

The Life Repair Manual

Hot Water

And Your Perceived Identity

How to Overcome

Difficult People

Confusion

Unhappiness

Depression

Arrogance

Jealousy

Fear

Doubt

Lies

Corner
Stone



Author: R. Lindemann

theories being consistently spread abroad to the masses, theories which now have become socially accepted as “settled scientific fact.” His position is that when dealing with any of the sciences, accuracy is paramount to having true understanding of any topic. He states that, “People’s desire to push their own agenda, all too often overrides their accuracy and turns into a system of beliefs and denial of actual evidence, rather than accurate evaluation of the information using true science.”

He feels that true human logic is important and that it has been overridden through methods of modern indoctrination. In effort to help others navigate through the fog of misinformation and enhance their own understanding, he has gone through the process of writing many books on some of the most prominently misunderstood topics.

His current bibliography includes the books *Bending the Ruler* about astrophysics, *Dream Thin* a plain language instruction manual to understand weight loss, and his four-book *Life Corner Stone Series* which includes the books *Hot Water*, *Red Hot Marriage*, *Strong Family*, and even *Understanding Prayer* exploring the effectiveness of prayer and its effects on our bodies and whether or not prayer to a higher power is scientifically realistic. He also wrote the five-volume series called *The Science Of God* analyzing the viability of the Genesis Creation account and the Global Biblical flood. To get your own copy of these or his other books, visit RLindemann.com or search “R Lindemann” on your preferred book retailer’s website or wherever books are sold.

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Author Bio

With over four decades in contract-engineering, this author has worked extended periods in several engineering fields, including chemical, electrical, and mechanical engineering, among others. This experience has offered him unique insight into key aspects of our physical and chemical world. Having also been heavily involved in the detailed data analysis that is required in various engineering fields, he was able define many core connections between physics, chemistry, our bodies, human behavior, and even how it all affects our beliefs and our decisions.

Addition Bio Info

After having extensively studied the physical sciences, he began to see irrational

Hot Water

Sample Interview Questions

For additional discussion points, see the detailed Table Of Contents following this page.

- 1.) You have written a lot on various scientific topics. Why the *Life Corner Stone* books, and why *Hot Water* about identity and overcoming difficult people?
- 2.) Why did you call it “*Hot Water*”, what’s the story behind that?
- 3.) Who will be helped by your book *Hot Water*?
- 4.) In *Hot Water* you write a lot about perceived identity. What is “*Perceived Identity*”?
- 5.) What causes anger in us?
- 6.) What is the difference between *Confidence* and *Arrogance*?
- 7.) How important is a person’s identity?
- 8.) When does a person’s *True Identity* begin to develop?
- 9.) How much does our identity affect our interaction with people and the world at large?
- 10.) In *Hot Water*, you say “You’ll get what you deserve”, that sounds a bit harsh. What do you mean by that?
- 11.) How can someone with a difficult past change their view of their current circumstances?
- 12.) Do you share the secret of how people can change direction to improve life?

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Gravity,
and The Big Bang

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Volume 1
The First Four Days

The Science Of God
Volume 2
Day Three
Gravity, Land, Seas,
and
Evolution of Plants

The Science Of God
Volume 3
Day Five and Day Six
The Creatures
Revolution or Evolution

The Science Of God
Volume 4
Day Six
Evolution versus Man
In Our Image

The Science Of God
Volume 5
Boats, Floods, and Noah
The Deluge

Understanding The Bible
The Bible How-To Manual
AND
The Things We Don't See

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The Life Repair Manual

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A Foundation of Rock
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Finding Gratitude in Hard Times

Understanding The Church
Upon This Rock
I Will Build My Church

Dream Thin
The Weight Loss
Repair Manual
Lose Weight While Sleeping



How to Overcome

Difficult People

Confusion

Unhappiness

Depression

Arrogance

Jealousy

Fear

Doubt

Lies

R Lindemann

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Introduction

Everywhere I look I see people living in confusion and trying to find meaning in all of the goings-on in our world. Young children are trying to be what they are not; young adults are trying to prove themselves to the world; and adults are trying to survive and raise their families in, what appears to be, an often confused and cruel world.

Human interaction is the most important function that we have in our lives, and it is tainted by our past. Too many of us are living today on a foundation based upon yesterday's failures while still trying to achieve a better life for tomorrow. Much of the interaction in our lives is with doctors, teachers, co-workers, friends, family, and even advertising. All of these have had many effects on our culture, both for good and for bad. It is each our own responsibility to properly separate the good from the bad in life. It is our ability to properly separate good and bad that makes the difference in our interaction with our world. Depending upon our ability to separate good and bad, our world can range from robust and wonderful, all the way down to enslaved and torturous. Understanding *why* we seem trapped in our often difficult lives is the most important investment we will ever be able to make for ourselves and for those who are in our daily lives.

Repair manuals offer instructions and suggestions as to how things are put together and how and why they work as they do. This helps the person using the manual to better understand how and why something broke to begin with, and how to quickly repair it to its original state. This manual is does something

similar, but it is for personal changes. The end goal of this book is to get everyone to understand their own true nature and essence so that we can all live more satisfying and full lives. Following the basic principle laid out in this book will do that for you. Only the truth will solve our problems for us, and unless we start with ourselves we will never be able to change the world! This book will become a comfortable reference for you as you progress in life. You will likely refer to it on occasion to remind yourself of what to keep your life clear of from now on. You will also learn why “religion”, government, money, people, and the things that you have, cannot make you truly happy. By the time you complete this book, you should fully understand the true source of most all of the problems that you encounter in your life. You can also have a handle on your life like you have never dreamed of!

Chapter 1

Why We are Not Satisfied with Ourselves

Getting rid of the troubles and the pain that we feel in life is one of the most frustrating and difficult tasks for any of us to conquer. Many of us seek the help of counselors, for years, with no apparent success, often ending in years of dissatisfaction with ourselves and others—dissatisfaction that is sometimes equal to or greater than before the counseling began.

There are solutions to our troubles, but the problem is that few people know or are willing to tell us the truth about the solutions. There's a reason for this. It's because most people either do not know, or cannot explain it well enough for it to make any sense to us. Here you will read many new views, thoughts, and opinions for your own consideration. What you do after considering these views, thoughts, and opinions is your own responsibility, and your choices will determine your future, so choose wisely regarding what you will consider. Since only you know your full life story, only you can decide what is best for you. But with the proper information to consider, while deciding your

Chapter 2

The Importance of Your Identity

You cannot permanently solve all of your problems, and you will never feel safe and confident, *unless* you understand the *root* source of your problems. *Completely understanding* a problem is the majority of the work in fixing any problem.

To begin, let's take a look at how we, as people, relate to the world. Everything that we experience in our lives becomes a part of us. All of the little everyday things that happen shape us and make us what we appear to be. Major events typically cause us to change abruptly, while the minor things work to slowly shape us over time. As we continually experience life, we become accustomed to that which is in our lives; this is the effect called "*Hot Water*."

How Your Identity Affects the Way You Relate to the World, for Good or for Bad

Our behavior is our response to all that we have experienced and all that is currently around us. The people who are in our lives on a regular basis, and those who we meet as only acquaintances are affected by *how we present ourselves* to them.

Chapter 3

What is Your Perceived Identity?

Now that you have a good grasp on *your* hot water, we'll spend some time on your resulting perceived identity. *Your* perceived identity... what is it? We've established that it is largely formed because of our hot water circumstances, but we all still need to be able to learn to detect our perceived identity. However, because of our hot water, this is not an easy task.

How You Identify with Your Identity

The fact that we do what we do—largely because of our circumstances—makes what we do too familiar for us to readily notice. Therefore, we seldom detect or notice that we even have a *perceived* identity. So how do we detect our perceived identity? Simply by looking at *what* we identify with and *who* we identify with. While this is simple in concept, you still need to see outside of your hot water, and that is a difficult task for any one of us to do.

The first thing that I would like you to do is to think about your own hot water. Become conscious of the concept that your hot water exists and that *you* have *hot water*, which is to say, those things that are common and regular to your experiences in

Chapter 4

Where Does Your Perceived Identity Come From?

In this chapter we're going to dive into the family model and break it down in order to more clearly illustrate each phase of life that assists in the development of our own perceived identities. This chapter has to do with parenting and the perspective view of a child, and walks through each life stage to better illustrate how we each have come to perceive our identity as we do. Depending upon your current life circumstances, you will be able to see yourself in several of the positions discussed throughout this critical chapter. Understanding the family dynamics described in this chapter is a *major key* to understanding your own perceived identity. If you do not first understand your basic family dynamics, it will cause you to miss much of what is discussed throughout this book in regard to your own identity.

We have discussed the method of how our identity is formed as we looked at our hot water and its effect on our own identity, but we haven't done more than make minor mention with regard to the circumstances that bring it all about.

Chapter 5

Do You Like Yourself?

After reading the previous chapter you probably have a good idea of where some of what you think, say, and do comes from. You have probably also realized what might be behind the behavior of *others*. In this chapter we're going to focus specifically on *you*. I would like you to pause for a moment and think of how you felt about yourself *before*, and how you feel about yourself *after* reading this book up until this point. (Look at the notes you wrote about yourself, and also consider what you have read here so far) Some people could feel better, and some worse. This will depend upon what you have noticed about yourself and others, but regardless of how you feel about yourself now, the remainder of this book will be of tremendous assistance to you. What you need to do is to ask yourself, "Do I like myself?" and then ask, "*Why* did I answer that question the way that I did?"

Are You an Aggressor?

This chapter addresses those who are not fully happy and are hurting and not pleased with their perceived identity. Because your hot water has been growing with you all of your life and changing with every new experience, including meeting new

Chapter 6

Identity Heads Down the Wrong Path

So far we have discussed the methods of hot water and the effects those methods have on our perceived identities. We can chase this subject down a genealogical trail to the beginning of time, but doing so will only get us right back to where we are right now in the discussion. We'll see how our parents' hot water affected us, and how their parents' hot water affected them, and how their parents' hot water affected them, and on and on we could go all the way back to the beginning of time. And, when all is said and done, we will be left with one question: **Why?**

Why did our hot water become our poison and blindness to begin with? Well... the blindness part is for two key reasons: First is the fact that it is our hot water and we have become accustomed to it, which we have discussed at length. We can pin the blame about the condition of our hot water on our parents, and our parents can do the same to their parents and so on.

The other key reason is *ignorance*. What really is ignorance? While ignorance can be a *part* of our hot water, as we grow older each day we are still ultimately more and more responsible for our own hot water. We tend to ignore things in our life that we don't like, and our deliberate ignorance is most prominent when

Chapter 7

Don't Allow Others to Define Your Identity

Through the years I have been acquainted with people of differing classes, nationalities, races, creeds, and colors, and in most every instance the same thing happens: There seems to be no difference in any group with regard to inner behaviors showing through while under the influence of alcohol. Their perceived identity begins to crack and often a true part of a person begins to be revealed. Why is this? It's because we allow *others* to define *our* identity at all ages. This occurs throughout the entire globe. Typically, people who are more true to themselves tend to change less when drinking or are under the influence of any substance. But when we hide our true underlying feelings and emotions in our day-to-day lives, then, as a rule-of-thumb, we begin to reveal those feelings when we feel the mental relax of alcohol.

Did You Define Your Identity With The College Lie?

Depression appears to increase with each generation within people of all ages. In the late twentieth century and the early twenty-first century, there was an increase in the number of college students who experienced depression. Their lives had never been more luxurious, so then why the increase in

Chapter 8

You are Not Your Job or Property

Our perception of ourself starts early and flows throughout our entire lifespan. When we believe that we are what we are not, it causes us a great deal of trouble.

How This Began in You

In our older years we come into the ability to overcome some of the undesirable hot water in our lives, but in our youth it is seemingly impossible for us to do this ourselves. As young children, our family, and especially our siblings, cast us in a certain way in their own minds. This can be as simple as their perception of the child sucking his or her thumb or carrying a blanket around all day long. If the hot water casting of these habits goes on long enough, the child can carry this stigma for a very long time. The people around them will begin to adopt that stigma as a part of the hot water of the child, and will have expectations of the child because of the child's relationship with the item.

When an expectation is cast on a child, the child will begin to adopt it as their own hot water. The *expectation* is reinforced in this way and slowly becomes a part of their perceived identity,

Chapter 9

Jealousy and Perceived Identity

Whether we are the jealous person, or the person who is the subject of the jealousy, jealousy in our perceived identity is an enormous source of pain and suffering for us. Jealousy is seen in marital relationships; for instance, when a spouse gives a certain type of attention to someone other than their mate, then jealousy will often ensue. But that's not the type of jealousy to which I am referring. Here, I am referring to the kind of jealousy that is based on *things*, rather than on human feelings and actions.

When we invest ourselves in what we have, as many of us do, then when others have something better than us, or when they have more things than us, it tends to evoke a feeling of jealousy in us.

Think about our earlier sports hero example, where the sports hero falls from grace and crushes the young follower. This young person is so wrapped up in the hero that it causes a major let-down when the hero falls. Why is this? It is because the young person is *all-in*. Everything that they think, say, and do revolves around this hero.

The same is true about fully investing yourself in *your things*. When you are doing well, and what you have surpasses

Chapter 10

Perceived Identity and Arrogance

To investigate arrogance within perceived identity, we must first dispel a myth about pride. What is pride? Pride and arrogance are often wrongly interchanged. In much the way that false love and true love are similar in their outward action and appearance, so, too, are pride and arrogance similar in their outward action and appearance. If you investigate the origins and definition of the word *pride* you will find that it essentially means: *knowing* that what you have done is good and being able to properly show that fact. That is to say, you are aware of what you are, and what you are is good—it comes across as confidence.

Do You Know the Difference Between Pride and Arrogance?

Arrogance is different than pride. Arrogant people won't come to you. They want *you* to come to them to prove to themselves that they are wanted. It is a form of control. When we choose the arrogant approach we cannot as easily be rejected, it making us feel safe. We do this because we're afraid. And because we fear, we are rendered insecure. When we lack a proper foundation, we will always feel insecure and fear

Chapter 11

Identity and Your Own Self-worth

When contaminated arrogant hot water has permeated your perceived identity, then your feelings about yourself are in error. Removing this from our own lives is very important in order for us to be able to do so on our own via our own self-realization.

Our Arrogance is a Self-Worth Issue

Arrogance stems from our self-worth. If we have low self-worth we usually stretch reality and pretend to be more than we feel that we actually are. The result is arrogance, but the root is the fear that's *in* your hot water. Many of us lack financial abundance and feel the daily pains of poverty. We often feel that if we only had an education, or if we only had money, **then** we would be happy. This is true for some of us because poverty can be a torturous ordeal, but what about those who seem to already have it all? Why do we feel so depressed, or feel so badly about ourselves? After all, we have a great home that's paid for, we have a great job, we live in a great neighborhood, and we have plenty of extra money to do with as we wish, yet we feel as if we need

Chapter 12

Have You Placed Your Trust in Your Perceived Identity?

You have been Relying on Your Perceived Identity

Understanding our hot water is important for us if we want to get control of our lives, emotions, and circumstances. Many of us place our trust in our perceived identity. From birth to the point at which each of us are at in our lives at this moment, we have been in our own hot water and in the hot water of our families. Because of these various hot waters, *we have learned from* the hot water and *we have taught* the hot water throughout that entire time. Our perceived identity was formed from the hot water that each of us has in us, and then more hot water was added to us by our perceived identity.

With this seemingly inescapable cyclical hot water trap, many of us have succumbed to the power of our own hot water; thus, we have perceived our identity as our hot water is, and all that we do is being built upon our own perception of this hot water. This is an obvious outcome, and when thinking about this it seems that it is unavoidable, which in fact is true. We cannot help but to be what we perceive our identity to be. This unavoidable truth guides our steps in everything that we do; and we will trust in our perceived identity for everything that we do

Chapter 16

Redefining Yourself To Yourself

Forgiveness is the first part of starting over. Understanding what Truth is will deliver you to the initial forgiveness part, but in order to start again you must first forgive *yourself*. Your Creator has always already forgiven you when you embrace Truth. It is you who needs to forgive yourself and start with a clean slate by *understanding* and then no longer denying Truth.

How to Start From a Clean Slate

Just as when *you* fully embrace Truth and you forgive people for *their* past and future errors, but will not tolerate their future violations against you, so it is the same with the Creator. Because Truth is of the Creator, this is the way the Creator *is*: You are already forgiven the moment you accept Truth.

So then it becomes up to *you* to forgive *yourself* and allow your errors to be wiped away when you accept Truth. Admitting your own errors because *you* realized them on *your own*, and then forgiving yourself will give you a new start in life that is fearless and will cause you to find joy almost immediately! There will be uncomfortable situations that you'll have to work through because of your past errors, but when *you* embrace Truth these