

Regret Reduction, Inc.

Welcome to our Jan/Feb. 2008 Newsletter!!

Sorry I have been behind on our newsletter. There has been so much going on. I hope you had a great holiday and you are geared up for a great 2008. We have changed the name of our company from gg Consulting Inc. to Regret Reduction Inc. The website is www.regretreduction.com . This brainstorm (or small drizzle) came to me after the holidays. Watching old videos with the family did not make me wish I had spent more time at work. We all have many of the “I wish I would’ve” but I’m certainly trying to reduce them the older and hopefully wiser I become. Wisdom is nothing other than the correct application of knowledge, right. I want more of “I’m glad I did”.

Future newsletters will deal with stories and information that I run up on in our travels, programs and just meeting new folks and listening. It may be from books I’ve read or programs we’ve attended. We will see Jim Rohn and Robert Kiyosaki later this month. Hopefully some of the stories will bring a laugh or an Ah Ha moment. I will do my best to expand your vision, not choke your dream.

If you would like to receive the Regret Reduction Ezine, go to www.regretreduction.com and sign up. We will NOT share your e-mail address. I will also not cut and paste those e-mail stories we see all the time.

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I want to share something special with you. A friend of mine I met through the Christian Country Music Association did a concert at our church last November. His name is Greg McDougal and he is a very talented singer, songwriter and musician. Three of his four children have Cystic Fibrosis. I don't see how Greg and Diane could make it without their faith but thank God they don't have to. Check out their web site www.ahouseformykids.com. The concert was the Friday before deer season in South Arkansas but the Lord brought out the givers and we were able to help his ministry. Greg was on the short list for the home makeover but someone else in their area got the nod. He said it was best because that person probably couldn't sing and play guitar and that God had given him that gift to help provide for his family. Sandy and I really enjoyed visiting with this special family. Attached is a photo of Greg and his kids bonding with Patches, my lead steer.



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After Greg and Diane left, I thought of what he had said. What gifts do you have that are going unused? If you are like me you are very thankful for every day. Imagine this, you wake up and say “Thank you Lord for another day”. Then a loud booming voice says, “You’re welcome, but what are you going to do with it”? I don’t know if I was inspired or guilty but I wrote my first book. I am really proud of it. Sandy had to be out of town for a while helping our daughter so I buckled down and finished. I had some two-year-old notes in my journal and just took it from there.

It’s called “If Your Baby Could Talk...Would You Listen?” “A Baby’s Thoughts On Raising Good Parents”. This is an old idea that was inspired by my grandsons Kel and Kasen. What if, when your kids were born, they could give you advice that would benefit them and you, the parents? I stepped all over my toes as I wrote this. I guess that’s another reason for regret reduction name. Check out the web site www.ifyourbabycouldtalk.com It’s an easy read with some advice I wish I had followed years ago. It makes a great gift. It’s also on Amazon and Barnes and Noble. There is also an E-version on my website.

Here is something interesting. The day this book was to go to the publisher, Greg McDougal sent me a song that he, along with Diane and David Speegle, had just written, titled “While I Still Can.” One of the lyrics in the song is:

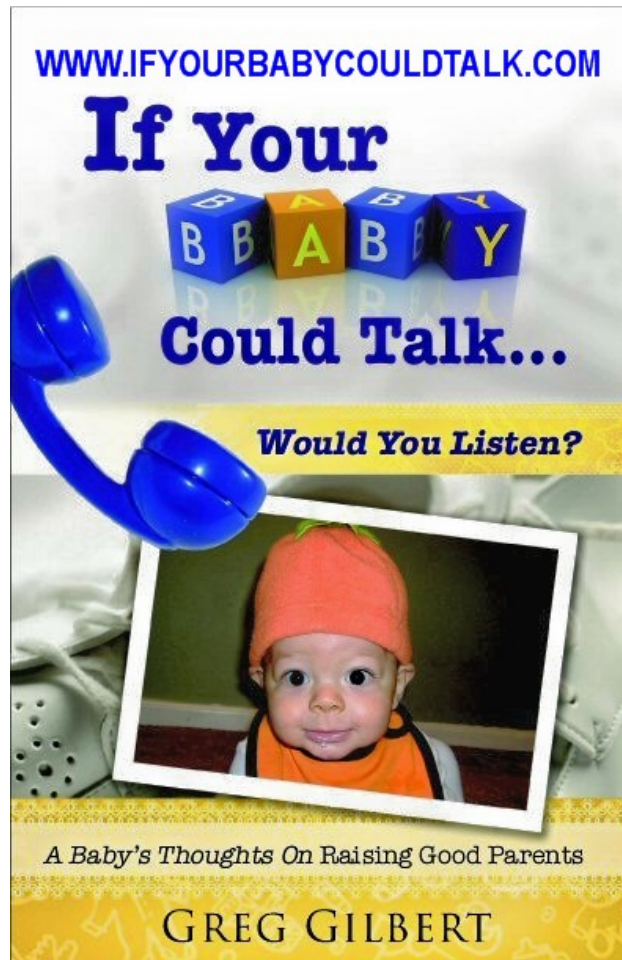
When my little girl’s a woman,
And my little boy’s a man,
Will the Lord be glad He put them in my hand?

Words and music by Greg McDougal, Diane McDougal, and David Speegle. EMI/Blackwood music (BMI), Stagewest music (BMI) and The Songwriters Canvas (ASCAP). Copyright 2007.

This song should be available soon. Check out the website www.ahouseformykids.com for more information. Greg didn’t know I was writing this book, and I didn’t know he was writing this song, but we believe God gave both of them to us to share with you. This song is a “must hear” for all parents. Let him know “the other Greg” sent you.

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E-mail regretreduction@swbell.net

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How could you not buy it with Kasen's big eyes just staring at you?

Before we close and speaking of regrets, I want to share a recent experience. Later last year I heard a high school classmate of mine, Coach Tommy Miller, Hallsville, TX had lung cancer and was very sick. No, Coach Miller was not a smoker and was in excellent health before his illness. I had the best intentions of calling or going to see him even though I had not seen or talked to him in years.

We ran around with the same group in high school. His mother was a nurse and had patched me up a few times when my Honda 160 Scrambler scrambled out from under me.

Well, I did go to see Tommy in January. It was at the visitation the night before his funeral.

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I want to describe visitation for a Brother in Christ that had touched many lives in 31 years of coaching. First I had to park two blocks away. As I neared the funeral home I saw a line that stretched out the door and down the block. I waited in line 90 minutes to pay my respects to his wife and parents. The line was filled with young adults whose lives were touched by Coach Miller. By the time I had reached the front of the line and had visited with many people, there was no doubt that he was a Godly husband, father and son. What a legacy this man had left behind.

As I drove back to Texarkana that night there were two thoughts that weighed heavy on my mind.

Number 1: Last year I said someday I was going to call him or drive down. Friends, the road called someday leads to nowhere. I regret (there's that word) that I didn't get to visit with Tommy but I have no one to blame but myself. "As soon as" are some of the most regret producing words we have. Quit putting things off!

Number 2: What a servant's heart Coach Miller must've had. What a legacy! What could I have learned from him if we had the opportunity to visit? I'll never know. I honestly believe we would have spent very little time talking about the past. The past truly is a place of reference, not a place of residence.

Even after not talking to Coach Miller in many years, after visiting with many people that night, I am very, very certain that Tommy heard these words, "Well done, good and faithful servant". Will we?

Regret Reduction Recap

1. Use your gifts to help others.
2. The road to someday leads to nowhere. Do it now!
3. We never know when our time will be up!

God Bless and may you stay in Regret Reduction mode,

Greg Gilbert