

Welcome



Bonus: My Path to POM: 10 Thoughts on the Operating Table

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Location: Beilinson Hospital, Israel, Neurosurgery Department

Night Before Surgery

As I prepare for brain surgery, I find myself losing sleep, deeply thinking about what success really means to me—and I want to share this moment with you, because this is when success is truly measured. It's in these pre-performance moments, when we aren't yet influenced by results or victory, that we can gauge peace of mind in its purest form. These thoughts, these commitments, are my grounding, carrying me forward with purpose and strength into the unknown.

1. **My family is my core.** My boys, my wife—they are the reason I keep going. Everything I do is for them, not just to give them what they need to survive, but to prepare them to thrive when I'm no longer here. They are my first and truest inspiration, and every step I take is to make sure they know how to go forward.
2. **I'm stepping into this as (almost) the same man I plan to be when I come out.** My life has been committed to serving others, and if I wake up unchanged, my actions will still be rooted in that purpose. The difference will be my conviction—the lessons I take from this moment will deepen my resolve.
3. **Peace of mind is mine to give.** They may be taking a "piece of my mind" in this surgery, but only I can grant myself peace. And I'll find it in knowing that I'll do everything possible to keep serving others with all I have left.
4. **I accept the times I fell short.** There have been moments when I didn't achieve peace of mind, when I could have done more, when I didn't forgive myself. But our accolades and mistakes are temporary. I plan to make it to the grave with the peace of mind I've built, and that starts now.
5. **This experience is not for me—it's for those who've stood by me and those I'll serve.** If I come out of this with only a renewed appreciation for life, that



won't be enough. This is for the people who have supported, loved, and pushed me forward through it all. My scars need to honor them as much as they honor this fight.

6. **This journey has been laughter and tears.** Since learning of my condition, I've done nothing but laugh and cry. I've laughed at the irony—being one of the healthiest, strongest, and most disciplined people I know—and cried for the overwhelming love and support I've received. I've been given a rare gift to live at both extremes, to feel all of it.
7. **PhDdy, this tumor, is a gift.** I look at PhDdy and thank him. He's here for a reason, doing what he's meant to do, and he's preparing me for what I'm meant to accomplish in the future. This tumor is not my enemy; it's a strange, twisted partner on this path.
8. **Control is an illusion, and accepting that is the deepest freedom.** I have no say in whether this tumor is cancerous, what the surgery will bring, or how my mind may change. This lack of control demands full acceptance—when nothing is within my power, worry falls away, leaving only clarity and mental toughness to face what lies ahead. This is the power that comes from letting go.
9. **I can do anything, but not everything.** I've always wanted to do it all, but this experience is a reminder that it's not about doing everything. It's about doing the “anything” that matters, with all my heart, and making each action count.
10. **Faith isn't about needing to understand; we don't have to know the reason for everything.** Only the All-Powerful understands the full design, and we're too small to grasp it all. Faith means showing up regardless, saying, *“It is what it is, and I'll make it what it can be.”* I don't need to know what this experience is meant to teach me; I only need to face it with resolve. And I hope my story reminds you to transform your own struggles into strength, letting pain inspire you and others in ways you might not yet understand.



Thank You & Stay Connected

Thank you for committing to this journey and investing in your growth. This course is just the beginning—if you're ready to go further, reach out and stay connected. We're here to support your path to mental toughness, peace of mind, and high performance.

Get in Touch with Doron Maman



For questions, workshops, lectures, or one-on-one sessions, contact Doron directly:

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Thank you for taking these steps towards your growth. Remember, this journey is a lifelong commitment—keep pushing forward, keep building, and keep growing.