

A hand is shown holding a lit red candle. The candle is lit, and a plume of white smoke rises from the flame. The background is solid black. The text is overlaid on the image.

**JUAN CARLOS MUSI**  
**WORSE THAN YOU,**  
**BETTER THAN ALL**

**C O N Q U E R**  
**Y O U R F E A R S**  
AND FACE LIFE WITH A STRONG CHARACTER,  
YOUR EXCUSES ARE UNACCEPTABLE

# TRAILER

---

Not all of us start life in the same way, mine started out great, but things took a sudden turn. I had to go through situations that few people could overcome and in turn, benefit from them. What am I talking about? What could have been so serious that many would have given up and not have been able to come out victorious?

The story that I am about to tell you is completely true, no exaggerations, it is the story of my life: it goes back to the first months —for now the details are not relevant, we will talk about them throughout the book—, I was a seven-month-old baby —you read right, 6 kilos and 70 cm—, when, because of an oversight from the service girl, a terribly horrifying accident happened, there was a fire that started in my crib and spread throughout my family's house.

I spent the first 18 years of my life going in and out of operating rooms, medical appointments, anesthetics and the worse part: the cruel uncertainty of not knowing what would be the result of each intervention - you never know if you are going to come out alive or not, if the surgery will work, since you put your life in the hands and skills of a surgeon.

In the meantime, I could see from the window other children having fun and enjoying their childhood with their parents and siblings. Minutes felt like days, at that age you just want to play, eat and sleep. It was quite an ordeal! What were you doing at that age?

For some people, the impact of this entire experience might be very difficult to overcome. It wasn't the case for me! I never went to any psychological or psychiatric therapy. In my case, what I did was to study psychology on my own, in order to face my own obstacles, without expecting anybody to try and solve my problems.

What I'm telling you isn't written so that you may feel pity or compassion, not at all; with this book, I want you to see how far you can go, you or whoever, no matter the problem, trauma, ailment or any other life situation. No excuses or pretexts, they are unacceptable!

My life has been hanging on by a thread, filled with relevant hits and misses, with many unforgettable and tragically spectacular experiences.

I got married and divorced in a completely absurd, risky, long, exhausting, expensive and unnecessary process, all caused by a lack of character and because one of the parties was completely coaxed.

I was betrayed by my brothers in the worst possible way.

All of this can be overcome, I have not only achieved it, but I have far exceeded it, successfully and, most importantly, without depending on anyone. It

did not come by free or easily, it requires a lot of character and self-confidence, as well as working on yourself.

Currently, I run several companies and I am a board member of several others, I have factories which make different products, in different parts of the world. I designed a protein that's on the international market, completely natural and healthy, thought out for someone like me who practiced bodybuilding and other aerobic and anaerobic sports, for all those who want to get into taking care of their body, I have several patents that I'll put out on the market when the time is right.

Parents' love for their children is immense, I know this because I am the father of three spectacular children who are, by far, the most important thing in my life. I am the proudest father in the world, because I had the intelligence to support them, educate them and give them fundamental values such as confidence and leadership, they are happy children, free from trauma or fear.

Today, I have the freedom to do what I want, I am a whole man. How did I do it? What are my secrets? In this book, I will detail all of them, some of the most important are:

- Learn to say no in different situations in life, to harmful people, businesses or problems - this is essential.

- Thoroughly know your fears, limits, likes, traumas, joys, vices, qualities, dislikes.

- Be institutional and orderly in everything you do, a company doesn't work if its processes are not well designed, defined or if they're not respected. This can be applied to everything in life. Cheap is expensive, so *if you pay peanuts, you get monkeys*.

- Face problems without fear or regrets, I see big problems as small ones and I don't even see the small ones.

- Learn from mistakes and take them as opportunities, remember, school gives you the fundamentals, but the real school is in the streets and in life.

- Take care of your health, your cleanliness, your personal appearance, eat well and if you are not happy with how you see yourself, act, do what is necessary. Remember that they treat you according to how they see you.

- Know and control your body language, we say more than we think with our eyes and our body.

And others more that I will explain to you and that will help you have the necessary strength to improve your life.

What I recommend here are not magical recipes nor does it depend on whether or not you have an economic status —many people think that nothing can be done without money and they are totally wrong. I guarantee that if you

carry out these recommendations that I will give you throughout the book, and books that follow which will focus on specific topics, you will be able to transform your life as I transformed mine, you will be able to turn your bad self into a good one, confident and happy with yourself, you will get closer to being the person you want to be; you will learn to love yourself, to enjoy yourself, strengthen your self-esteem, to analyze things much better, in short, to know and value yourself.

Why am I writing this book? To help you who, like any human being, has fears and traumas, why do I say it? Who authorizes me to say something like that? Well, I say it because I want to, because I simply feel like it, period. No one authorizes it, I authorize it only with the conviction that my self-confidence, experience and, above all, overcoming failures gave me.

Yes, you read that right, failure. Most people tell their stories from their position of success or want you to hear what you want to hear, all made up or fake. Many forget to share the failures which are really the ones that take you to the top; the real school is life, in universities they teach you methods and theories, but reality is in the streets, this does not mean that you do not prepare yourself and take courses to better and quicker learn your trade.

If they treat you well, treat them better, if they treat you badly, treat them worse, send them to hell, people must know your limits and you will see the inner peace that will reach your soul.

I learned to see big problems as if they were small, always with an opportunity next to them. Small problems, in truth, I consider to be possibilities for change. With this certainty I can tell you, they don't have anything on me.

I decided to channel many problems through extreme sports, that's why I like cars, motorcycles, boxing and weights, I set myself constant challenges through which I have lost my fear of things and have been able to nourish my self-confidence.

The most important thing is that you do not lose your area of opportunity, which is to find that safe place, with the adequate means around you to be able to grow and be well with yourself, despite the changes and mishaps of life which changes every day, even if we don't want to.

Questions like how do I start? How do I do it? What if this happens? What if that happens? They only reflect fears that are generally different from reality, we tend to imagine things that have not happened and possibly never will happen, we all feel that, few of us control and overcome it. To face life, you have to have determination, character, self-confidence and take accountability for the results of our actions, it is about feeling good about yourself, even if others do not like it, no matter who they are.

As you will see, I am atypical, different from most people who spend their time living like a sheep following the leader. I am the leader of my life, I always

look after my own convictions and act accordingly. For this reason, I who started out practically dead due to an almost fatal accident with implications of all kinds —of which now nothing remains, inside or out—, I can live happily, fully, do what I want, be with whoever I want, whenever I want and be happy with my life, without answering to anyone, ready to face whatever comes, be it good or bad; I can tell you that I started worse than you and now I'm better than all.



**WITH BALLS**

