

Hyrum W. Smith

pens book based on personal hardships.

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Hyrum W. Smith has come to realize that pain — whether self-inflicted or situational — will always be a part of life. But living with the anguish and perpetual suffering is a matter of choice.

Traveling the world teaching time management and other seminars in conjunction with his company Franklin Quest (now Franklin Covey), “I see people everywhere who are in a lot of pain and they're allowing the pain to destroy their lives,” said the Gunlock resident.

It was this realization, along with several of his own experiences, that inspired him to coauthor his latest book, “Pain is Inevitable, Misery is Optional,” with friend and colleague Gerald L. Pulsipher, published by Deseret Book.

Delving into specific memories of his own trials and mistakes, Smith allows the reader to peek into some of his darkest times and experience the sorrow that often accompanies life and the joy that comes through repentance and redemption.

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— **Hyrum W. Smith**

“I'm not the first one to go through these kinds of mistakes,” he said, referring to his excommunication from the Church of Jesus Christ of Latter-day Saints. If re-examining the experiences, painful though it may be, can help someone, then it's worth it, he said.

Principles, such as knowing who you are, following spiritual promptings, avoiding self-deception and understanding the atonement of Jesus Christ are touched on in Smiths' characteristidly articulate style, relating stories about his father's death, losing his daughter and granddaughter in an auto-mobile accident and his own trek back to the religion he'd known all his life.

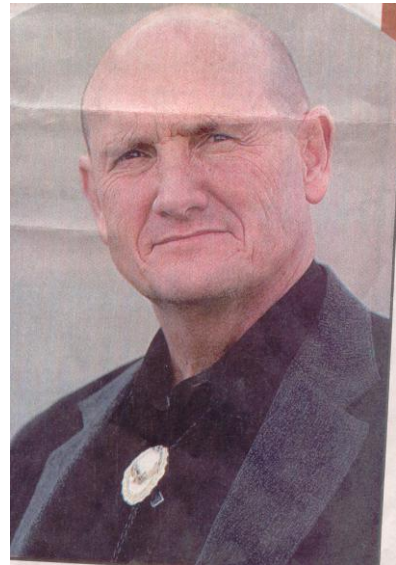
True inner peace comes from keeping what you do in line with what you value, Smith said, a principle he has been teaching around the world for years. “And when what you do doesn't line up with what you value, there is huge pain.”

Placing sole responsibility on him self for what he describes as “cataclysmic stupidity” Smith recalls the exact moment when he finally admitted he was living a double standard.

In October 1998 while watching a session of LDS General Conference on television, “Elder Jeffrey R. Holland's words about repentance cut through my soul like a hot sword” he said.

He had allowed his values and his actions to polarize, living the opposite of what he had been teaching. And after nearly five years of hypocrisy brought on by self-deceit, Smith decided to come clean. He gathered his family and confessed to being involved in an extramarital affair. Because of his prominence in the business world as well as in the LDS Church, Smiths confession brought more than private humiliation and heartache to himself and his family. They were forced to contend with public judgment and disgrace as well.

“I got vilified,” he said. “I got creamed”



With the help of church leaders and his wife, Gail, he started back on the long road to forgiveness — a journey culminating in 2001 when his son, Joseph, rebaptized him into the church and in 2002 when LDS President Gordon B. Hinckley brought him into full fellowship by restoring his priesthood blessings.

Through it all, Smiths' own pain could have easily kept him in lifelong misery, were it not for his decision to keep moving.

"I may never be able to repay all the damage I did... and that's very painful," he said, "but I've chosen not to let that destroy the rest of my life."

Although some may see this mentality as "callous," Smith maintains that, from a survival standpoint, he could not allow the pain to taint the rest of his life.

"I've decided I've got to be willing to talk about it openly," he said. People are experiencing pain and "when you're down in that pain you wonder if you'll ever get through it."

So, although his wife wasn't crazy about having it all come up again, he decided to accept Deseret Books proposal to write the book, as long as he didn't receive any royalties.

"This is not a book I want to make any money on," he said.

"(My) hope is people will read it with an open mind and come away with a renewed commitment not to allow the crap in their lives to destroy them," he said.

And he's trying to do the same.

Just over five years after the fact, his relationship with his wife is "better than it's ever been," he said, "which says a lot about my wife. The fact that she was able to totally forgive ... is an amazing tribute to her!"

Although Gail prefers to lead a more private life than her well-known husband, many women have found comfort in the advice and love she has shared with those working through similar experiences.

"Pain is Inevitable, Misery is Optional" is available at Deseret Book stores and online at deseretbook.com