

THE
TOP **10** DISTINCTIONS
BETWEEN

Winners
— — — AND — — —
Whiners



KEITH CAMERON SMITH

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Winners

— AND —

Whiners

Other books by Keith Cameron Smith

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WILEY

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Preface

Winners have certain beliefs and behaviors that empower them to win. We have developed perspectives that create consistent results in our lives that are positive. Whiners, on the other hand, have learned bad habits in their thoughts, words, and actions that cause pain and problems. By learning the positive beliefs and behaviors of winners and unlearning the negative beliefs and behaviors of whiners, you can take control of your life and win more consistently.

The primary reason I wrote this book was simply to help people win more consistently in each area of their lives. I chose to use the word *whiner* instead of *loser* in the title of this book because whining is one of the biggest enemies of winning. In my opinion, it is very often whining that leads to losing. I have seen

many people suffer for years because of their continual whining. Whining, or complaining, is destructive. Many people have destroyed relationships, businesses, and even their dreams because of whining.

The distinctions I write about winners in this book are the ones that have allowed me to develop and enjoy good relationships, to be successful in business, and to make measurable progress toward my dreams. I will be the first one to tell you that I have not mastered all of the beliefs and behaviors of winners in these distinctions but I practice them every day. I am pretty good at some of them, but I still have a lot of practicing to do before I consistently reap the benefits of some others. Wherever you find yourself in life right now, these distinctions can help you improve the quality of your life. Whether you are a chronic whiner who is continually causing yourself problems or if you already consider yourself a winner, I ask you to take two or three of these distinctions and put them into practice immediately and see if they don't produce some positive results in your life. By choosing to change some of your beliefs and behaviors, you can and will win more consistently in each area of life. Just the fact that you are reading this book tells me

you already are a winner. The truth is we all whine sometimes, but as we learn to whine less we will win more!

I also want to mention three other reasons why I wrote this book. They are the same reasons I wrote *The Top 10 Distinctions between Millionaires and the Middle Class* and am now developing this series. They are responsibility, purpose, and legacy. As I wrote in the preface to the millionaire book, I believe we all have a responsibility to share those things that produce positive results in our own lives. Also, I experience a strong sense of purpose each time I teach these distinctions in various venues around the world. And I see these books as part of my legacy, especially to my own children. Some of my favorite books are over 100 years old. It's fascinating to think that someone may be reading, enjoying, and benefiting from this book 100 years from now. I strongly believe that these distinctions between winners and whiners are timeless. They are just as relevant today as they were 100 years ago and they will be just as relevant 100 years from now. Read, enjoy, and benefit from these distinctions. You already are a winner!