

I'm Ugly and I hate _____!!

Tips and tools to feel better today



Tim Galyean

Photographer and Not Best Selling Author

Less than 1 million copies sold!

About The Book?

I don't know for sure. I think if you don't know something, then it's okay to be honest about it and say, I don't know. It might be a letter to myself. It might be a journal. It might just be a summary of the thousands of people I've photographed and listened to their stories over the last 45 years. Perhaps it's about information I've got from the 400 or so self improvement books in my library. Maybe it's a spiritual book. Maybe it's all of the above.

Actually I think I'll let the reader make the call what the book is about. We all see things and life through our own lens, our own perception, our own judgement. So each reader will be right on what this book is about and if it's worth reading or not worth reading. Feel free to view it as life changing, or somewhat useful, or a waste of time pile of crap. Either way you will be right. And either way I will be fine with how you see it, because your story is your story about it.

Don't believe things in this book until you try them. Question and research most everything. It's important to question our own stories and what we've been led to believe.It's okay not to try any of them. But, What if? What if you tried something from here and it worked. You miss 100% of the shots you never take.

And just for the record, I'm a professional photographer, have been most of my life. I don't have any college degrees, I'm not a professional writer, not a life coach or anything related to along those lines. Just an observer sharing my stories.

I'm Ugly and I hate _____!

Tips and tool to feel better today

About the Title

It's from 40 + years of hearing, "I hate having my pictures taken because I'm not photogenic." Or "my pictures never come out good because I'm ugly." In other words, I don't like myself and the way I look...compared to other people. That's their story, it's true for them, but it's not true to their loved ones or other people. We can find beauty in most anything and we can also find ugly in most anything. It kinda depends on what we are programmed to look for, how we're programmed to judge others and ourselves. I have never heard a groom on their wedding day mention how ugly the bride is? I photographed weddings for 40 years and never heard that once. Some newborn babies kinda look like aliens (humor) when they pop out but have you ever heard, "wow, what a ugly scary looking baby?" It's all about the judgements and the stories we tell ourselves. Many of those judgements and stories are based on negative or positive input from our environment that we grew up in or currently live in.

About 15 years ago I randomly put a page on my website called "Our Secret for photographing ugly people". The page isn't about photographing ugly people, it's about there are no ugly people. The interesting part for me is that for the last 15 years, it's almost always in the top 10 visited pages on my website. My website has 90-100 pages on it. Is there really that many people or photographers out there thinking they are ugly? It's no secret that these feelings have skyrocketed since 2009 or so when smart phones and Web 2.0 came into popularity. Lots of people, want to feel better and to like who they are but don't know how to change their story. Hopefully there are some simpler tools and tips in here that can help or give some a little hope.

Copyright 2025 Tim Galyean

About the Cover Photo

It's a picture I took when I was 15 in my back yard in Kansas and has always been one of my favorite pictures. The cardinals have some good stories to go along with them. One story is that when you see a cardinal it means angels or loved ones are nearby.

I don't think the cardinal worries or suffers from anxiety or depression as they always seem happy and chirping happy chirps. He doesn't judge or compare himself to sparrows, or blue jays or eagles. Nobody has ever told the cardinal that he wasn't good looking enough or as big, strong and fast as the other birds. The cardinal just does cardinal stuff and lives in the present moment with no worries. God provides him with food and shelter everyday. He also has quiet, silent time in nature everyday to enjoy his life.

The cardinal does however believe one lie, false story to be true. We could also call it FEAR-False Evidence Appearing Real. That is what he believes when he looks in the mirror. I learned this while camping at a rest stop in our van RV. We were awoken to this tapping on the side of our van in the morning. It was a cardinal attacking, pounding on our front door mirrors and windows. He was angrily flying from one side to the other then back again. Apparently the male cardinals see their reflection in a mirror or window, usually around mating season and think that it is a competing male so they attack themselves.

Isn't that what we do to ourselves sometimes, especially on social media? Someone, or ourselves tells us a story or lie and then we believe it without question it. What we should do is ask a couple questions, such as, "Is that true?" And "Do I know for sure that what I'm telling myself is 100% true?" If you don't for sure then don't accept it as fact. Research and question what your mind is accepting as fact. You most likely have your phone right there, ask the person exactly what they meant or look it up before you believe it to be true.

Contents

About the book

About the Title

About the Cover

PART 1 Feeling Better / Good

PART 2 Tips and Tools to feel Better / Good

PART 3 Spiritual connection Bible favorites to feel better / Good

Books References Authors

Part 1 Feeling Better / Good

Do you want to feel good or feel better? Here's the simple solution in one sentence. QUESTION YOUR CURRENT STORIES AND TELL YOURSELF SOME NEW EMPOWERING, FEEL GOOD STORIES.

Picture (imagine) yourself walking down a new street, a street that makes you feel good instead of a current street that you keep walking on that causes stress and anxiety. You can add some fun to it, (2 heads are better than one), by adding a friend or two to help create and see a new "feel good street". Replace the new street with one that causes stress. The new street doesn't have to real or true right now, but the more time you spend on the new street, in your imagination then the more likely it will become real in the future.

It doesn't require any extra time, just some repurposing of your current nonproductive time into productive time. It requires consciously using your mind and body for creating and building things that make you feel good instead of using them for things that cause you stress and feeling bad.

The best example of changing a story in a short amount of time is the song by Tim McGraw called Live Like You Were Dying. (lyrics at the end of book) It's possible to change your story in an instant. I know of smokers and drinkers that have done it, quit instantly.

Side note? Human beings aren't designed to feel good and be happy 100% of the time. Bad and sad things happen I there weren't any hard and sad times we wouldn't know what good and happy times would be. We lived in a 81 square foot Van RV for 7 years. Then we moved into a 800 square foot apartment and it feels like living in a castle. When your favorite sports team wins all the time it feels good, but if they lose in the playoffs it feels sad. Emotions are just part of us but we do have some control over there on how long some good times stay around and how long bad times stay around.

Part 1 to be continued...

Part 2 Tips and Tools to Feel Better

What if? You tried one or two and you felt better? Keep a note pad or journal so if you do try one you can note the results.

Change Your Environment.

Environment being anything that you can take in using your 6 senses. Sight, Hearing, Smell, Taste, Touch and Intuition. If you want to feel better than do an inventory of everything you are taking in, especially things that you don't feel that are doing anything good for you and that are causing you stress or just wasting your time. This one is a hard one so take your time with it, making small changes one at a time.

Flash Cards.

These are constant reminders that lead you to feeling better. They can be printed or written paper ones or digital ones. I've used the printed ones for over 30 years and digital ones for about 15 years. The printed ones I use business card size so I can use them like a deck or cards and put them on 2 x 3.5 magnets and attach them on anything metal like. You can also think of them as reminder cards to keep you on track to get what you want and how you want to feel.

Silent Imagination Time.

A really hard with the anti silence phone device with us 24/7. But silent time is necessary so we can use our imagination to use our creative conscious mind and to your our 6th sense of intuition. one but necessary.

Move!

Also known as exercise, stretching, working out. Moving includes any body movement, even breathing and fidgeting, dancing, anything that gets your body moving. It can be done sitting, standing, laying down anytime and any place. The magic or benefit of moving is that it makes you feel better. Try not to use your phone without consciously moving, even if it's wiggling your toes, or moving your arms and legs. Maybe make it a rule that if you are checking your phone for unproductive uses, that you must move for 30 seconds and then move while using your phone.

Thankful Grateful.

It's hard not to feel good when you are being thankful for something or someone. Find 3 minutes of silent time and use your imagination to make a list of things that you could be or are thankful for. Use a timer on your phone to make sure you only spend 2-5 minutes. Write them down as fast as you can and as many as you can. Repeat this as many times as you can during the day. Make a Flashcard reminder to do it.

Anchors/Triggers.

These are for when you need an instant mindset, emotion change. They are great when you are in a stressful or anxiety situation. They are also great when you need to be at your best, like for your job or a performance. You create the anchor when you're using some silent, imagination time to create it. I have one for when I go to the dentist or doctor. I also have another I use before I do a photo session job. To make the trigger get into the mindset that you want, and then touch a place on your body. It could be tapping your fingers, or touching your left elbow. After you set it you need to repeat it 20 times and then you need to test it to see if it works on command. If not, then practice it another 20 times.

Cookie Jar.

Stack your successes, your achievements, accomplished goals, times that you did nice things for other people. Anything that you are proud of. Write them on a flashcard and put them in a "cookie jar" or just make a pile or stack of them. When life is being pain in the neck then grab a hand full of the cards and read through them. It's a good reminder to know that you are a valuable person no matter what life throws at you.

More to come....

Spiritual Part 3

Spiritual Connection Bible favorites to Feel Better / Good

Some of my favorite, mostly empowering, positive Bible verses and spiritual observations. Most of my younger church and Bible teaching memories were that I was a bad person. A sinner and I'm going to hell if I don't change my ways. Needless to say I wasn't a fan of going to church because it seemed like anything I said or did could be a sin and a ticket to the hot place. I eventually became what I call a spiritual person and not a religious person.

Spiritual Part because if you call it God, higher power, Jesus, Holy Spirit, it is all the same. It's the same spiritual force or energy power that's in all of us and has been since the moment we were conceived and will be until our soul, spirit leaves our current body. Through good times and bad times the spirit is with us 24/7 until we leave our earth bodies and go back to the spirit world. Some of us will leave our earthly bodies but then come back right away. We call that NDEs or Near Death Experience. There are lots of good movies and stories and NDE that are always interesting to research and check out.

Everlasting Life

John 3:16 "For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life".

John 3:16 is pretty simple, believe in Jesus and you won't die and you will have everlasting life. Obviously the body we have on this earth, which can be looked at as a vessel for our soul is going to die. But the spiritual, soul side of us that lives inside of our body will keep one living. And that spirit will eventually get a new improved body that does not die or get sick.

One example or even proof of Everlasting life and the spiritual part of us is the NDEs or Near Death Experiences. Many people don't talk about them if they've had one because others will think they are crazy or just imagining what they experienced. Ask around, your friends, family, social media friends and see how many you can find and then ask about their experience.

God/Jesus is with us

Romans 8:9 But you are not in the flesh but in the Spirit, if indeed the Spirit of God dwells in you. Now if anyone does not have the Spirit of Christ, he is not His.

Luke 17:20-21: Now when He was asked by the Pharisees when the kingdom of God would come, He answered them and said, The kingdom of God does not come with observation; nor will they say, See here!' or See there!' For indeed, the kingdom of God is within you.

If you need more proof of the Spiritual side that is with us, here are some examples. There are also many books, movies, social media groups where people can give their stories. There are also scien-

tific studies how humans can communicate spiritually without using our 5 senses. I call it the 6th sense that we can use to communicate with others or with the spirit of God and Jesus. Continued....

The Ten Commandments Exodus 20

It seems like if everyone would follow these 10 commandments the world would be a better, happier place. Sometimes it seems like people look at these like they are the 10 suggestions. Memorize them. Follow them to make you feel better.

1. You shall have no other gods before Me.
2. You shall not make idols.
3. You shall not take the name of the LORD your God in vain
4. Remember the Sabbath day, to keep it holy.
5. Honor your father and your mother...
6. You shall not murder.
7. You shall not commit adultery.
8. You shall not steal.
9. You shall not bear false witness against your neighbor.
10. You shall not covet your neighbor's house... nor his wife, nor his male servant, nor his female servant, nor his ox, nor his donkey, nor anything that is your neighbor's.

More to come....

References. Favorite Books Authors. Add books to authors

Some of the books and authors that I've read and studied over the years. Lots of really good information from the sources below.

The Bible

Wayne Dyer

EST

Joseph Murphy

Jim Fannin Score Book

The courage to be disliked

Norman Peale

Reframing books

Sports books

NLP

Bruce Lipton

Denis Waitley

Hey Ugly website

Teal Swan

Brian Tracy

Tony Robbins

Navy Seal books

Self Talk website

Self talk books

Tim McGraw Live like you were dying song lyrics.

He said, "I was in my early 40s with a lot of life before me
When a moment came that stopped me on a dime
I spent most of the next days looking at the X-rays
Talkin' 'bout the options and talkin' 'bout sweet times"
I asked him when it sank in
That this might really be the real end
How's it hit ya when you get that kind of news?
Man, whatcha do?
And he said
"I went skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
And I loved deeper and I spoke sweeter
And I gave forgiveness I'd been denyin'"
And he said, "Some day I hope you get the chance
To live like you were dyin'"
He said, "I was finally the husband that most the time I wasn't
And I became a friend a friend would like to have
And all of a sudden goin' fishin' wasn't such an imposition
And I went three times that year I lost my dad
Well I, I finally read the good book
And I took a good long hard look
At what I'd do if I could do it all again
And then"
"I went skydiving, I went Rocky Mountain climbing
I went two point seven seconds on a bull named Fu Man Chu
And I loved deeper, and I spoke sweeter
And I gave forgiveness I'd been denyin' "

And he said, "Some day I hope you get the chance

To live like you were dyin'"

"Like tomorrow was a gift

And ya got eternity to think about what to do with it

What did you do with it?

What did I do with it?

What would I do with it?"

"Skydiving, I went Rocky Mountain climbing

I went two point seven seconds on a bull named Fu Man Chu

Then I loved deeper, and I spoke sweeter

And I watched an eagle as it was flyin'"

And he said, "Some day I hope you get the chance

To live like you were dyin'