What caused him to completely reverse his worldview and abandon the beliefs that had been instilled in him over a lifetime? What caused him to abandon the core values he had previously held and become a collaborator with the enemy? What single change would make such a radical shift in the thinking and actions of an individual?

The answer lies in understanding that he was directed down a path that caused him to literally shift his identity. He was now simply acting in accordance with his new image of himself.

Throughout this book, you will explore with me the impact of belief on our lives. Beliefs are the ultimate filter to our perceptions. They are beliefs you hold about who you are, what you are capable of, and what you are capable of achieving. More powerful than any of these, they are beliefs you hold about others, about the world, and about yourself.

One of the most powerful beliefs we hold is the belief that we are capable of change. We believe that we can change our minds, our hearts, our bodies, and our lives. This belief is the foundation of all our efforts to improve ourselves and our world. Yet, this belief is also the most fragile. It is easily undermined by failure, by setbacks, by doubts, by fears, and by uncertainties.

The question is not whether we believe we are capable of change. The question is whether we believe we are capable of making a difference. Whether we believe that our actions matter, that our words can change the world, that our lives can make a difference.

The difference between the two questions is that the former is about our capabilities, while the latter is about our intentions. The former is about what we believe we can do, while the latter is about what we choose to do.

The answer lies in understanding that we are not just individual beings, but interconnected parts of a larger system. We are not just individuals, but part of a society, a culture, a world. We are not just beings, but part of a living organism, a planet, a universe.

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