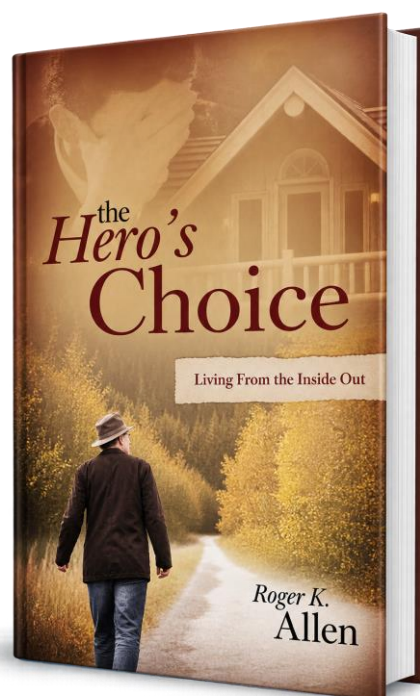


the *Hero's* Choice

Living from the Inside Out

Roger K. Allen, Ph.D.

Book Overview



“ We cannot always choose what happens.

| We can choose who we become.

Hal Stratton has built the life he always wanted. He is a successful businessman, president of the real-estate company he founded, and a man accustomed to being in control. Then, in a single devastating evening, his partners remove him from the company and question his integrity.

Humiliated and enraged, Hal retreats into blame, resentment, and isolation. His career is in jeopardy. His marriage is unraveling. His children are pulling away. And the harder he fights to regain control, the more he alienates the people who matter most.

Then, during a desperate night in the mountains, Hal encounters Donald Millhouse, an elderly stranger who introduces him to a radically different way of understanding his life.

Donald does not offer easy answers or promise to restore what Hal has lost. Instead, he challenges Hal to look honestly at himself, take responsibility for his choices, and recognize the defining moments hidden within everyday experience. These are the moments when we can react from fear, anger, pride, and self-protection—or choose to act from courage, integrity, compassion, and love.

Through a compelling story of loss, awakening, and reconciliation, *The Hero's Choice* reveals what becomes possible when we stop allowing circumstances and other people to determine who we are. Hal's journey invites readers to examine their own lives, recognize their moments of choice, and discover the freedom and serenity that come from living from the inside out.

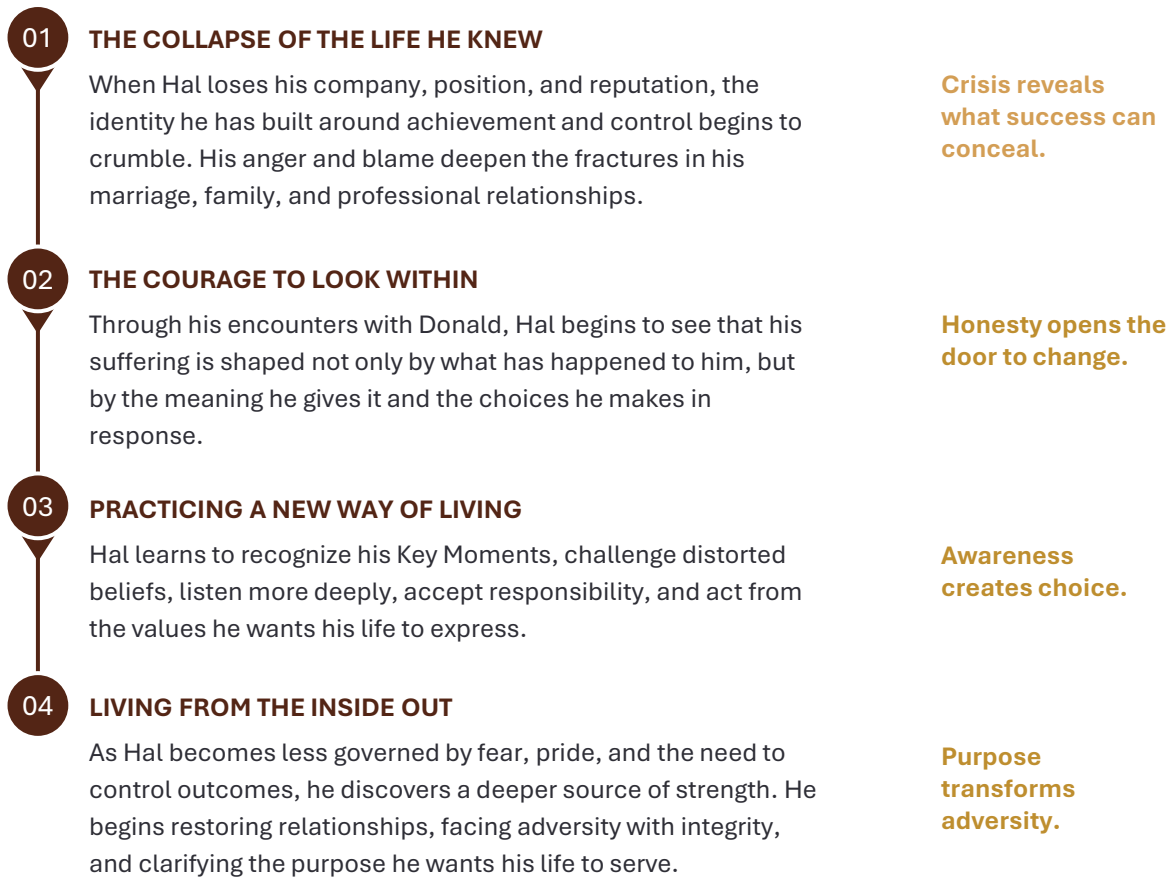
“ The hero's journey is not defined by extraordinary feats.
It unfolds in the choices we make every day.

What Readers Will Discover

Through Hal’s struggles, setbacks, and awakening, readers will discover how to:

- Recognize the Key Moments that shape their character and direction.
- Accept reality without surrendering their personal power.
- Take responsibility without falling into blame or shame.
- Identify the thoughts and beliefs that drive emotional reactions.
- Break patterns of defensiveness, resentment, avoidance, and self-protection.
- Respond to difficult circumstances with greater awareness and choice.
- Repair damaged relationships through honesty, empathy, and accountability.
- Clarify the principles, purpose, and intentions that guide their lives.
- Move beyond the pursuit of success toward greater meaning and serenity.
- Live from the inside out rather than allowing circumstances to define them.

A Journey from Crisis to Transformation



Core Concepts for Living from the Inside Out

Key Moments: The Seeds of Our Growth

A Key Moment occurs whenever reality challenges our expectations, threatens something we value, or calls for a response. Some Key Moments are dramatic—a loss, betrayal, failure, or crisis. Others occur in ordinary conversations and daily frustrations. In every case, our Key Moments are our greatest opportunities to develop emotional maturity and strengthen our relationships.

The Four S's: A Journey of Personal Development

SERENITY: We are present and awake, able to choose rather than react. Living from our deepest values, we open our hearts to gratitude, connection, and love. Life feels joyful.



SUCCESS: We meet life proactively, set goals, and conquer challenges. We make things happen but may confuse our worth with our accomplishments. Life feels good—as long as we perform well.



SECURITY: We seek stability, belonging, and approval. We are dependable and honorable but remain inside our comfort zone to avoid failure, rejection, and discomfort. Life feels safe.



SURVIVAL: We experience life as a battleground. Feeling powerless to change it, we react defensively and cope through blame, excuses, withdrawal, or escape. Life feels painful.

The Three R's: The Anatomy of Choice

The Three R's show how reality and the choices we make shape our experience and results.



Embrace reality. Exercise responsibility. Create better results.

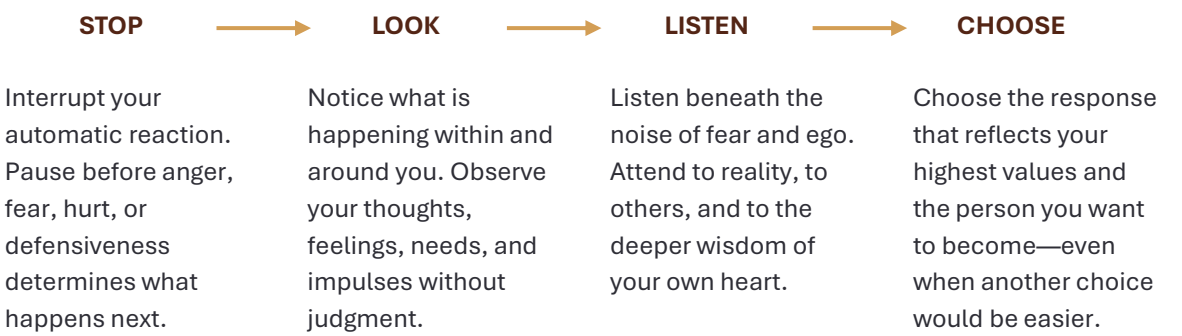
A Few Practices for Living from the Inside Out

Living from the outside in means allowing circumstances, other people, status, success, and approval to determine our inner state. Living from the inside out means responding to life from an internal foundation of values, responsibility, purpose, and love.

Four Commitments That Make Change Possible

- 1. **Honesty:** Tell yourself the truth about what you see.
- 2. **Accountability:** Recognize your contribution without blaming others or yourself.
- 3. **Responsibility:** Make new choices aligned with the results you truly want.
- 4. **Persistence:** Continue practicing through setbacks, mistakes, and imperfect progress.

A Four-Step Process for Navigating a Key Moment



“I Choose”: Meet the Day with Intention

Before the day begins, consider the situations you will face and choose the inner state from which you want to meet them. Speak your “I choose” statements aloud, feel their truth, and visualize yourself living from them throughout the day.

- “I choose to be present.”
- “I choose to meet difficulty with courage and compassion.”
- “I choose to live from my deepest values.”

Reading inspires. Practicing transforms.

Praise for *The Hero's Choice*

“The Hero’s Choice is a compelling story about a rather ordinary man who finds his voice, transcends adversity, and elevates his life to a whole new level of existence. I highly recommend it for anyone committed to living with purpose and meaning.”

Stephen R. Covey

*Author of *The 7 Habits of Highly Effective People**

“Getting fired can be one of the most positive experiences and turning points in your life. This book shows how to benefit and grow when this and other trials happen to you.”

Brian Tracy

International authority on leadership and personal development

“A powerful story about a man who sheds his preoccupation with ego and learns to live from integrity, courage, and love. ... It’s a story of true leadership.”

Lance Secretan

*Award-winning speaker, consultant, and author of *One: The Art and Practice of Conscious Leadership**

“The Hero’s Choice teaches a new way of being within the workplace—a way of being based on authenticity, accountability, honesty, and love.”

Larry Wilson

*Founder of Wilson Learning and author of *Play to Win: Choosing Growth Over Fear in Work and Life**

“An inspiring tale that celebrates the power of possibility and human potential.”

Jan Austin

*Founder of Coach U and author of *What No One Ever Tells You About Leading for Results**

“Dr. Allen’s story follows the personal growth of Hal as he evolves from a self-absorbed real estate wheeler-dealer to a forgiving, accountable family man with a greater purpose and perspective.”

Karl Mecklenburg

Motivational speaker, author, and Denver Broncos Ring of Fame inductee

About the Author



Roger K. Allen, Ph.D.

Roger K. Allen, Ph.D., is a psychologist, teacher, author, and organizational consultant who has spent more than four decades helping people cultivate the emotional maturity to build healthier relationships and live more meaningful lives.

As co-founder of the Human Development Institute, Roger provided individual and marriage therapy and created experiential programs in personal growth that changed the lives of thousands of participants. This work deepened his understanding of how people move beyond fear, self-protection, and limiting patterns to live with greater awareness, responsibility, purpose, and love.

Roger later co-founded the Center for Organizational Design, where he brought many of these same principles into the workplace. He and his colleagues developed practical methodologies in leadership, teamwork, communication, conflict resolution, and organizational change and certified more than 1,500 professionals to use them in their own organizations and consulting practices.

Roger is also a Udemy Instructor Partner whose highly rated and bestselling courses in personal growth, relationships, conflict resolution, and interpersonal communication have reached more than 150,000 students worldwide.

He is the author of several books on personal growth and relationships, including *Six Habits of a Healthy Marriage*, *Raising Responsible, Emotionally Mature Children*, and *The Art of Dialogue*. His writing reflects a lifelong interest in helping people understand themselves more deeply, take greater responsibility for their lives and relationships, and develop the emotional maturity to engage others with honesty, empathy, and love.

Roger is married to Judy. They are the parents of four adult children and grandparents of fifteen. They live in Southern Utah.



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