

MASTERMIND CLASS & CLINIC 2026 E-BOOK AND TOOLKIT



Master Life Coach
Charlie Winburn



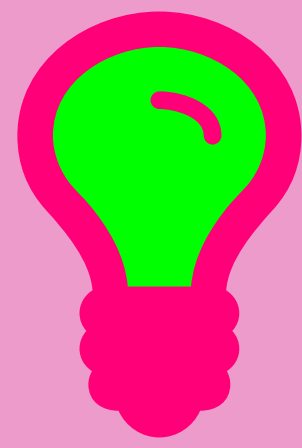
Coach Chuck Futel



Coach Dan Ray

LYING & DISHONESTY IMPACTS YOUR BRAIN, MIND & BODY! WHY IS LYING THE NEW NORMAL LIFESTYLE?

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

HOW DO YOU FACE A LYING AND DISHONEST GIRLFRIEND?

By Charles E. Winburn, M.Ed.



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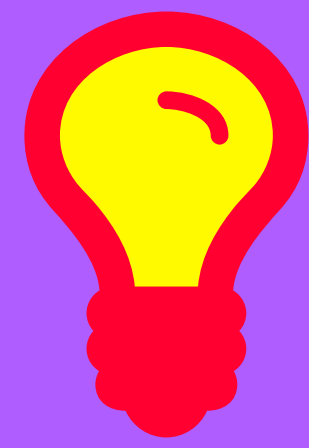
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HOW DO YOU DEAL WITH A LYING AND DISHONEST BOYFRIEND?

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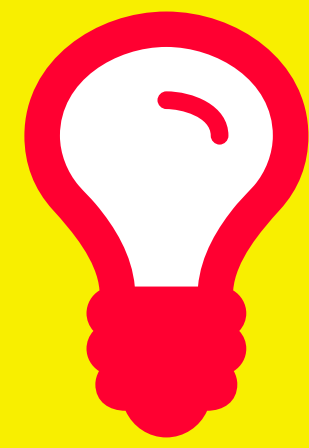
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HOW DO YOU DEAL WITH LYING AND DISHONEST HUSBANDS AND WIVES?

By Charles E. Winburn, M.Ed.



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Charlie Winburn**



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HOW DO YOU CONFRONT LYING AND DISHONEST BUSINESS PARTNERS?

By Charles E. Winburn, M.Ed.



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Charlie Winburn



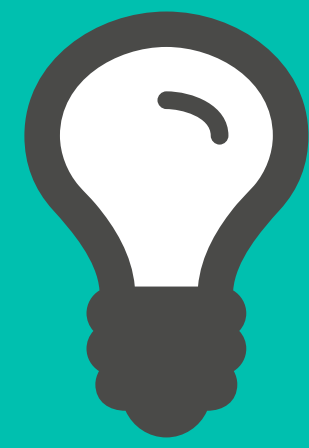
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HOW DO YOU CONFRONT LYING AND DISHONEST CHRISTIANS?

By Charles E. Winburn, M.Ed.



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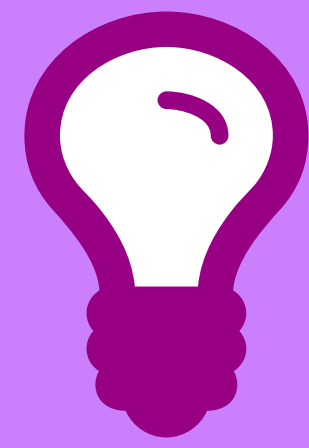
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HOW DO YOU APPROACH A LYING AND DISHONEST FRIEND?

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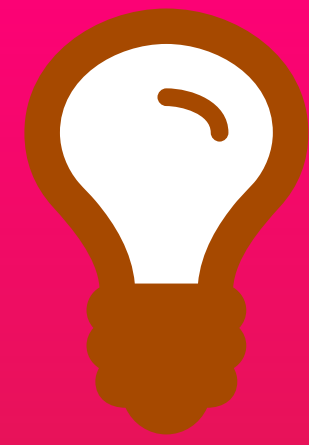
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WHAT IS HONESTY? WHAT IS TRANSPARENCY? LEARN SUNDAY!

By Charles E. Winburn, M.Ed.



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

WHY DO 80% OF THE PEOPLE YOU KNOW LIE SO MUCH? LEARN SUNDAY!

By Charles E. Winburn, M.Ed.

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Resources

We do not have any ownership stakes or financial investment in these businesses. They are wonderful services that could potentially benefit you.

Aim for Wellbeing

The Christ Hospital

513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

**Ohio Domestic Violence Network
(ODVN) Helpline**

1-800-934-9840

www.odvn.org

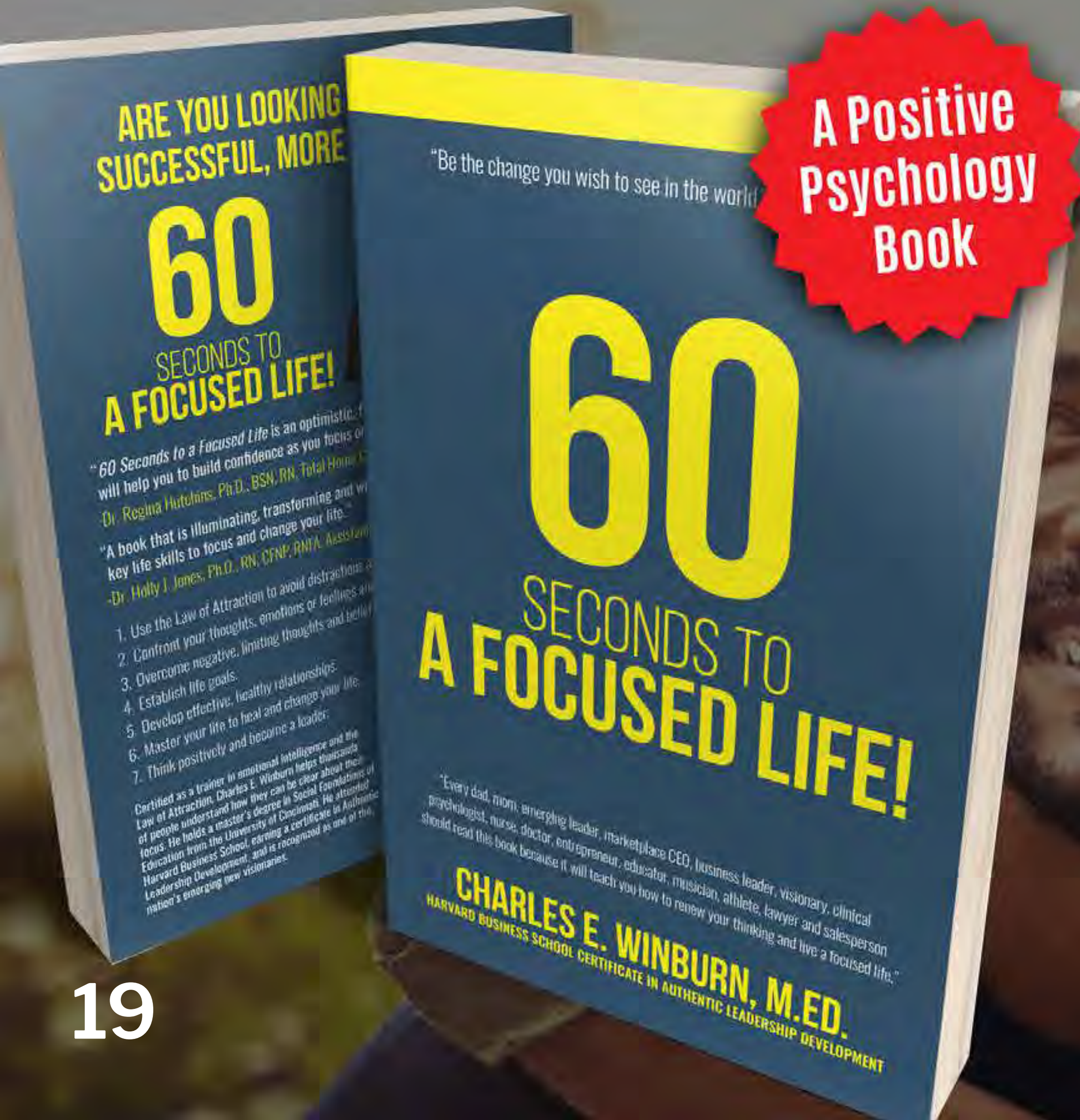
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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60 Seconds to a Focused Life!
The best book to ever arrive to help you reach your highest human potential.

**He that walketh uprightly walketh
surely but he that perverteth his
ways shall be known.**

Proverbs 10:9

**A false balance is an abomination
to the Lord but a just weight is his
delight.**

Proverbs 11:1

**The words of the wicked are to lie
in wait for blood but the mouth of
the upright shall deliver them.**

Proverbs 12:6

**The lip of truth shall be established
for ever but a lying tongue is but for
a moment.**

Proverbs 12:19

**A true witness delivereth souls but
a deceitful witness speaketh lies.**

Proverbs 14:25

**A wholesome tongue is a tree of life
but perverseness therein is a break
in the spirit.**

Proverbs 15:4

**A froward man soweth strife and a
whisperer separateth chief friends.**

Proverbs 16:28

**Excellent speech becometh not a
fool; much less handling of the lips
of a fool.**

Proverbs 17:7

**A false witness shall not be
unpunished, and he that speaketh
lies shall perish.**

Proverbs 19:9

**Bread of deceit is sweet to a man;
but afterwards his mouth shall be
filled with gravel.**

Proverbs 20:17

The getting of treasures by a lying tongue is a vanity tossed to and fro of them that seek death.

Proverbs 21:6

**Every man shall kiss his lips that
giveth a right answer.**

Proverbs 24:26

For your hands are defiled with blood, and your fingers with iniquity; your lips have spoken lies, your tongue hath muttered perverseness. None calleth for justice, nor none pleads for truth they trust in vanity, and speak lies.

Isaiah 59:3-4

**And they bend their tongues like
their bow for lies but they are not
valiant for the truth upon the earth;
for they proceed from evil to evil,
and they know not me, saith the
Lord.**

Jeremiah 9:3-5

Hear the word of the Lord, ye children of Israel for the Lord hath a controversy with the inhabitants of the land, because there is no truth, nor mercy, nor knowledge of God in the land.

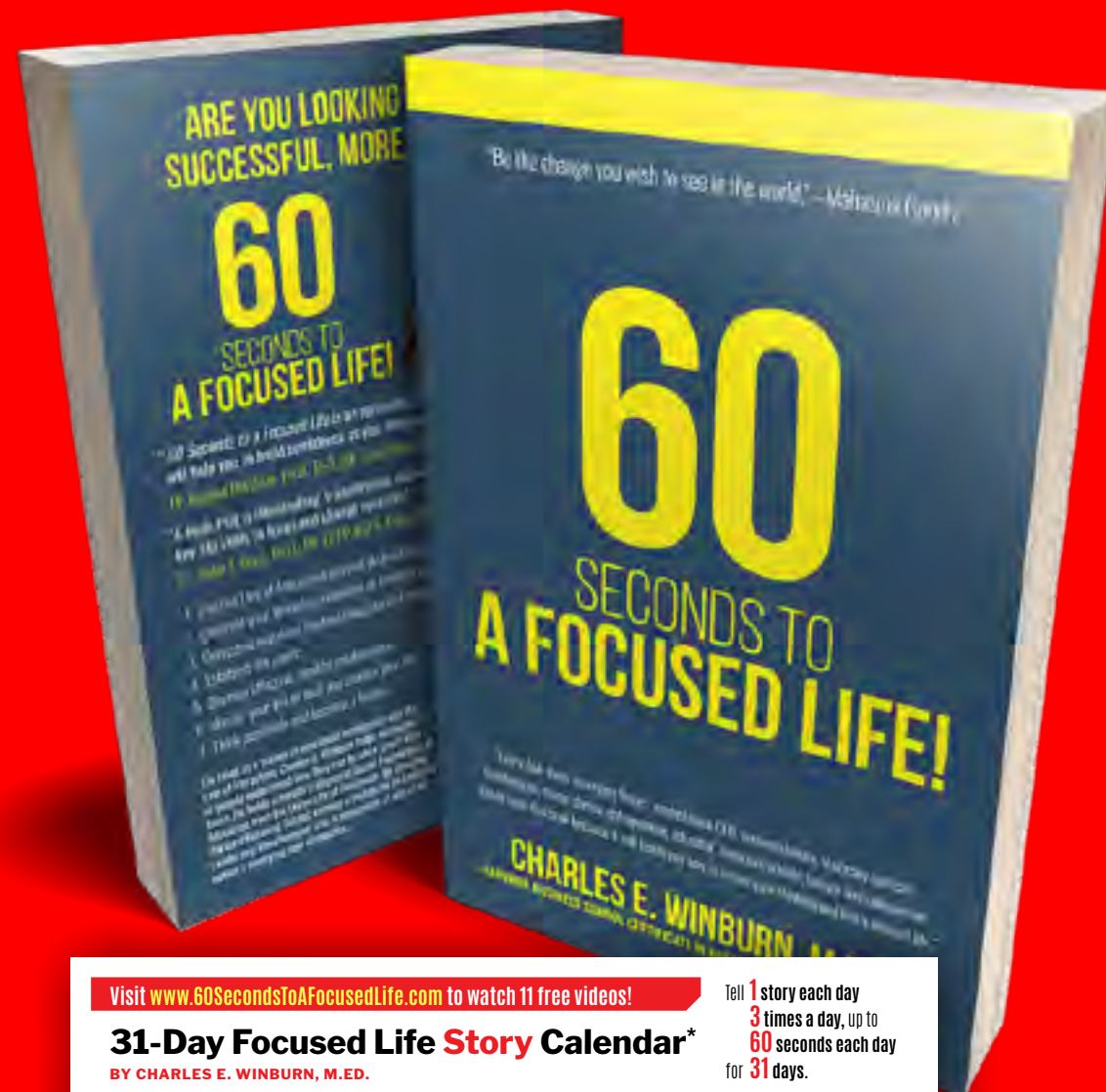
Hosea 4:1

**Her prophets are light and
treacherous persons her priests
have polluted the sanctuary, they
have done violence to the law.**

Zephaniah 3:4

**Ye are of your father the devil,
and the lusts of your father ye will
do. He was a murderer from the
beginning, and abode not in the
truth, because there is no truth in
him. When he speaketh a lie, he
speaketh of his own for he is a liar,
and the father of it.**

John 8:44



Definitions of what it means to lie

AI Research

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31-Day Focused Life Story Calendar*
BY CHARLES E. WINBURN, M.D.

Tell 1 story each day
3 times a day, up to
60 seconds each day
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to love and express my love today.	DAY 4 It is my divine and human right to walk in peace and to feel by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in wisdom and the will of God today.	DAY 6 It is my divine and human right to enjoy peace and serenity today.	DAY 7 It is my divine and human right to give myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to give great thanks on the throne today.	DAY 10 It is my divine and human right to be peaceful and to give peace to the unwise and the unloving today.	DAY 11 It is my divine and human right to feel better today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be merciful to all and to love and obey God today.	DAY 17 It is my divine and human right to be in the presence of God today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to love, honor and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God, to love and to be free in God today.	DAY 25 It is my divine and human right to focus on what I want, I focus on happiness today.	DAY 26 It is my divine and human right to feel good every 60 seconds today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.	* It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

LEADERSHIP CONCEPTS LLC

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- 1. A deliberate falsehood:**
Communicating something known to be untrue with the intention to mislead. This involves conscious awareness of falsity and a purpose to deceive.

- 2. Withholding the truth to mislead:** Selecting not to disclose pertinent information that would alter someone's understanding. The deception comes from omission rather than direct fabrication.

- 3. Conveying a false impression:**
Presenting information in a way that leads others to believe something untrue. The statement may be partially true but strategically arranged to deceive.

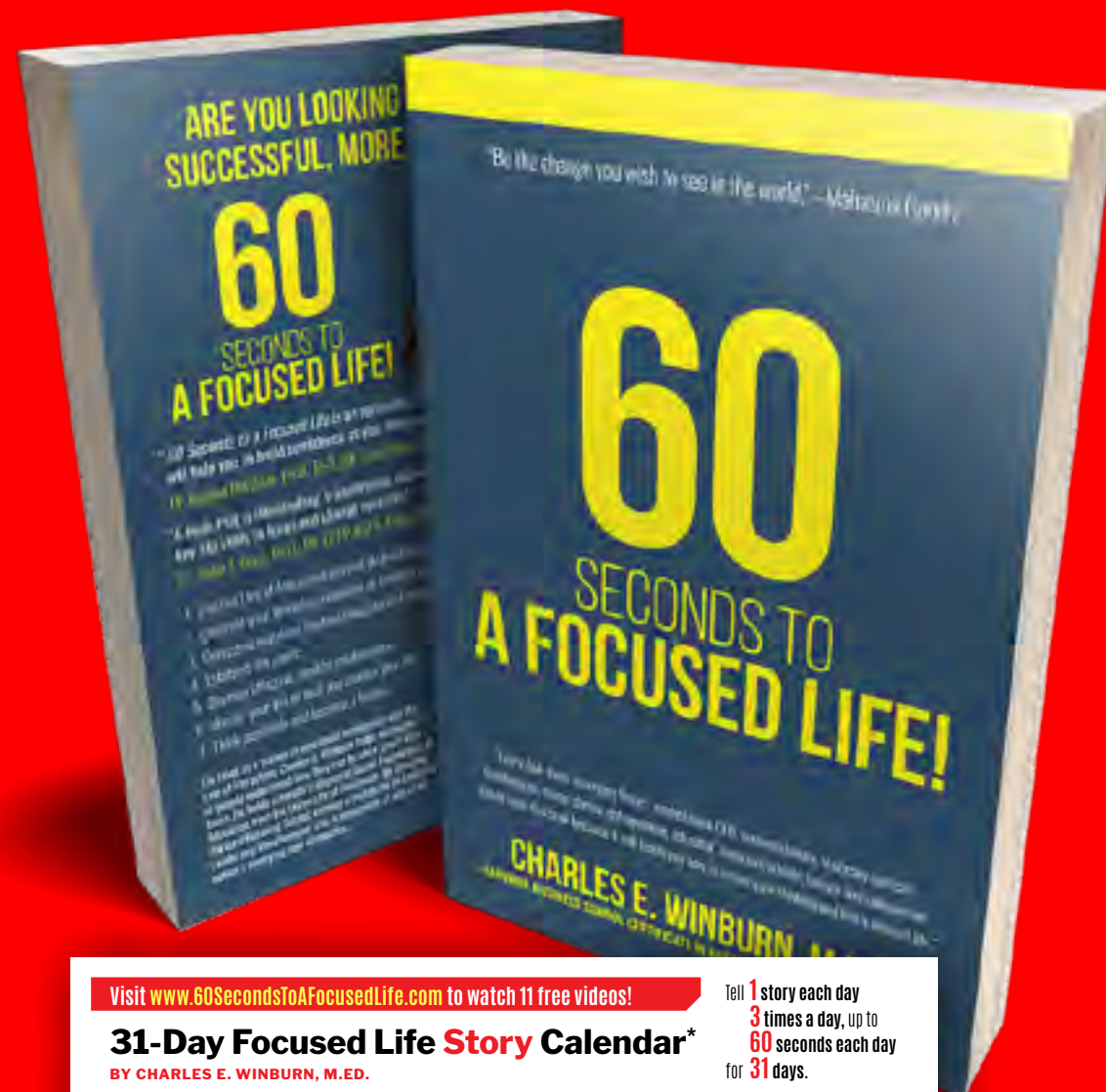
- 4. False representation of facts:**
Stating facts inaccurately to create a misleading picture of reality. The inaccuracies are purposeful and material to a judgment.

- 5. Intentional misstatement:**
Making an assertion with the knowledge that it is incorrect or misleading. The key element is the speaker's intent to induce belief in the falsehood.

- 6. Deceptive assertion about matters of fact: Claiming something verifiably false as if it were true. The lie targets objective information rather than opinions.**

7. Conscious manipulation of credibility: Leveraging trust or authority to push a false narrative. The liar exploits perceived reliability to gain compliance.

- 8. False warranty or promise:**
Guaranteeing future action or outcomes that the liar has no intention or ability to fulfill.



Definitions of what it means to be dishonest

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DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and to have great outlook on life today.	DAY 10 It is my divine and human right to be peaceful and to have peace in the work and in the world today.	DAY 11 It is my divine and human right to be safe today.	DAY 12 It is my divine and human right to walk in the wisdom and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in peace today.	DAY 16 It is my divine and human right to be honest and to be honest with others and myself today.	DAY 17 It is my divine and human right to be free and to be free in the world today.	DAY 18 It is my divine and human right to be in the presence of God today.	DAY 19 It is my divine and human right to be in the presence of God today.	DAY 20 It is my divine and human right to have my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual health and mental life today.
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- 1. Habitual misrepresentation:**
A pattern of lying or bending the truth across multiple situations. Dishonesty becomes a characteristic rather than an isolated act.

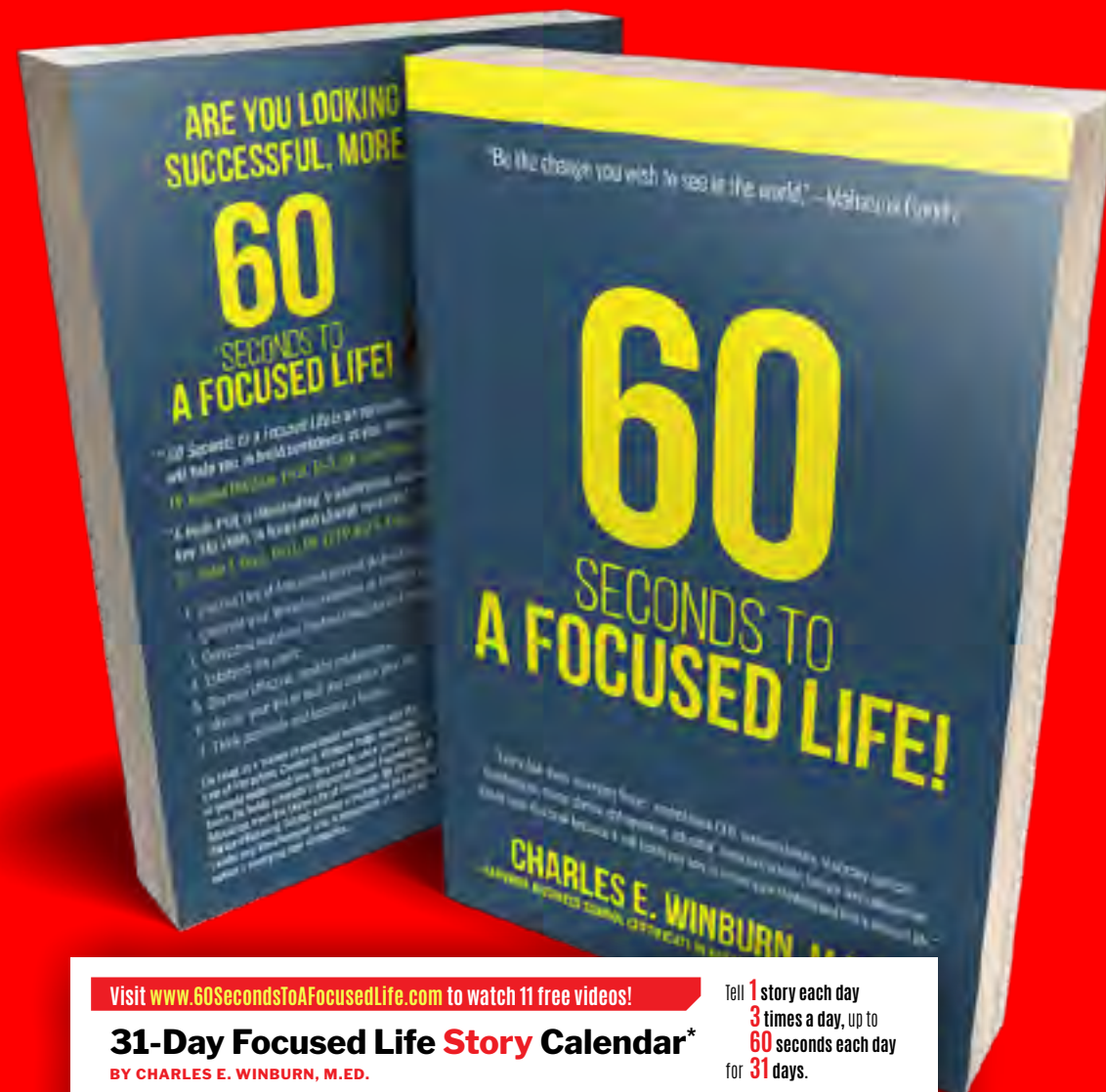
- 2. Evasion of accountability:**
Consistently avoiding responsibility by distorting facts or blaming others. The goal is to escape consequences or scrutiny.

- 3. Truth-twisting for advantage:** Reframing or refracting facts to serve one's interests. It involves selective emphasis and distortion.

- 4. Moral inconsistency: Valuing convenience over accuracy or integrity in reporting the truth. The person's actions reveal a shift in their ethical standards.**

- 5. Deceptive social behavior:**
Engaging in behaviors designed to deceive others in social or professional contexts. It can include misrepresentation, bluffing, or manipulation.

6. Breach of trust: Violating an implied agreement to be truthful or reliable. Dishonesty erodes reliability and confidence in relationships.



Definitions of what it means to have a lack of transparency

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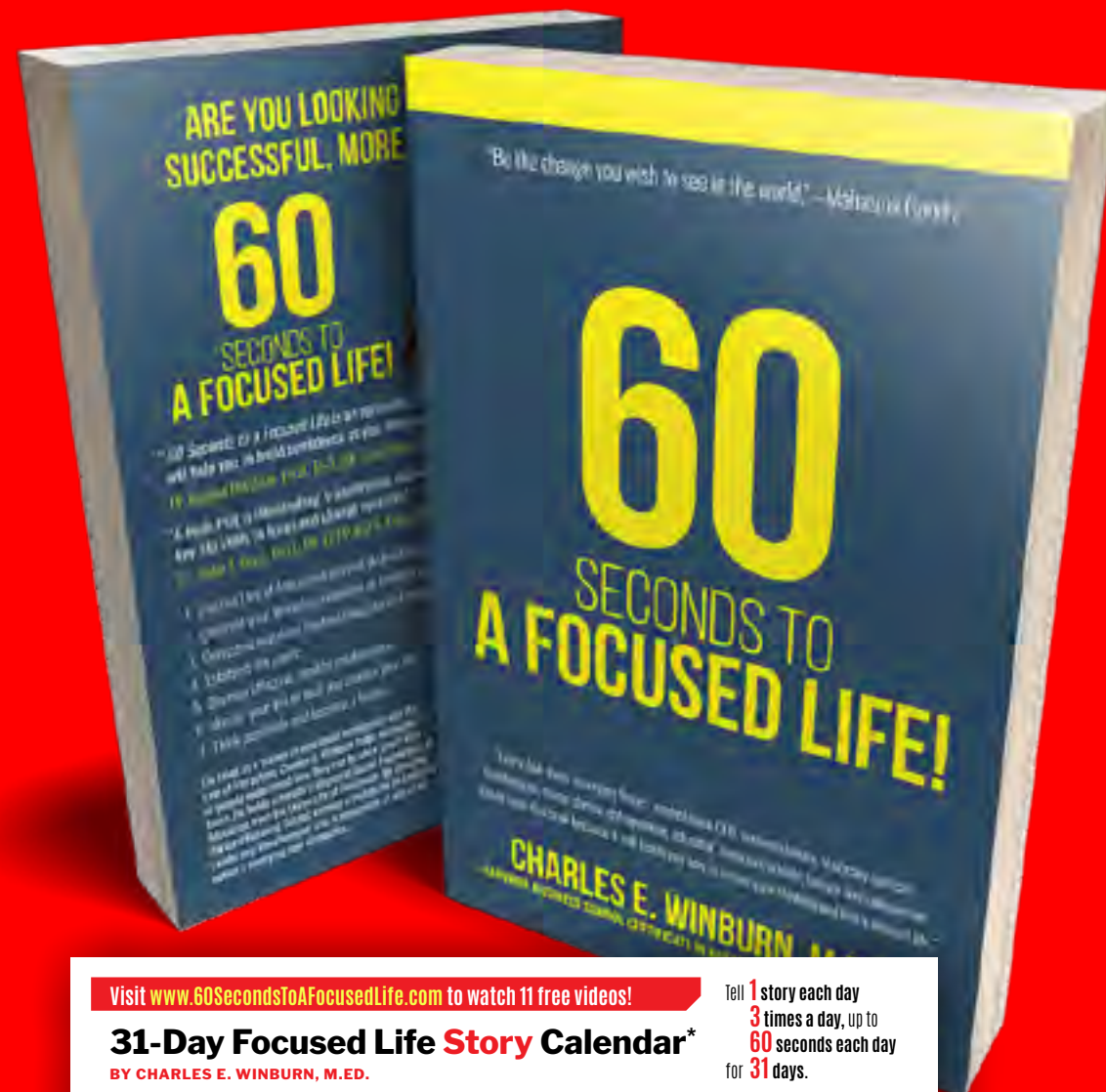
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- 1. Opacity in decision-making:**
Important choices are made without clear disclosure of process or criteria.
Stakeholders cannot see how conclusions are reached.

- 2. Hidden criteria or methods:**
The standards, rules, or algorithms used are not openly shared. People must guess or assume how outcomes are produced.

- 3. Concealed conflicts of interest:**
Not revealing relationships or incentives that could bias outcomes. The absence of disclosure undermines credibility.

- 4. Unclear responsibilities and accountability:** Roles and duties are not plainly stated or traceable. It's hard to determine who is responsible.



15 practical ways to stop lying and start telling the truth

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1. Practice self-awareness

- Regularly check in with yourself about why you feel the urge to lie.**
- Understanding your triggers (fear, guilt, avoidance) makes it easier to choose honesty over deception.**

2. Clarify your values

- Define what honesty means to you and how it aligns with your core values.**
- When honesty is an explicit value, it guides decisions even in tough moments.**

3. Start with small truths

- **Commit to truth-telling in low-stakes situations first.**
- **Building a track record of honesty in simple matters builds confidence for bigger disclosures.**

4. Prepare mentally for difficult disclosures

- Rehearse what you want to say and anticipate reactions.**
- Preparation reduces fear and lowers the barrier to telling the truth.**

5. Use reflective language

- **Frame statements with ownership (e.g., “I didn’t realize...” or “I made a mistake...”).**
- **Taking responsibility reduces defensiveness and increases trust.**

- 6. Create a truth-telling routine**
 - **Set a daily or weekly check-in to review honesty in your communications.**
 - **Consistency reinforces honesty as a habit rather than a reactive choice.**

7. Build a supportive environment

- Surround yourself with people who value honesty and provide constructive feedback.**
- Positive social norms encourage truthful behavior and accountability.**

- 8. Learn to tolerate discomfort**
- **Accept that the truth can be uncomfortable and that's okay.**
 - **Enduring short-term discomfort prevents long-term consequences of lying.**

9. Develop better impulse control

- Practice strategies to pause before speaking (count to three, breathe).**
- Pausing creates space to choose truth over immediate impulse to lie.**

10. Use transparent boundaries

- **Set clear boundaries about what you will and won't share, and honor them honestly.**
- **Boundaries reduce the excuse to lie to protect yourself or others.**

11. Correct mistakes promptly

- **When you catch yourself lying, admit it and correct the record as soon as possible.**
- **Prompt corrections rebuild trust and demonstrate commitment to honesty.**

12. Separate intent from consequence

- **Differentiate “I lied because I wanted to protect someone” from the harm caused.**
- **Acknowledging intent honestly helps address harm without defensiveness.**

13. Practice empathy in communication

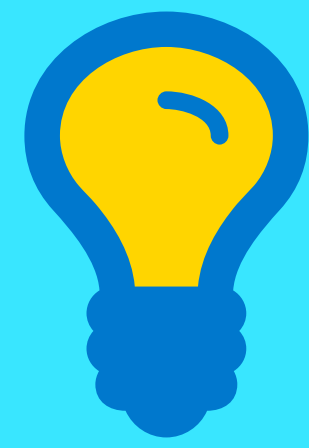
- **Consider how your truth will affect others and choose how to deliver it kindly.**
- **Compassionate honesty reduces harm and fosters open dialogue.**

14. Use accountability partners

- **Find someone you trust to call you out when you slip and to celebrate truthful moments.**
- **Accountability reinforces honest behavior through social accountability.**

15. Seek professional help if needed

- **If lying is chronic or tied to deeper issues (anxiety, trauma, self-esteem), consider therapy.**
- **Professional guidance can uncover root causes and equip you with healthy coping strategies.**



Master Life Coach
Charlie Winburn



Coach Chuck Futel



Coach Dan Ray

HONESTY & TRANSPARENCY ARE SO IMPORTANT!

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