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Release Your Brakes

James Newman

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Release Your Brakes

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Release Your Brakes James Newman
In Dr. Jim Newman's famous book, "Release Your Brakes", he uses the analogy of our negative emotions as being the brakes on our lives. If you've ever had the experience of getting into your vehicle and driving down the street and finding that it was going very, very slowly and when you stepped on the gas it speeded up very slowly and when you let your foot off the gas it ground to a halt and then you notice that the emergency brake was on and you release the brakes. Suddenly your car takes off! Trying to drive your life with negative emotions is like trying to drive your car with the brakes on. It's possible to move it forward, but the stress and the strain on the engine and transmission, the running gear and the differential is inordinate and it is the negative emotions that wear us out and tire us out in life.

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