

# 'Stop grumbling and start working'

BY MARIECAR JARA-PUYOD

MAN'S full potential can be realised not merely by hard work but by moving in the right direction.

This is what Kevin Abdulrahman, who likes to call himself a "mind nutrition expert" and the author of three books, namely "Winning the Game of Life," "Winning Everyday," and "What Ever You're Into," said to The Gulf Today.

He is in the UAE for a series of talks on how to get on with life to various sectors of the society.

"There is a lot of untapped potential in the region," said the 29-year-old, who described himself as "a citizen of the world" being of a Middle Eastern stock, born in the United Kingdom and raised in New Zealand and Australia.

Asked if being a mind nutrition expert is akin to life coaching, he said the former is the bigger picture of the latter.

Abdulrahman said that he has been in this field for the past eight years. After experiencing failures such as being rejected by publishers and having pitfalls in business ventures, he realised what a client had told him when he was

selling lamb as a boy.

## Attitude counts

That is, that one's attitude towards life counts a lot, not only hard work.

"I grew up selling lamb and there was a man who told me that when I put corresponding numbers to the word 'attitude,' and worked on it, then that would help me a lot. Because attitude, when you sum it all up, is 100 per cent," he said.

"We have to give 100 per cent to everything that we do. Be it with work or with relationships," he said.

## Mind feeding

"We also have to be careful about what we feed our mind with, since the result of whatever we are doing is what is in our mind, the quality of our mind," he also said, setting as an example the common parallelism people give to the half-full or half-empty glass.

As this reporter mentioned that what he was sharing was what other "experts" have written and talked about, he replied, "Yes, it is true but as I have said, there is still a lot of untapped potential."

He explained that apart from himself, life

coaches he has come into contact with have observed that it is the people in their early 40s who come to realise that they have not reached their full potential despite successes in almost all aspects of life. He also said that it is in Asia, including the Middle East and Africa, where "there is a lot of untapped potential."

"People think it is just hard work. But the truth is, hard work is only the minimum requirement," he said.

"It is the attitude that counts. We have to work on something for our advantage," Abdulrahman said.

For this, he cited a friend from way back who had updated him on how he is already managing to gain extra income in order to be able to get married, "because he already wants to get married."

## Time, vital

From his book "What Ever You're Into," the "Winning Truth Number 10" states that knowledge is power. It states that minus "56 hours of sleeping and a couple of hours for being in the bathroom, one has 110 hours" each week. It adds "that they can control how to best utilise it" from a total of



168 whole hours every week when 24 hours a day is multiplied by seven days. Abdulrahman also wrote, "Winners make moves and put their knowledge into action."

## Open mind

For Abdulrahman, the attitude must be that of being constantly on track to learning as well as being

open to and accepting change.

He said, "Unfortunately, beliefs are limiting. People say 'No, I cannot because...' but we also must realise that change is there. We have to anticipate change, accept change and adapt change."

Abdulrahman also said, "Stop complaining and start doing."