

# FOREWORD xx | *The Curse of the Capable*

Most of my life I have been around people who achieve at high levels. I am not talking exclusively about professional athletes or media professionals. I am also talking about the local gym teacher or school nurse, the local farmer, the mom who fed all of us after a day of practice, managed to work part time and be a wonderful wife and friend without ever complaining. They all seemed to perform with great success as far as I could see.

I always wondered, particularly after spending 15 years in the National Football League, how some very capable people had such difficulty managing their health, relationships, parenting and marriages when they were outside of their comfort zone, when they were not achieving in the areas where they knew they excelled. Over the years I noticed that those who could perform at high levels and lead balanced lives were clearly in the minority.

I have seen many talented people in all walks of life compromise their emotional health by eating, drinking or behaving in some other excessive manner, ultimately leading to feelings of unhappiness.

I have seen the faces of high achievers look depleted and worn out despite continuing to perform without anyone knowing how overwhelmed they feel.

I started reading *The Curse of the Capable* on a plane ride home from the west coast. After the first few chapters, I had to get up out of my seat and walk a bit to settle my mind. I couldn't believe that someone had finally identified what I had wondered about for years.

Dr. Ciaramicoli has obviously immersed himself in the lives of achievers for a very long time. He has revealed the hidden challenges we all must face, and particularly has identified the strategies for those who feel *Cursed* to finally succeed in leading the kind of life they have probably desired most of their adult years.

Achievers finally have a map to guide them to overall success, not just success in their chosen fields. The road to achieve with balance and health has never before been outlined with the clear, easy-to-apply strategies contained in this book.

“*The curse*” not only gives all of us a way of understanding how the past holds us down but the lessons derived from this book can help each of us understand where we are stuck and how to work things out so our spirits can remain high.

I won't divulge to you which chapter epitomizes my persona. You'll have to keep reading to figure it out. But I will encourage you to honestly answer the questions at each chapter's conclusion and pass it on to anyone whose health and happiness you deeply care about. I think it will make you a better person, husband, wife, parent, coach and friend.

**Phil Simms**

Super Bowl MVP,

NFL Sports Analyst

Former New York Giant