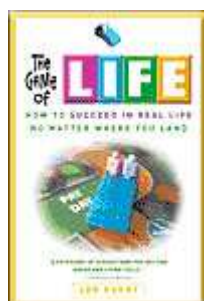


A-F **G-M** N-S T-Z :: return to [MAIN PAGE](#)



### ■ **Game of Life, The** **How to Succeed in Real Life No Matter Where You Land**

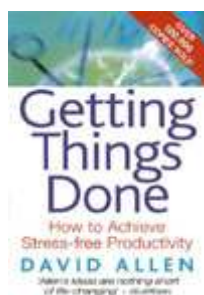
By Lou Harry  
Running Press Book Publishers, 2006  
ISBN: 0-762-41826-5  
160 pages



The achievement of success is highly dependent on the choices you make in life. There is probably no better depiction of the decisions you must make than what is seen in the popular board game, The Game of Life.

Author Lou Harry provides solid advice on how to make it in a world based on the board game by Hasbro. Readable and witty, it's filled with sensible advice on how to get through life's obstacles.

[Click here to view the book summary >>](#)



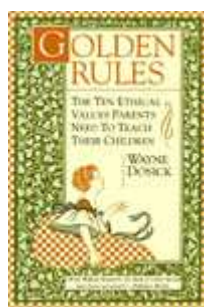
### ■ **GETTING THINGS DONE**

By David Allen  
Penguin Books, 2003  
ISBN 0142000280  
259 pages



In this book, David Allen shares his breakthrough methods for stress-free productivity. While in today's fast paced world it is easy to feel overwhelmed with the sheer volume of things to do, there is a way to actually get things done. The trick is to get it out of our heads and into a trusted system that we can use whenever we need to. It is only when our minds are clear and our thoughts organized that we can achieve effective results.

[Click here to view the book summary >>](#)



### ■ **Golden Rules**

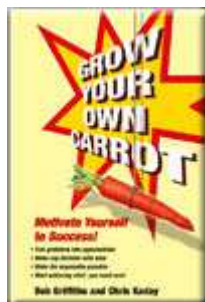
By Wayne Dosick  
Harper San Francisco, 1996  
ISBN 0786862564  
207 pages



You live in a world with crime, violence, poverty and despair. As an adult, it is your duty to teach your children the fundamentals of life so they can thrive in this chaotic environment. If you do not do so, you are not only affecting negatively the future of your children, but also the future of your country.

You must teach your children the basic values of human existence. It is best that you teach them ethical values early so that they can carry these lessons for the rest of their lives. "Golden Rules" by Wayne Dosick is the perfect guide to get you started.

[Click here to view the book summary >>](#)



### ■ Grow Your Own Carrot

By Bob Griffiths and Chris Kaday

Hodder and Stoughton, 2004

ISBN: 0 340 86285 8

224 pages



pdf mp3 pda html

In life, clashes with certain people are inevitable. You cannot help but encounter those who simply get into your nerves. However, instead of allowing them to ruin a potentially excellent day, why not aim at changing them into better people? This book provides you with the necessary psychological tools that can help you achieve this and make life, in general, a better one.

[Click here to view the book summary >>](#)



### ■ Halftime

**Changing Your Game Plan from Success to Significance**

By Bob Buford

Lighthouse Books, 1994

ISBN 971-834-066-1

192 pages



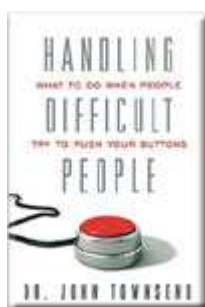
pdf mp3 pda html

Bob Buford believes the second half of your life can be better than the first. Much better. But first, you need time to figure out what you want to *do* with the rest of your life. In *Halftime*, Bob focuses on this important time of transition – the time when, as he says, a person pauses to consider what will make his or her remaining years rich and meaningful.

To help people at midlife to embark on their “personal renaissance,” Buford lifts up the important questions we need to ask, such as: *What am I really good at? What do I want to do? What is most important to me? What do I want to be remembered for? If my life were absolutely perfect, what would it look like?*

Buford fills *Halftime* with a blend of personal insight, true-life examples, and hit-the-nail-on-the-head quotes from men who have successfully navigated the exhilarating and potentially dangerous shoals of midlife.

[Click here to view the book summary >>](#)



### ■ Handling Difficult People

**What to Do When People Try to Push Your Buttons**

By John Townsend

OMF Literature, 2006

ISBN 978-971-0495-19-1

123 pages

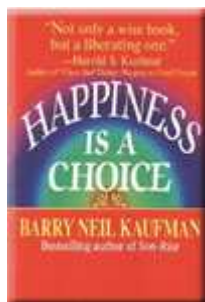


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Let's face it, hard as we try, none of us can avoid contact with difficult people. Some people just seem to make life hard for everyone, causing conflict and stress wherever they are. Often they aren't even aware of their effect on others around them, including you!

No, you can't always avoid difficult people, but in learning to relate with them more effectively, you'll discover that you are becoming more and more the person you were meant to be.

[Click here to view the book summary >>](#)



### ■ Happiness is a Choice

By Barry Neil Kaufman  
Random House, 1991  
ISBN 0-449-90799-6  
284 pages



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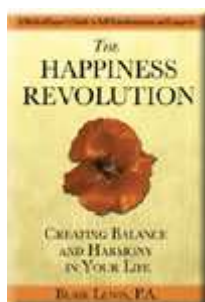
Unhappiness is not inevitable.

Barry Neil Kaufman, therapist, author, motivational speaker, and founder of the Option Institute, has observed that despite disappointments, illnesses, and physical and emotional problems, people who are most successful in finding happiness share certain traits – traits that less fortunate people can learn to develop so that they themselves can find happiness as well.

Unhappiness is not an enemy – just a choice.

his book is not based on a moral imperative – no shoulds or should-nots – just choices.

[Click here to view the book summary >>](#)



### ■ Happiness Revolution, The Creating Balance and Harmony in Your Life

By Blair Lewis, P.A.  
Alive and Healthy Institute Press, 2007  
ISBN-13: 978-0978956608  
ISBN-10: 0978956605  
380 pages



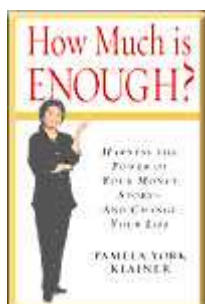
pdf mp3 pda html

Happiness, real happiness, is not temporal or bound by earthly pleasures and possession. Happiness is a state of being. It is an active choice. It is a lifelong journey.

Happiness is achieved by the harmonious balance of the body, the mind and everything that forms part of your realities. All these elements have to be in sync if they are to work for you.

Happiness Revolution offers you insights and advice that will help you reach your true state of happiness. It tackles everything you will need to know and be aware of in the journey you've decided to take. It will teach you to roll with the punches of life and learn how to accept them, make the most out of them, and move on; it will inform you of your natural constitutions, how to use them to your advantage; and lastly, it will inspire you to take an active role in being the guiding light for others' journeys as they find the same happiness.

[Click here to view the book summary >>](#)



### ■ How Much Is Enough?

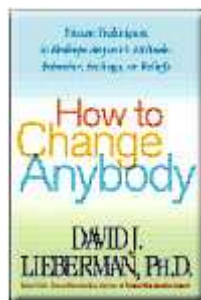
**Harness the Power of Your Money Story—And Change Your Life**  
by Pamela York Klainer  
Basic Books Date: 2002  
ISBN 0-465-03748-8  
226 pages



pdf mp3 pda html

Money drives a lot of people's actions. However, in spite of it being, at times, the greatest motivator in a lot of endeavors, people do not seem to have a clear perception of how money really relates to their lives. This book sheds light on how to better understand the meaning of money in one's life so that it can be controlled more favorably and positively.

[Click here to view the book summary >>](#)



### ■ How to Change Anybody

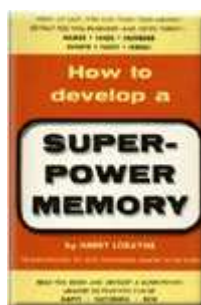
By David J. Lieberman, Ph. D.  
St. Martin's Griffin, 2006  
ISBN: 0-312-32475-8  
200 pages



Have you ever had a goal but were never able to follow it? Grow Your Own Carrot shows how to become more efficient at self-motivation, accomplishing your goals by growing the very carrot dangling before your own nose by making use of the GROW method used successfully by consultants and counselors for over twenty years.

GROW stands for Goal, Reality, Obstacles, Options, and Way Forward. As hundreds of people will testify, following this process will help you achieve your goals and bring remarkable changes in your life.

[Click here to view the book summary >>](#)



### ■ How to Develop a Super-Power Memory

By Harry Lorayne  
A. Tomas & Co. Preston, 2000  
ISBN 0811901815  
213 pages



This book is an excellent rendition of the mechanics of memory development and retention. The ideas, methods, and techniques explained in this book are easy to apply and applicable to a wide-range of social relationships. In addition, the memory systems in this book will teach how to apply the principles and ideas of simple conscious associations in remembering anything and everything in your everyday life.

Although this work is based on solid research into memory development, you will not encounter technical concepts in this book nor scientific explanations in the workings of the human brain. Instead, you will find clear, practical, and easy to understand explanations of the ways and methods in which you can boost your brain power, not to mention how to use your imagination with more facility than ever before.

This work is an important contribution to personal planning and improvement strategies. By spending some time and effort in learning the memory systems and techniques contained in this book, you'll be able to boast of a superb and retentive memory. Remember that there is no such thing as a poor memory, only a trained or untrained one.

[Click here to view the book summary >>](#)



### ■ How to Develop Self-Confidence for Success

#### A Guide to Step by Step Confidence Building

By P.C. Ganesan  
Sterling Publishers, 2001  
ISBN 81-207-2309-0  
111 pages



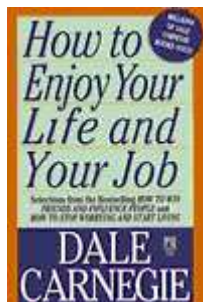
All of us are born with talent and potential to be successful in our own right and our own way. We need to recognize and utilize these talents in order to be confident in ourselves and eventually to bring about success in whatever field we choose.

It is rightly said that what a man thinks he becomes. So if you think positive thoughts and have confidence in yourself, you are sure to be a winner.

ou and you alone hold in your hands the key to success.

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### ■ HOW TO ENJOY YOUR LIFE AND YOUR JOB

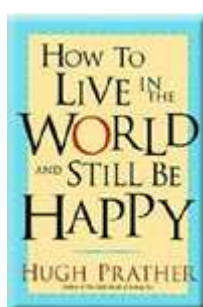
By Dale Carnegie  
 First Pocket Books Printing, 1974  
 ISBN: 0-671-70826-0  
 210 Pages



You are reading this because you seek an opinion about your life and your job. You may be a celebrated figure in your own field, successful and accomplished in your endeavors, but you accept that a different view about these two subjects, perhaps that of an expert on the topics, would be interesting. You are probably at a crossroad and a major decision is called for. You may be simply asking questions. You are at least downright specific about what you need to know more of your life and your job. For that, you score a big point because you've picked the perfect book to read.

The many strengths or weaknesses one has, uniquely as a person, are often ignored and left unchecked. No matter what your status is, no matter what your job or situation is, this book readily reveals a surprise or two. It tells of the power you are born with that can turn things around.

[Click here to view the book summary >>](#)



### ■ How to Live in the World and Still Be Happy

By Hugh Prather  
 Magna Publishing Co., Ltd., 2002  
 ISBN: 81-7809-283-2  
 243 pages

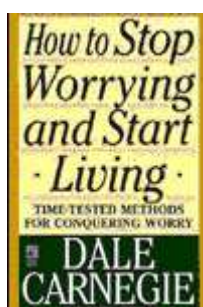


Dissatisfaction or unhappiness with so much in life can drag you down: your jobs, your physical appearance, problems with love, money, and health, for instance. These and other such concerns, if focused on enough and given enough importance, can often crush hope and defeat happiness.

Yet there is a flip side: situations such as these can also present powerful opportunities to choose happiness and deepen peace, if you are only sensitive enough to know how to turn disadvantageous situations to your own advantage. But for situations that are beyond your control, the best solution is often readily at hand – simply change your attitudes and be more open to being happy.

In *How to Live in the World and Still Be Happy*, Hugh Prather shows how to reverse the attitudes that hold you back from discovering happiness. He focuses on significant individual issues that serve as roadblocks that prevent many from attaining happiness, and suggests workarounds in the form of attitude changes to enable sufferers to get over them.

[Click here to view the book summary >>](#)



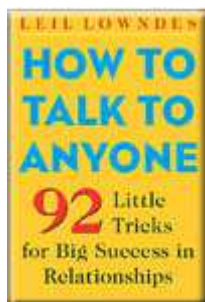
### ■ HOW TO STOP WORRYING AND START LIVING

**Time-Tested Methods for Conquering Worry**  
 By Dale Carnegie  
 Published by Pocket Books; September 1990 (Revised Edition)  
 ISBN: 0671733354  
 358 Pages



Dale Carnegie, well-known author of *How to Win Friends and Influence People*, compiles time tested wisdom in this book of principles on how to avoid worrying about problems that you generally cannot affect. This book is filled with common sense anecdotes from people who have achieved peace and happiness, and from the sayings of philosophers, business leaders and others. Carnegie presents these ideas in an easy-to-understand format. Even though most of the book is a series of stories about people overcoming difficulties, there is a lot of useful information here.

[Click here to view the book summary >>](#)



### ■ How to Talk to Anyone

#### 92 Little Tricks for Big Success in Relationships

By Leil Lowndes

Published by McGraw-Hill, 2003

ISBN 978-0071418584

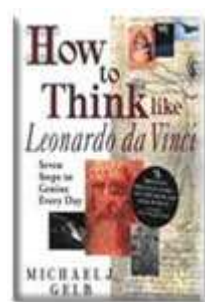
368 Pages



Have you ever met those successful people who always seem to have everything work their way? It's like they have a bag of tricks, Midas touch or special magic that works every time they want it to. They are so well-liked by others and have the ability to turn friendships into very meaningful relationships, difficult clients into profitable partnership, customers into closed deals, jobs into promotions, and so on.

Leil Lowndes reveals in her book, "How to Talk to Anyone," the tricks in these successful people's bags. Lowndes enumerates ninety-two of these tricks that you can apply everyday. She emphasizes that some of these tricks are already in your bags-- you just don't know how to effectively use them. In "How to Talk to Anyone," Lowndes gives you tips on how to make these tricks work for you and help you become the successful person that you are supposed to be.

[Click here to view the book summary >>](#)



### ■ HOW TO THINK LIKE LEONARDO DA VINCI

#### Seven Steps To Genius Everyday

By Michael Gelb

Published by Dell Publishing, 1998

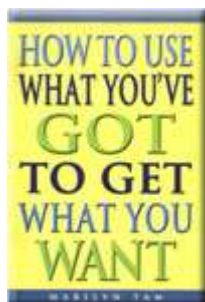
ISBN: 0385323816

322 Pages



Leonardo da Vinci is recognized as one of the greatest geniuses of all time. He excelled in many areas such as the creation of the Mona Lisa, The Last Supper and other classic works. Besides art, Leonardo was an architect, mathematician, philosopher, and military planner. Michael Gelb reviews and explains Leonardo's notebooks, inventions, and works of art. He introduces readers to the Seven da Vincian Principles, essential elements of genius that can be developed. The book is a collection of illustrations, passages and exercises designed to stimulate anyone's awareness of their own creativity. This summary will briefly explain the seven principles and provide several of the sample creative exercises.

[Click here to view the book summary >>](#)



### ■ How to Use What You've Got to Get What You Want

By Marilyn Tam

Magna Publishing, 2004

ISBN 81-7809-265-4

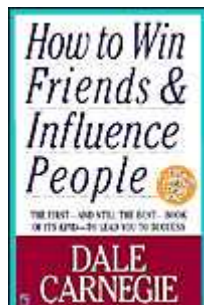
176 pages



Marilyn Tam has had an extraordinary life. From her birth into a traditional Chinese family in Hong Kong to her meteoric rise through the executive ranks of the international business world to become an influential corporate leader, speaker, consultant, author, and highly respected philanthropist, Marilyn has lived a life of failure and accomplishment, reward and renewal.

Her long and distinguished career includes prominent executive roles at world-class companies, including Aveda, Reebok, and Nike. At each position, Marilyn solidified her reputation as an accomplished strategist and singularly effective leader, learning from her mistakes as well as her triumphs, and building the wisdom and philosophy that have enabled the next steps on her path to greater accomplishments. Marilyn took what she had and used all of it to make her life the way she wanted – to do good simultaneously in the world and do well professionally.

[Click here to view the book summary >>](#)



## ■ HOW TO WIN FRIENDS AND INFLUENCE PEOPLE

By Dale Carnegie

Simon & Schuster Adult Publishing Group, 1998

ISBN:0671027034

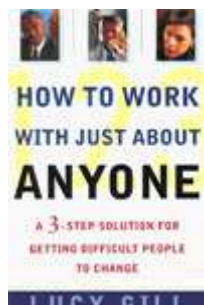
160 Pages



In this revised edition of , the author asserts that handling people and making them like you is not as difficult as most people think it is. There are ways in which things can work out easily for you and the people around you. This book enumerates and thoroughly discusses key points and techniques in doing so.

Most of our time is set on building relationships. This book explains all. With good relationships, personal and business dealings will be much easier to handle. This self-help book is self-explanatory and enhanced with personal experiences and stories to clearly explain the principles and further facilitate understanding.

[Click here to view the book summary >>](#)



## ■ HOW TO WORK WITH JUST ABOUT ANYONE

**A Three-Step Solution for Getting Difficult People to Change**

By Lucy Gill

Published By A Fireside Book/ Simon and Schuster 1999

ISBN: 0684855275

206 pages

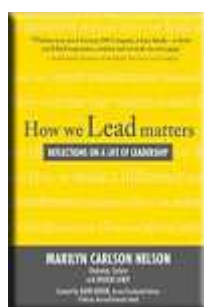


Because every office has that one difficult person to work with, who affects overall productivity due to a terrible attitude, chronic tardiness, or simply drives everyone else up the wall. Here is the answer to common problems in conflict management. Dealing with negative behavior whether at work or at home can be solved with three steps:

- Get to the heart of the matter.
- Determine what problem-solving methods to avoid so you don't perpetuate the conflict.
- Choose a different, surprising approach to solve the problem and keep it solved.

Finally, here is your key to sanity in the workplace, drawn from forty years of research and professional experience in consulting on the prevention and management of nonproductive behavior.

[Click here to view the book summary >>](#)



## ■ How We Lead Matters

**Reflections on a Life of Leadership**

By Marilyn Carlson Nelson

McGraw-Hill, 2008

ISBN 978-0-07-160017-0

126 pages



Marilyn Carlson Nelson has achieved global recognition for the Carlson brands of hotels, restaurants, travel, and marketing services.

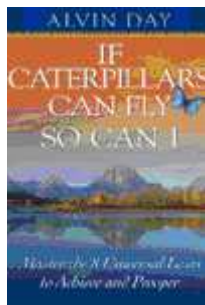
But that's only part of the story.

As a daughter, wife, mother, and grandmother, Marilyn has always put people first. When her grandson asked a simple question about her life, she decided to write it all down – her fondest memories and deepest insights – in *How We Lead Matters: Reflections on a Life of Leadership*.

She talks about what it's like to be a woman in today's business world, while reflecting on an engaging array of subjects – from equal rights to corporate wrongs, world leaders to motherhood.

Most compelling of all, she reveals how a meaningful legacy is built one day at a time.

[Click here to view the book summary >>](#)



### ■ IF CATERPILLARS CAN FLY ~ SO CAN I Master the 7 Universal Laws To Achieve And Prosper

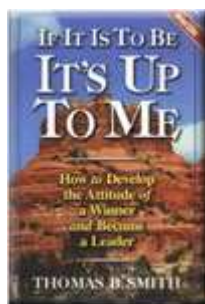
By Alvin Day  
Million Mountain Press, 2003  
ISBN: 0972730486 192 Pages



Humans are very much like caterpillars. They have the ability to turn into glorious butterflies and soar great heights. But unlike caterpillars, metamorphosis is not immediate. With men, transformation happens only with choice.

Alvin A. Day reveals how people can effectively use choice and apply this alongside life's seven universal laws — vision, word, energy, good and evil, abundance, uniqueness and contribution — to obtain personal success and fulfillment despite present adversities.

[Click here to view the book summary >>](#)



### ■ If It Is to Be, It's Up To Me How to Develop the Attitude of a Winner and Become a Leader

By Thomas B. Smith  
Embassy Books, 2003  
ISBN 10: 81-88452-12-2  
168 pages



Are you taking total responsibility for your own success? Everyone who truly succeeds develops the attitude of a winner and becomes a leader. A positive attitude prepares you for success.

How positive is your attitude? Are you excited about what you're doing and where you're going? What's your attitude towards your career or business?

Total success includes maintaining a healthy lifestyle – a sound mind and body are key. Do you exercise and eat a balanced diet? Decision, commitment, dedication, conviction, and persistence are essential traits of a winner and leader. Are you focused on your dream and doing whatever it takes to achieve it? Do you make maximum use of your time?

Some say luck has an impact on your ability to lead and succeed. Can that be true? Many say enthusiasm is key. How enthusiastic are you?

[Click here to view the book summary >>](#)



### ■ IF LIFE IS A GAME, THESE ARE THE RULES Ten Rules For Being Human

By Cherie Carter-Scott, PhD  
Published by Broadway Book, New York, 1998  
ISBN: 0767902386  
139 Pages



This #1 New York Times bestseller offers some useful and understandable advice that can be applied to many situations. The idea of life as a series of lessons can help to put things into perspective and add to anyone's ability to deal with setbacks and reach their full potential.

[Click here to view the book summary >>](#)





### ■ IF SUCCESS IS A GAME, THESE ARE THE RULES

#### Ten Rules for a Fulfilling Life Ten Rules for a Fulfilling Life

By Cherie Carter-Scott, Ph.D.

Broadway ,2000

ISBN:0767904265

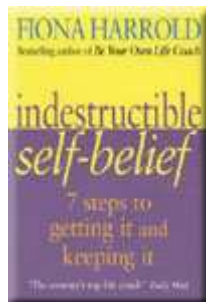
212 Pages



In this book, Carter-Scott takes you to a journey of a fulfilling life through the ten rules of success. These rules that contain universal truths to live by will empower you on your quest to realize your full potential.

Use this book as your companion as you travel through the road of life in search of your fulfillment and mission.

[Click here to view the book summary >>](#)



### ■ Indestructible Self-Belief

#### 7 Steps to Getting It and Keeping It

By Fiona Harrold

Piatkus Books Ltd., 2005

ISBN 0 7499 2495 0

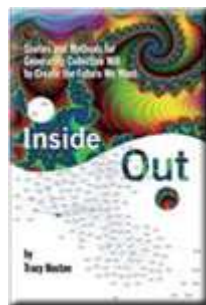
144 pages



Have you ever thought about how much your life would change and how much better everything would be, for yourself, the people around you, the company you work for, *everything* – if you had the self-belief that would empower you to achieve great things?

Life is both easier and far better when you believe in yourself. Other people would believe in you and in your talents and ability all the more. Your direction in living life would always be moving forward. Failure would never be able to stop you from trying and persisting. Even fear wouldn't be able to hold you back any longer from achieving your goals.

[Click here to view the book summary >>](#)



### ■ Inside Out

#### Stories and Methods For Generating Collective Will To Create The Future We Want

By Tracy Huston

The Society For Organizational Learning; Cambridge, 2007

ISBN 10: 0-9742390-6-2

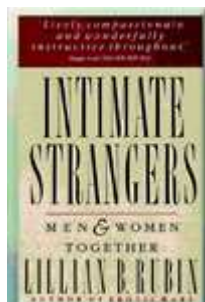
157 pages



Everything seems to be crumbling and falling apart. Wars, famine, poverty, environmental destruction, terrorism, corruption in business and government, collapsing social security and health care systems. One crisis after another. Because of these, many people talk about the need for change – spiritual, operational, and everything in between. Yet profound change is so hard to achieve.

“Inside Out,” by Tracy Huston, offers fresh new insights and solutions on how real, sustainable change – in organizations and other groups - can be accomplished through collective will, energy, and imagination. Huston observes that a new energy, a new movement is actually emerging that can help create the space for a new beginning and a different future for humanity.

[Click here to view the book summary >>](#)



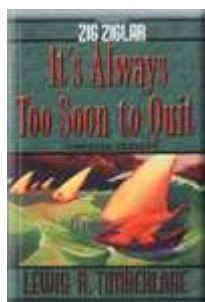
### ■ Intimate Strangers Men and Women Together

By Lillian B. Rubin  
Harper and Row Publishers, 1983  
ISBN: 0-06-091134-4  
222 Pages



Throughout centuries, men and women have tried to decipher each others' minds and psyches. Reason, logic, and emotions have been used to define clearly the roles of each gender, and used in numerous explanations to identify the perfect relationship between a man and a woman. In her book *Intimate Strangers*, Lillian Rubin used her years of research, counseling, and even her own experiences to define differences between women and men in the subject of intimacy, sexuality, identity, dependence, work roles, and parenting. Rubin shows us the importance of communication between two persons, as this plays a significant part of a successful relationship.

[Click here to view the book summary >>](#)



### ■ It's Always Too Soon to Quit

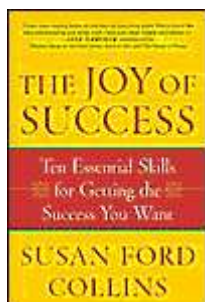
By Lewis R. Timberlake  
Magna Publishing, 2003  
ISBN 81-7809-213-1  
204 pages



Does fear of failure keep you from exploring new ventures? Are you convinced that success comes easily to other people, but always eludes you? Has adversity driven you to the point of giving up? Then you need to know that It's Always Too Soon To Quit!

At some point in our lives, we all come to a time of severe testing – the loss of a job, the breakup of a marriage, a critical illness, a loved one's death. Why do some people despair and quit, while others refuse to let tough times defeat them?

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### ■ JOY OF SUCCESS, THE Ten Essential Skills for Getting the Success You Want Ten Essential Skills for Getting the Success You Want

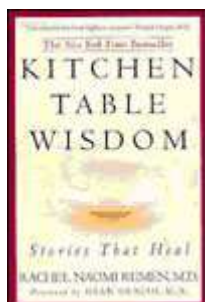
By Susan Ford Collins  
HarperCollins Publishers, 2004  
ISBN:0060934263  
256 Pages



For most people, success is an elusive achievement. We think of ourselves as being better in terms of the next person. Is this the right way of looking at success? How should we define it? How do we achieve it?

There are ten essential skills we need to practice and master in order to attain the success that we crave. Many of these skills have practical, day to day applications. Some of them are eye-openers, allowing us to see how what we think is a harmless activity may actually be that one activity which keeps success from our grasp. They are not new ideas. Rather, they are often-forgotten ones.

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### ■ KITCHEN TABLE WISDOM

**Stories That Heal**  
by Rachel Naomi Remen, M.D.  
Riverhead Books, New York 1996  
ISBN: 1 57322 042 6  
336 pages

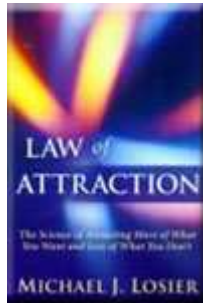


This is a book for people seeking certain truths, wanting to enhance their lives and enjoy the process. It's a book for those who seek the beauty of living intensely, of appreciating the ordinary, learning to surrender, and let go of all the things that are really not important. In sickness or in health, this is a highly recommended read for physical, emotional, and spiritual healing.

Kitchen Table Wisdom:

- I am a work in progress.
- Life experience is as valuable as any credential.
- We are all wounded healers of each other.

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### ■ Law of Attraction

#### The Science of Attracting More of What You Want and Less of What You Don't

by Michael J. Losier  
Wellness Central, New York  
ISBN: 978-0-446-19974-2  
142 pages



Remember those rare and unimaginable occasions when you ceaselessly wished for good things then suddenly every crumb of it came true? How about those electrifying junctures when you felt extremely lucky because the more you mulled over your castles in the air—a promotion, a salary raise, a high mark in an exam, or a good man/woman for a partner—nature also seemed to be taking its course in your favor? And how could you forget that stupefying second when you were thinking of a long-lost friend and unexpectedly, the phone rings and it was exactly that person you had in mind? According to Michael Losier, these are moments that a simple stroke of luck could not account for; it is during these circumstances, he claims, when forces of the Law of Attraction are at play.

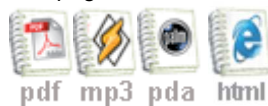
The Law of Attraction may appear synonymous to karma, serendipity, fate or good fortune, yet there is to it a more profound purpose than most people could understand, more so believe in. With the Law of Attraction, Michael Losier informs (his readers) that you have the power to control what comes into your life, whether positive or negative. And as soon as you know exactly how to make the Law of Attraction work sanguinely in every aspect of your existence, you would be amazed at how much you are opening yourselves to magnificent possibilities.

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### ■ Learn to Love

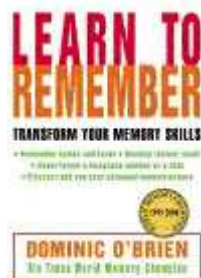
by Mary Jaksch  
Duncan Baird Publishers, 2002  
ISBN: 0-903296-46-3  
160 pages



When two people come together in love, they necessarily bring their own personal life approaches to the relationship. If these approaches diverge or are rather different, couples may have problems with each other.

Through establishing a greater understanding of ourselves and our partners, better communication, and commitment to actively seek mutual development, we can and should harmonize our separate approaches to realize our relationship dreams and goals and live every moment to the full.

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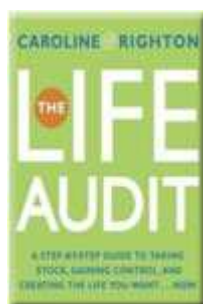
### ■ LEARN TO REMEMBER

by Dominic O'Brien,  
Published by Duncan Baird Publishers, 2000  
ISBN: 0811827151 160 pages



Dominic O'Brien is the eight-time World Memory Champion. This requires incredible feats of memory skills, such as memorizing up to 28 decks of shuffled playing cards. His book is a description of several of the established memory techniques along with advice about how to use them in everyday situations. Many of the memory techniques that O'Brien describes are similar or identical to those offered by other "memory experts." Although this book is not written in a scholarly style and lacks adequate footnotes, there appears to be valuable information.

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### ■ Life Audit, The

#### Take Control of Your Life Now Every Minute Counts

By Caroline Righton  
Hodder Mobius, 2006  
ISBN 978 0 340 92444 0  
256 pages



The world is full of people trying to unravel the mystery of how to make their lives more purposeful, locate the point where they make the wrong decisions, and discover how to make them right. *The Life Audit* offers new ways of thinking about relationship, work, health, and soul.

This innovative self-help book deals with the practical method of assessing and applying a thorough analysis of one's life to fully enlighten one of the ins and outs of one's existence. Caroline Righton came up with the Life Audit concept, not necessarily to give answers to life's biggest questions, but to provide readers an opportunity to find the answers by developing more thought-provoking questions themselves.

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### ■ Life Is Huge

#### Laughing, Loving And Learning From It All

By Susan Jeffers  
Hodder and Stoughton Ltd; London, 2005  
ISBN: 0-340-73485-X  
253 pages



Life is huge! And the book, "Life is Huge" by Susan Jeffers provides insights, points of reflection, and a positive perspective with which to view it. Comprising a collection of essays published in Jeffers' monthly column, "The World According To Susan Jeffers," the book gives plenty of food for thought on various subjects – love, connection, power, and the necessity for humor and a positive outlook to transcend all that is difficult in life.

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### ■ Little Footcare Book, The

by Erika Dillman  
Warner Books, 2000  
ISBN: 0-7595-6024-2  
241 pages

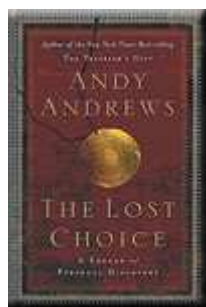


Ever asked yourself what have you done to your feet lately? While most people care about their face and skin, and are willing to buy even the most expensive products available, many still tend to forget about this equally important part of the body-- the feet.



The Little Footcare Book is an educational piece that is easy and fun to read. It contains many creative ideas that will tempt readers to try its easy suggestions on how to care for the feet. This is like a recipe book, a first-aid manual and a treasure of facts about caring for your mostly neglected body part. Really, your feet will thank you for reading this.

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### ■ **Lost Choice, The** **A Legend of Personal Discovery**

by Andy Andrews  
Published by Nelson Books, 2004  
ISBN: 0785261397  
234 pages



Dominic O'Brien is the eight-time World Memory Champion. This requires incredible feats of memory skills, such as memorizing up to 28 decks of shuffled playing cards. His book is a description of several of the established memory techniques along with advice about how to use them in everyday situations. Many of the memory techniques that O'Brien describes are similar or identical to those offered by other "memory experts." Although this book is not written in a scholarly style and lacks adequate footnotes, there appears to be valuable information.

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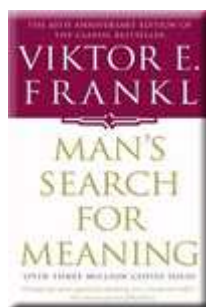
### ■ **Love is Never Enough** **How Couples Can Overcome Misunderstandings, Resolve Conflicts, and Solve Relationship Problems Through Cognitive Therapy**

by Aaron T. Beck, M.D.  
HarperPerennial, HarperCollinsPublishers 1989  
ISBN 0-06-091604-4  
415 pages



In this book, Dr. Aaron T. Beck examines the most common marriage problems in order to help troubled couples sort out their differences. This book illustrates the use of cognitive therapy in helping intimate partners clear their thinking and communication to avoid misunderstanding.

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### ■ **Man's Search for Meaning**

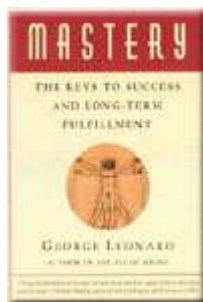
By Victor E. Frankl  
Pocket Books, 1997  
ISBN 13: 978-0-671-02337-9  
ISBN 10: 0-671-02337-3  
221 pages



Internationally renowned psychiatrist Viktor E. Frankl endured years of unspeakable horror in Nazi concentration camps during the Second World War. This first-hand experience with one of the darkest chapters of human history taught him that man's primary motivational force is the search for meaning.

Dr. Frankl emerged as a victor in more ways than one. His discovery led to the development of the revolutionary approach to psychotherapy known as *logotherapy*, Dr. Frankl's own version of modern existential analysis. This study has as its object "to weave the threads of a life into a firm pattern of meaning and responsibility" – or to understand why and how people can survive and cling to life given such apparently frail or simple reasons as love for one's children, talent to be used, or even just simple memories.

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### ■ Mastery

#### The Keys to Success and Long-Term Fulfillment

by George Leonard

Plume, 1992

ISBN 0 452 26756 0

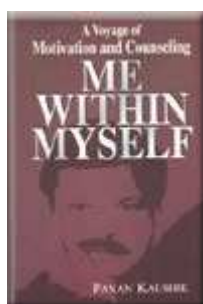
176 pages



The modern world continuously bombards people with promises of immediate fulfillment, instant success, and fast-temporary relief. However, success and fulfillment in life is not to be found in the quick, fast-temporary relief, and bottom-line mentality that prevail in society today. It is to be found in the long-term, essentially goalless process of mastery. This is what best-selling author George Leonard shares in this book.

In Mastery, he shows how people can attain a higher level of excellence and a deeper sense of satisfaction and fulfillment in their daily lives through the process of mastery. By drawing on his knowledge of Zen and his expertise in Aikido, he outlines a guide to help you master anything and become successful in all areas of your life. The practical wisdom found in this book will be of immediate use to those seeking to improve their career, their relationships, their self-esteem, or to those who simply yearns for harmony within.

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### ■ Me Within Myself

#### A Voyage of Motivation and Counseling

By Pavan Kaushik

Leads Press, 2006

ISBN: 81-8056-679-X

107 pages

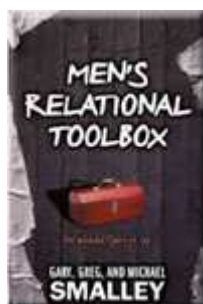


Life needs investment before it can give anyone interest. Never surrender when the circumstances and situations are not according to what you desire. This is your investment period in life and every investment has a tenure.

By the time your investment tenure is complete, you will be suitably rewarded with interest for the years and the effort you invested.

We all must strive to improve ourselves and find out who we really are, even if working towards self-improvement is an uphill struggle – we must invest in ourselves, find the 'us' within 'ourselves', and work our way toward success and fulfillment!

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### ■ Men's Relational Toolbox

#### Go Ahead. Open It Up.

By Gary, Greg, and Michael Smalley

OMF Literature Inc., 2003

ISBN 971-511-922-0

196 pages



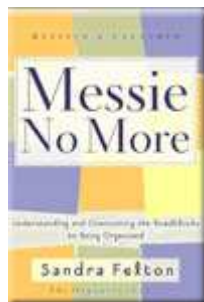
Ever try to pound in a nail with a screwdriver? Ever try to use a pocketknife to drill a hole?

Too often, guys reach for the closest tool – not the right tool. It seems like a good idea at first. But then the nail refuses to budge or the blade of the pocketknife breaks off. That's when you open your toolbox for the *right tool*.

Guys treat relationships the same way – especially with the women in their lives. The problem is they reach for the tools that work well for them in their work world – but find they are often disastrous in their relationships.

Take heart! You can fix that with the right tools for building and repairing relationships.

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### ■ Messie No More

#### Understanding and Overcoming The Roadblocks to Being Organized

by Sandra Felton

Revell, 2002

ISBN 0800758277

192 pages



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Mess can stress and overwhelm. When surrounded by a heap of disorder, one can't help but feel powerless against the seemingly endless chore of organizing. For some people, the mess cycle is endless. As a result of this relentless cycle, people end up being slaves to monstrous clean-up jobs.

Messiness is caused by both external factors and internal conflicts. Sometimes, this is also caused by psychological disorders. Author Sandra Felton brings all these reasons to light as she provides helpful solutions that can help you be the organized person you want to be.

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### ■ Mind Gym, The Give Me Time

by The Mind Gym

Time Warner Books, 2006

ISBN: 0316731692

272 pages



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The secret to time spent well lies within how it is used. While many of us complain about not having enough time to do everything we want, both with work and leisure, The Mind Gym: Give Me Time presents alternative and more positive mindsets which we can adopt to make us appreciate how we manage time and not simply count the minutes until the next task.

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### ■ More Than Money

#### Steps to Wealth and Prosperity

by Grainne O'Malley

Hodder Mobius, 2005

ISBN 0340837063

117 pages

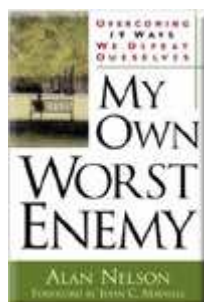


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Do you spend more than what you earn? Are you a compulsive buyer? Is your happiness dependent on having money or the lack of it? Are you in big debt? Realistically, more and more people now have problems with money. Much of today's population does not have enough knowledge on how to manage finances, control cash flow, and most importantly, save for the future.

Financial and life-balance coach Grainne O'Malley introduces you to the seven helpful steps to financial freedom. In this book "More than Money," O'Malley stresses how you can make friends with your money. She reveals the strategies on how you can take control of your finances once and for all. This amazing book will also change the way you view money and will surely bring you to the path of financial independence.

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### ■ My Own Worst Enemy

#### Overcoming 19 Ways We Defeat Ourselves

By Alan Nelson

Lighthouse Books, 2003

ISBN 971-834-062-1

255 pages



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Alan Nelson counsels hundreds of people each year, and he sees how many people sabotage their own lives and fail even to recognize the behaviors that defeat them. Instead, they blame others, their past, or their circumstances. Maybe you are doing the same thing.

If your heart's in the right place, why do you keep getting hurt? When you want so much to succeed, why are you often disappointed?

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