

You Can Only Hope To Contain Me

**IT IS IMPOSSIBLE TO STOP
A PERSON WHO WON'T QUIT!**



*Chuck Herring, M.Ed., Ph.D.
(Persistent, Hungry & Driven)*

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"This book is amazing. Chuck Herring is masterful in his ability to inspire and motivate through 30 years of life experiences that made me smile, laugh and even cry. This book goes beyond business or self-improvement, it's about using each life experience to help propel us toward our destinies."

--Isha Metz-Williams – GlaxoSmithKline

"Fascinating... Easy to read with incredible, life-impacting lessons. I know how powerful this book is because these stories are my life too."

--Dr. Rico Tyler – DePaul University

"Mr. Herring's book is an insightful peek into the mind set of the spiritually uplifted. He continues to inject thought provoking anecdotes, and motivational statements designed to push us to ask for more in life and business. A worthwhile resource!"

--KC Townes – Diamond Distributor XELR8 (Million Dollar Income Earner)

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DEDICATION

This book is dedicated to my personal Ant Colony... Christine, Vanessa, Ashley and Imani. I have a lot of things that I am thankful for. But, one thing I want you to know is that I am truly thankful that God has blessed me by allowing each of you to be the most important parts of my life.

I also want to thank Jeff Tobe, Patti Churilla and the rest of the Coloring Outside the Lines Family for their unwavering support.

Finally, I want to thank all of my friends and family that are too numerous to name for all of your inspiration and love.

This book belongs to all of you!

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PROLOGUE

Let me start this by telling you what this book is not. This book is not a step-by-step guide to success (as if that really exists). It will not tell you six easy ways to use grapefruits to lose thirty pounds in the next week. It will not tell you fourteen valuable tips to overcome your fear of public speaking. And, it will not tell you seven proven methods to become wealthy; fifteen passages to achieve emotional stability or eleven herbs and spices to make the best chicken in the world.

What I hope to achieve through this manuscript is to spark your creativity and encourage you to look through the annals of your life to see the lessons that are still there to be learned through the triumphs and tragedies of your story.

So to get you started on your personal journey, I have decided to share with you through my thoughts, anecdotes and perceptions, different insights into one of life's universal laws.

The law is...

“It is IMPOSSIBLE to stop a person who won't quit!”

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I call it THE ANT PRINCIPLE.

You may say, “Why ants?”

I’ll answer that with a question: How do you stop an ant? Think about that for a minute or so. If you didn’t come up with the answer... The answer is -***You have to kill it.***

An ant is so laser-focused that any obstacle that comes across its path is traversed by going over, under, around or through.

Is it easy for the ant? Not always. But, does easy or hard matter to the ant? No. The ant will continue on with its mission with a sense of pride and purpose that is unlike any other living creature on the face of this planet.

Now ask yourself, “what if I began to develop an ANT MINDSET?” What great things are inside of me that will be let out if I just say, “no matter what, I WON’T QUIT?”

As a matter of fact, the title of this book is derived from descriptions of two of the most fo-

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cused people I know. The first is Michael Jordan.

Michael Jordan was so good at basketball that opposing teams didn't even try to stop him. Their game plan was to allow Jordan to get his points and attempt to shut down Michael's teammates. Hence the phrase, ***"you can't stop him. You can only hope to contain him."***

The second person is a friend of mine named Michael Humes. Mike grew up in a rough section of Washington DC. However, he didn't let his circumstances determine his destination. And although he was born with the blessing or curse of the entrepreneurial spirit, Mike didn't fall into the obvious trap of many urban youth - the drug game. He attempted and failed at several traditional businesses. Emotionally battered and bruised, he obtained full-time employment at the place where grandma said there is always work - The Post Office.

It was at this point where he was about to give up on his destiny when he said to himself, ***"Mike, it is impossible to stop a man or woman that will not quit!"***

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From that day of decision, Mike was determined to own a successful business or die trying. And five years later at the age of thirty-one, Mike Humes went from mailman to MILLIONAIRE!

Forces in the universe will hold you down. They will attempt to stop you from achieving the blessings that are rightfully yours as a human being and a child of God.

I wrote this book (actually birthed this book because it was born from my thoughts) to let you know through my testimony that those forces can only hope to contain you. Because once you understand the power that you have as being one of the chosen, the whole world will benefit from your enlightenment and your new knowledge of self.

As an aside, most of this book will be in story form. My reasoning is as adults, we've become accustomed to receiving information in a factual manner. The problem with that is that human minds don't remember plain facts very well. However if those facts are placed in a story, they get interwoven into the mind forever. Like they say, "facts tell and stories sell." My mom never

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told me any “Bedtime Facts.” And, I’m not going to fact you to death either.

Now you may be asking yourself, “Why should I read this book?” or “What will I get from it?”

Let me answer your question with a story:

Once upon a time in a village far away, there lived the wisest man in the world. People from all over would come and stand in line for days to get answers to the life’s most troubling problems from this great old man.

However, in this same village lived a very cold and jealous young man. He hated the fact that the old man was revered by everyone both far and near. So, he devised a plan to make the old man look bad. He felt that once he made the wise man look bad he concluded that people would turn their backs on him. And, he would no longer be loved (I think the young man needed a hug or something).

Anyway, the plan was for him to capture a bird and hold it in his hands. He would then place his hands behind his back and

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*ask the old man if the bird was dead or
alive. If the old man said dead, he would
show the world that the bird was alive.
And if the old man said alive, he would
wring the bird's neck and show that it was
dead. Either way, he would show that the
wise old man was a fraud. So, the young
man captured his bird and patiently waited
in line to see the old man. After a few
days, he finally was able to see him. The
young man said to him, "Old Man since
you are so wise, tell me if the bird that I
placed behind my back is dead or alive."
The crowd gasped because they now knew
what the young man was up to. The old
man paused for a minute and with a
slightly somber face said to the young man,
"The bird will be whatever you choose it to
be."*

And, that is my answer to you. You will get
whatever you choose to get out of this book.

But, it is my sincerest hope that this information
will help you discover a way to develop your
ANT MINDSET. So, you can live a life of signifi-
cance and leave your family and the world at-
large a legacy of the phenomenal things you will

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have accomplished during your time on this
“third rock from the sun.” It is my prayer that
this narrative will give you everything you need
to accomplish that goal. PEACE and BLESSINGS!
--Chuck Herring – November 2, 2007

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THE ITCH

“Always look for the second right answer.”

--Jeff Tobe

In August 1980, I was twelve years old. My little cousin Ron and I were on our way to get some glazed donuts from Smith's Bakery. While we were walking, we decided to take the shortcut through the alley that would bring us right to the bakery.

We were only about twenty steps into the alley, when from around the bend appeared three of the ugliest, meanest looking trolls that I had ever seen in my life. I recognized one as the neighborhood bully - “The Itch!”

“The Itch” was seventeen years old and still in the 8th Grade!

Had I known the meaning of “fight or flight” at that young age, I would have opted for the latter. Instead, I froze and naively thought, “*Maybe they won't notice us!*” We moved to the side, put our heads down and tried to get out of the alley ASAP!

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The Itch saw me and said, “Hey!” We kept walking. He repeated himself, “Hey!” and his massive frame loomed in front of me. His two henchmen blended into the background as “The Itch” stepped up to me and said something that sounded like a foreign language. “***Whachu be doin’ in my alleyway fo?***”

I replied with all of the intelligence I could muster. “Huh?”

He repeated, “***Whachu be doin’ in my alleyway fo?***”

I said, “What?”

Then, as if in slow motion, he hauled off and socked me square in the mouth! That blow obviously brought me down to his wavelength because after that I understood everything he said which, when translated, was, “***You know who I am right? I’m “The Itch!”***”

He and his goons then walked away laughing at me.

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Ron's mouth gaped as he stood there watching the blood oozing from my mouth. We turned around and slowly began to walk back home.

There would be no donuts for us that day.

I was still reeling from that encounter when school started a couple of days later. I was thinking that I couldn't go through that harassment on a daily basis. So, I began to work out a plan.

The Itch had a brother that was my age. The first day of school I hatched an idea—a pretty stupid plan as I think back on it, but the only one that a twelve year old who had been completely humiliated, could formulate. I discovered where Itch's brother's locker was and I found him there that fateful afternoon. I proceeded to pummel him about the head and shoulders. As I was doing this, I let him know that every time his brother jumped on me, I was going to beat him up FIVE TIMES WORSE.

OK! I am not very proud of that pubescent moment but my strategy worked because *The Itch* never came at me that way again.

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Now that I'm an adult, I think back on those few days in August of 1980. I have grown to be a lot more compassionate. I feel bad for what I did to The Itch's brother. But even stranger to me is that I feel bad for The Itch.

I sometimes imagine what it must feel like to never see success. I know that because of his lack of language skills, teachers and other students made him feel like an idiot. He had to feel powerless amongst his peers. At a time in his life when he should have been transitioning to adulthood, he was intimidating 7th graders. I think he did that because that was the only time he felt like he was in control.

On the other hand if I see him walking down the street, I might have to roll my window down and yell at him, "***Whachu be doin' on my street fo'?***" Then, I can speed away knowing that I gave him the one that I owed him for almost 30 years.

The Itch was the epitome of someone with a pill bug mentality. He had a tough, outer shell that made people think that he was rugged and hard. But underneath, he was soft and creamy as a

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cream puff. As soon as one of his peers “stepped to (confronted)” him, The Itch would roll up into a metaphorical ball (like a pill bug) and let them pluck him around. The Itch’s biggest problem was that he bought into the world’s opinion of him. They told him that he was going to be illiterate and he just accepted his fate without a whimper.

On the other hand, I have a really good friend named Gary. Gary spent most of his public education life on the second floor of our school in the same class as The Itch. (I went to school pre-mainstreaming, so our learning support classrooms were on the second floor.)

In between every class, my friends and I would touch base to see where each of us was headed. One person would say, “Next period, I’ll be in History.” Then another would say, “I’m going to Chemistry.” Eventually we would all give our next destination. Then, I would say to Gary, “Don’t worry man. *We know* where you’re going – RIGHT HERE!” I said that because the learning support kids took all of their classes in the same classroom. (He was the one person in our crew that we could always find.) Everybody

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would laugh, including Gary. Then, we would be on our way.

The one thing that most of us didn't realize was that Gary had The Ant Mindset. When we graduated from high school, Gary shocked us all when he was accepted into West Virginia University. He went to college; put his nose to the grindstone and earned a degree in physical therapy. Now he is married with a house full of kids and living a life that none of us could have imagined for him.

The question is, "How can two people go through similar experiences and come out entirely different?" Who knows? One of my mentors calls that a "Mystery of the Mind."

One can never fully know why a situation turns out the way that it does. However, I have a theory about why things turned out so differently for Gary and The Itch.

I believe that Gary's internal compass pointed toward life's possibilities, whereas The Itch's internal compass pointed toward life's limitations. What I mean by that is Gary believed that through hard work, determination and faith,

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there was nothing that he couldn't accomplish. And, he proved it!

On the other hand, the Itch allowed other people's perceptions of him to become his reality. So when the teachers, staff and other kids said he wouldn't amount to anything but a bum, a thug, or a moron, he began to do everything possible to prove them right.

So let me ask you, what direction is your internal compass pointed? Do you allow others to place negative opinions on your goals and dreams? Or, do you shrug off the negativity of the world and continue to fight whoever attempts to crush your ambitions?

Here's a word of advice. The world is full of people that dump on others because they feel bad about themselves. I am imploring you to let your actions and your words show that dumping on you won't do anything but fuel your desire to get the job done.

INSPIRATION/ MOTIVATION/ LEADERSHIP



In his book ***YOU CAN ONLY HOPE TO CONTAIN ME, It's Impossible to Stop a Person Who Won't Quit***, Chuck Herring delivers a plethora of surprising,

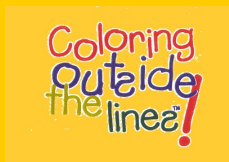
fascinating, funny and yet extremely important truths regarding relationships, responsibility,

“The bottom line is to be unrelenting in the pursuit of your goals because life’s traffic jams are going to attempt to get you off track.”

“This book is amazing. Chuck Herring is masterful in his ability to inspire and motivate through 30 years of life experiences that made me smile, laugh and even cry. This book goes beyond business or self-improvement, it's about using each life experience to help propel us toward our destinies.”
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