

## Foreword

***“Inner Adequacy” is usually associated with material abundance. But there's a subtle poverty that's deeper than the scarcity people feel around net worth (although they're related). And no “abundance” technique will heal it if it isn't dealt with first.***

***We often live with daily emotional and spiritual scarcity. We don't feel adequate.***

***We don't feel good enough. We haven't got enough done. We aren't accomplished or significant enough. We don't feel like we're adequate.***

***This scarcity consumes every sector of society. It infects us with doubts and stops us from acting on our dreams and enjoying the dreams we have produced.***

***It pushes us to accomplish, overwork, and pretty soon we don't have adequate sleep, adequate downtime, and adequate non-business social contact. It's a ceaseless nagging feeling of trying to catch up, attempting to earn our place, trying to be good or do good. Deep down, it's a spiritual scarcity. So let's have a look at:***

### **The Root of Success:**

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