response → reduce the stress in your life → increase your health and well-being

***Think or Sink* launches in January, a time when millions of people are going to be making New Year's resolutions, and about 80 percent of them will involve weight loss. You lost 50 pounds in the past six months but say that you didn't change anything in your diet or exercise. What was your groundbreaking approach?**

I walked my talk. I took the techniques in *Think or Sink* and put them in practice in my own life. I put every single one of my responses to my circumstances under a microscope. I took a hard look at what I considered to be "real" and "true" and determined where these hard and fast definitions were causing me to feel stress in my life. Then, I changed my mind and my emotional responses. I became conscious of which events, people and circumstances were linked to being stressful and I changed my responses to them. Miraculously, my body weight started dropping off. I was amazed at how many times in a day that I allowed others to determine my response to a situation. Once I became aware of this fact then I could get control of my own responses and therefore get my power back when I felt powerless. I really believe that this paradigm shift allowed my body to return to a more balanced state where it could finally release the toxins that were stored in my body fat.

If there was one takeaway you could empower your readers with during these tough times, what would it be?

The most important thing is to remember that you always have a choice in any situation to determine your response to what is happening. You can never control the circumstances, events or people in your life and you will likely drive yourself nuts trying to do so. Instead, consider that the real root of your problems lies in your response to these situations. When you approach your life from this paradigm then you have a lot of power because you always have control over your own response. No one can ever take that power from you. Ever! Imagine if nothing or no one in your life ever had to change at all and the simple act of shifting your response could change your experience for the better!

