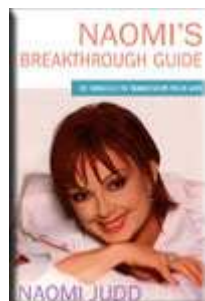


[A-F](#) [G-M](#) **[N-S](#)** [T-Z](#) :: return to [MAIN PAGE](#)



■ Naomi's Breakthrough Guide 20 Choices to Transform Your Life

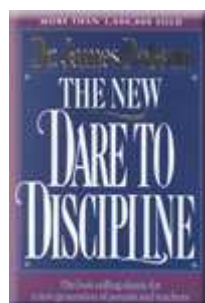
By Naomi Judd
Simon and Schuster Paperbacks, 2004
ISBN: 0-7432-3663-7
276 Pages



In Naomi's Breakthrough Guide: 20 Choices to Transform Your Life, you will learn how a self-proclaimed expert at making mistakes changed her life, and attained life's greatest reward: peace of mind. Through her honesty, wit, and genuine generosity of spirit, the author shares with you in this book her hard-won wisdom and lessons that transformed her life for the better, and helped her turn potential breakdowns into life-altering breakthroughs.

Filled with the wisdom of a woman who survived and thrived from life's dramatic ups and downs, this book will show you how to focus on your ultimate goal, know forgiveness, trust your intuition, embrace risk, free your body and mind from worry, and resign as the General Manager of the Universe. She does this by blending candid personal stories and practical exercises with anecdotes about well-known friends and family, which she further bolsters with the wisdom of experience as well as cutting-edge research on health and the psychology of happiness.

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



■ New Dare to Discipline, The

By James Dobson
OMF Literature, Inc., 2004
ISBN 971-511-674-4
288 pages



With more than three million copies sold, *Dare to Discipline* is "a book about children and those who love them." Revised and expanded to address parenting in today's modern context, *The New Dare to Discipline* is nevertheless based on timeless and proven principles.

This book shows parents how loving discipline works and discusses methods by which it can be accomplished. Says author Dr. James Dobson, "Children thrive best in an atmosphere of genuine love, undergirded by reasonable, consistent discipline."

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



■ New Messies Manual, The The Procrastinator's Guide to Good Housekeeping

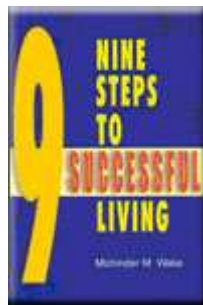
By Sandra Felton
Fleming H. Revell, 2000
ISBN: 0-8007-5726-2
256 Pages



Is the trash can in your house overflowing? Do you keep all the sentimental tokens from your past and present relationships? Do you tend to leave your clean laundry out in the open? Do you have magazines (some you have read and others in the to-do list) lying around the house? If you answered "yes" to one or more of these questions, then you must be a certified Messie.

This book will help you take control of your life and clutter. It will help you organize and simplify your activities, pay your bills on time, keep your house clean, plus a whole lot more.

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



■ **Nine Steps to Successful Living**

By Mohinder M. Walia

UBS Publishers' Distributors Pvt. Ltd New Delhi, 2005

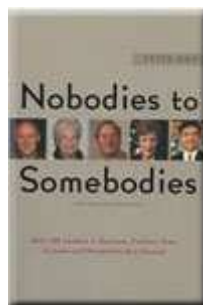
171 Pages



We all want to be happy and successful, but for many of us, the way is never easy. We come up against obstacles to our goals, struggle with fears and insecurities, or simply do not know how to go about finding happiness and success.

“Nine Steps to Successful Living” by Mohinder M. Walia is a simple, practical guide to achieving personal and professional success. It combines modern management ideas with ancient wisdom to offer a personal formula for achieving one’s potential and living wisely and well. On its seventh reprint, the book has helped millions of people all over the world change their lives for the better.

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



■ **Nobodies to Somebodies**

How 100 Leaders in Business, Politics, Arts Science, and Nonprofits Got Started

By Peter Han

Portfolio Trade, 2006

ISBN-10: 1-59184-130-5

256 pages

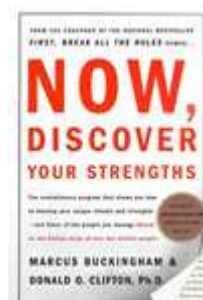


Many successful people started out as twenty- and thirtysomethings who had no clear idea of how today’s work is related to tomorrow’s goals. These successful people made it to the top of their professions in unique ways; that said, though, there do exist commonalities between the paths each of them took to success.

In *Nobodies to Somebodies*, author Peter Han collates the success stories of one hundred outstanding leaders to help others search for their path to a successful career and find meaning in their chosen field of work. Peter Han identifies key-value systems – the commonalities between these people’s disparate stories – as imparted by such figures as actor John Lithgow, Reebok CEO Paul Fireman, writer Tom Clancy and others.

The book displays the proven wisdom of ‘somebodies’ who haven’t forgotten what it was like to be ‘nobodies’.

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



■ **Now, Discover Your Strengths**

By Marcus Buckingham & Donald O. Clifton, Ph.D.

Published By The Free Press, 2001

ISBN: 0 7432 0114 0

260 pages

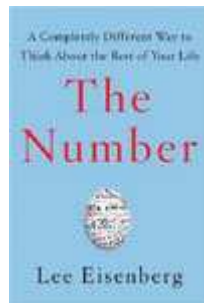


Have you ever wondered why today’s organizations concentrate on rectifying your weaknesses? What makes weaknesses so interesting? Have you ever wondered what would happen if, instead of correcting your weaknesses, you capitalized on your strengths? Organizations spend millions of dollars every year trying to unlock weaknesses, calling them “areas of opportunity,” trying to minimize them. Can you imagine

what would happen if today's organizations focused on building each of their employees' strengths? Have you ever wondered how much value can be created in an organization where each employee did what he does best?

Strengths and talents are the primary concerns in this book. Join authors Marcus Buckingham and Donald O. Clifton, Ph.D. as they guide you through identifying your strengths and showing you how best to work with them and others.

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



■ Number, The

A Completely Different Way to Think About the Rest of Your Life

By Lee Eisenberg

FREE PRESS, 2006

ISBN: 0-7432-7031-2

255 pages

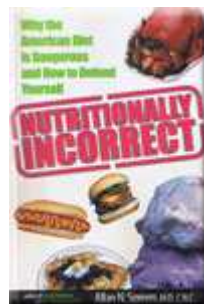


pdf mp3 pda html

In today's consumerist era, the Number - a term used to measure net worth *and* self-worth - eludes a lot of people. Little do most people realize that the old system where you can work for a company for over 40 years, then retire comfortably on a comfortable monthly pension, is over.

The Number is basically the amount of money and resources a person needs to continue to live his or her desired lifestyle. Unfortunately, most people don't even bother looking for the Number. Author Lee Eisenberg's book is the ultimate guide for determining your personal and accurate Number.

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



■ Nutritionally Incorrect

Why the American Diet is Dangerous and How to Defend Yourself

By Allan N. Spreen, M.D., C.N.C.

Synergy Books International

ISBN 983-136-551-8

237 pages



pdf mp3 pda html

Do you think what you and your family is eating is good for you? You might want to find out for sure.

Presenting research from a wide variety of reputable sources, in *Nutritionally Incorrect* Dr. Allan Spreen explains how and why the standard American diet is dangerous, and provides a way out for people who want to eat their way to good health. In order to overcome the liabilities of a "normal" diet, Dr. Spreen has researched and developed a dietary health plan and supplemental "insurance policy", both of which can play a profound role in the onset, treatment and prevention of disease.

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



■ Optimal Thinking

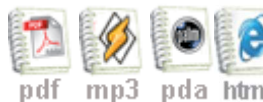
How to be Your Best Self

By Rosalene Glickman, Ph.D.

John Wiley & Sons, Inc., 2002

ISBN: 0-471-41464-6

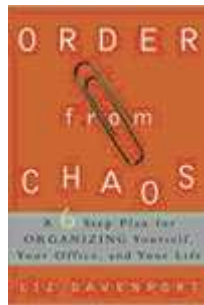
246 pages



pdf mp3 pda html

Many people would like to experience the best in life, love, relationships, and / or career but still settle for second best. Despite feeling unsatisfied at home, work and in their relationships many still choose to stay in such situations. This book offers an approach to empower you to learn and realize your highest priorities and to help you find and develop the best solutions in attaining them. "Optimal Thinking" by Rosalene Glickman will help you learn to maximize your talents, resources and time. Make the most of every opportunity and attain personal and professional satisfaction so that you will never have to settle for second best again.

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



■ Order from Chaos

A 6-Step Plan for Organizing Yourself, Your Office, and Your Life

By Liz Davenport

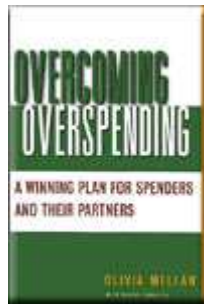
Published By Three Rivers Press NY, Random House Inc. 2001

ISBN: 0609807773 215 pages



Liz Davenport offers an easy system to help you clean up your act. If you find yourself missing important deadlines, forgetting to return calls, and misplacing papers, then follow these six simple steps to organizational freedom.

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



■ Overcoming Overspending

A Winning Plan for Spenders and Their Partners

By Olivia Mellan with Sherry Christie

Barnes and Noble Books, 2004

ISBN 1567316689

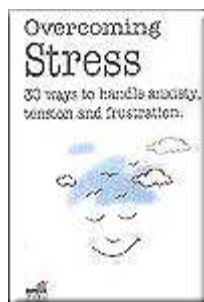
201 pages



You live in a society where everything around you seems to encourage overspending. Advertising, celebrities, and television all seem to urge you to keep buying. You must realize, however, that overspending is an addiction. It can hurt you and the ones you love.

Overcoming Overspending helps you understand why you have the compulsion to keep spending. Furthermore, the book provides you with time-tested strategies and techniques that will help you kick the overspending habit for good.

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



■ Overcoming Stress

30 Ways to Handle Anxiety, Tension and Frustration

By Olivia Mellan with Sherry Christie

Dr. Christan Schriner

81-222-0257-8

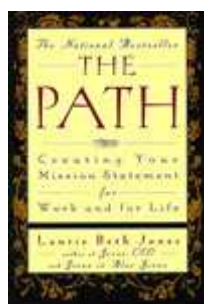
160 pages



With the daily frustrations, friction with other people, and unmet expectations, it is always hard to live through each day with ease. These days, many people find it hard to overcome stress in their daily lives, thus not living each day to the fullest.

In his book *Overcoming Stress*, Dr. Christan Schriner lists down thirty techniques that can help you ease frustrations and worries in three minutes or less. According to him, "the ability to cope with tension in minutes or seconds is the basic requirement for emotional survival and physical health." This process is as simple as letting go. Once you have mastered the art of letting go, things will be smooth and easy, and your days will be free of stress and worries.

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



■ Path, The

Creating Your Mission Statement For Work and For Life

By Laurie Beth Jones

Published by Hyperion, 1996

ISBN:0-7868-6227-0

231 Pages

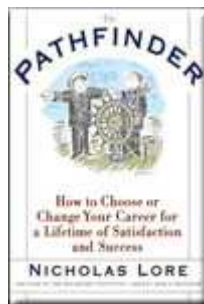


Amidst time of demoralization imposed by unfulfilling jobs and routine lifestyles emerges another inspiring creation from Laurie Beth Jones, the author of the heart-warming Jesus, CEO. In *The Path*, Jones helps people, most especially those who are living far different from what their hearts desire, realize the importance of having a mission and a vision in life. She goes to the extent of sharing how she has transformed from an unhappy and unemployed divorced woman to a successful career woman and eventually to a free-spirited writer and horse rider - her two passions in life since childhood — all because of the power of having a strong mission and vision.

Isn't it amazing how two simple words can make such a difference in your life? Everyone should own a mission and a vision as the two guarantees that you keep moving in the right direction and uplifts you whenever you encounter difficulties.

Creation of an effective mission and vision requires self-knowledge, an open heart and an open mind. Jones presents a variety of stories, case studies and exercises, which will surely uncover your carefully hidden disillusionments - be it work-related or regarding your personal life — and will certainly strengthen you to have the courage to stand up and start living your life and not somebody else's.

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



■ **PathFinder, The** **How to Choose or Change Your Career for a Lifetime of Satisfaction and Success**

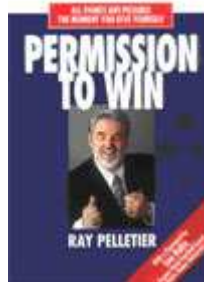
By Nicholas Lore
Published by Fireside, 1998
ISBN 0684823993
400 Pages



The Pathfinder is for people whose jobs do not bring the satisfaction and fulfillment that they need in their lives. These people have yet to realize their full potential as a person. The author provides a number of inquiries which are distributed in the different chapters. The inquiries may be in the form of a question or an instruction on how to go about your chosen career path.

The book aims to help people find the right job that would fulfill and satisfy their needs. If you are seeking to improve your life and your career, this book is for you.

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



■ **Permission to Win**

By Ray Pelletier
Published By Oakhill Press, 1997
ISBN: 1886939101
201 pages



From a new breed of motivators, America's Attitude Coach Ray Pelletier gives you a practical guide for translating your personal mission into concrete action. Make today your January 1 st . Say goodbye to negative thoughts and change your life by giving yourself Permission to Win.

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



■ **Personal Power**

by Anthony Robbins
Published by Nightingale-Conant Corporation 1996
ISBN: 158060076X



Personal Power is a month-long training program that covers many areas of personal development. You see this program advertised on late night television and many successful people offer testimonials supporting it. In this set of 30 tapes, Tony Robbins describes a variety of self-help techniques and provides exercises to help internalize the experience.

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



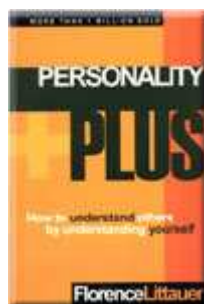
■ Personality Development Through Positive Thinking

by Dr. Amit Abraham
Published by New Dawn Press, Inc., 2004
ISBN: 1 932705 11 2
96 Pages



Personal Power is a month-long training program that covers many areas of personal development. You see this program advertised on late night television and many successful people offer testimonials supporting it. In this set of 30 tapes, Tony Robbins describes a variety of self-help techniques and provides exercises to help internalize the experience.

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



■ Personality Plus

How to Understand Others by Understanding Yourself

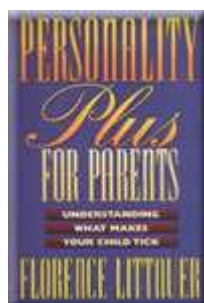
By Florence Littauer
CLC Publishing, 1992
ISBN 978-971-789-164-4
204 pages



The key to understanding others lies in understanding yourself. In this revised and expanded edition of Personality Plus, Florence Littauer draws upon the latest findings in the field of personality development to give you valuable insight for appreciating your one-of-a-kind personality.

Through humorous anecdotes and straightforward counsel, the author helps improve upon your strengths and weaknesses. Personality Plus is the tool you need to change your life and the lives of those who care about, for the better.

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



■ Personality Plus for Parents

Understanding What Makes Your Child Tick

By Florence Littauer
CLC, 2005
ISBN 971 789 049 8
191 pages



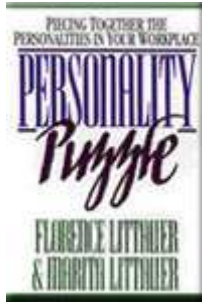
“That’s MY child?”

It happens to every parent sooner or later. Whether it’s in the privacy of your own home or in the middle of the grocery store, just when you think you know how to manage and relate to your child... surprise! Why doesn’t he act as you expect? Why is she so different from her sister?

Best-selling author Florence Littauer uses the proven principles from her popular *Personality Plus* to help you identify and understand your child’s personality type so you can best nurture, discipline, and motivate him or her.

Part of being a great parent is understanding and respecting each child’s individuality. That happens only when you understand the four basic personality types that characterize all people – adults and children.

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



■ Personality Puzzle

Piecing Together The Personalities In Your Workplace

by Florence Littauer & Marita Littauer

Fleming H. Revell Company, 1992

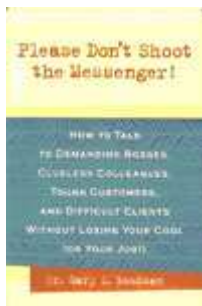
ISBN 0 8007 1676 0



In every organization you work in, you may wonder why people exhibit certain characteristics and act that way. We may often ask why people are quiet and passive, while others are loud and aggressive; why one is highly organized while the other is too bossy; why some make friends easily while others are lonely; and why some tend to be perfectionists while the others grow up to be leaders in their fields.

Are certain personality types better adapted for certain job types? It has been said that there are differences between people and piecing together those differences really matters. The book Personality Puzzle helps readers understand different personalities in the workplace and sheds light on how to fit together the pieces for a harmonious and productive working environment.

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



■ Please Don't Shoot the Messenger!

How to talk to demanding bosses, clueless colleagues, tough customers, and difficult clients without losing your cool (or your job!)

By Dr. Gary S. Goodman

Published by Contemporary Publishing Group 2000

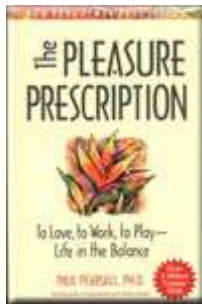
ISBN: 0809225204

183 pages



Whether it's asking your boss for a raise, or dismissing an employee as painlessly as possible, this book addresses all kinds of thorny situations, how we can effectively communicate in business situations, and calmly manage potential conflict.

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



■ Pleasure Prescription, The

To Love, To Work, To Play --- Life in the Balance

By Paul Pearsall, Ph.D.

Magna Publishing, 2004

ISBN 81-7809-264-6

232 pages

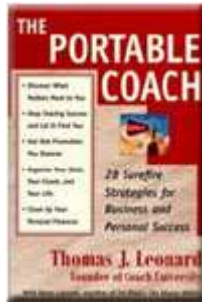


Are you stressed and unhappy? Are you feeling burned out? Anxious? Unmotivated? Do you feel you have too much to do in too little time? You are not alone. More and more of people struggle with a lack of pleasure in their daily lives and the illness that go along with stress.

Take a Pleasure Prescription! Psychologist and author Paul Pearsall is an expert on the relationship between pleasure, stress, and the immune system. According to him, it isn't too much stress but too little joy that is killing people.

We know more than we think we know, Dr. Pearsall reassures us, about what is good and healthy for us. He invites us to embrace a new contentment, and his compelling lessons gleaned from science and an age-old wisdom light the way.

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



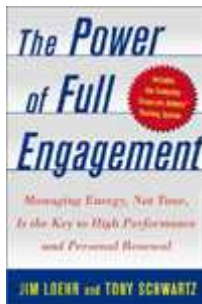
■ Portable Coach, The 28 Surefire Strategies for Business and Personal Success

By Thomas J. Leonard
Scribner Press, 2000
ISBN: 978-0684850412
336 pages



The “father of personal coaching,” Thomas Leonard, offers helpful advice on how you can be more successful, happier and wealthier in life. In his book, *The Portable Coach*, Leonard outlines 28 principles to live by for a satisfying and profitable personal and career life. The tips and strategies outlined in this book will help you effectively shape every aspect of your life, expand your mind, enhance your relationships, improve your performance, and give you swift kicks to simply be the best that you can be.

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



■ Power Of Full Engagement, The Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal

By Jim Loehr and Tony Schwartz
Simon & Schuster Trade, 2003
ISBN: 0-743-22674-7
245 Pages

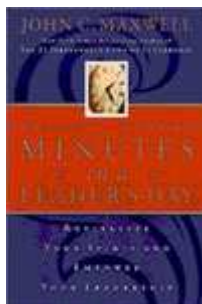


The book, *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*, by Jim Loehr and Tony Schwartz outlines a system for improving one's life.

Its thesis is that management of our energy determines how fully engaged we are to life. The book proposes to manage energy by identifying the source of the problem, i.e. whether there is a problem with one's physical, spiritual, emotional, or mental energy. Each is interdependent of the other so it is important to identify the problem. It also advocates the use of positive rituals to enact lasting change.

The basis of the book is the authors' experience in training professional athletes like tennis players (Pete Sampras, Monica Seles), golfers (Mark O'Meara, Ernie Els), boxers and hockey players. Instead of focusing on technical skills, the authors focused on these athletes' energy management skills. Thus a new breed of athletes emerged: the “Corporate Athletes.”

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



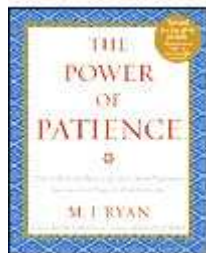
■ Power Of Now, The A Guide to Spiritual Enlightenment

by Eckhart Tolle
Published by New World Library, 1999
ISBN: 1577311523



Eckhart Tolle has done a good job of explaining why it is so important to live in the present moment in his bestselling book *The Power of Now*. The idea of living in the moment has been described for thousands of years by religious sages, but it has taken Tolle's book to popularize and explain it for millions of Americans. His writing is both profound and understandable. Most of the key ideas below are direct passages from *The Power of Now*.

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



■ Power Of Patience, The How to Slow the Rush and Enjoy More Happiness, Success and Peace of Mind Every Day

by M.J. Ryan

Broadway Books, 2003 First Edition

ISBN: 1577311523

224 pages

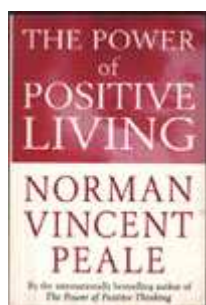


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A popular and habitually used cliché goes, "patience is a virtue". It may be overused but still very true. In this fast paced world, patience is one of the most overlooked values. People's concern now shifted from giving high regard to the quickness of one's work to putting more emphasis on the slowness of the execution.

However, shifting gears and revaluing this old-fashioned virtue can lead you to bigger achievements and more success stories to tell. It can help you reap greater rewards in the form of healthier relationships, good quality work, peace of mind--the list can go on, and on. This is what this book is all about: to understand the importance, benefits and urgent necessity of patience and to be able to learn the ways and means of developing this essential quality.

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



■ Power of Positive Living, The

by Norman Vincent Peale

Ballantine Books, 1996

ISBN: 0449911667

258 pages

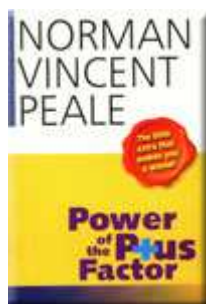


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A popular and habitually used cliché goes, "patience is a virtue". It may be overused but still very true. In this fast paced world, patience is one of the most overlooked values. People's concern now shifted from giving high regard to the quickness of one's work to putting more emphasis on the slowness of the execution.

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



■ Power of the Plus Factor Reflections on a Life of Leadership

By Norman Vincent Peale

Orient Paperbacks, 2004

ISBN 81-222-0310-8

246 pages



pdf mp3 pda html

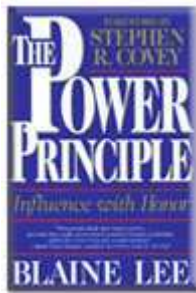
You have the power to achieve all that you wish to do in your life – and much more.

Dr. Norman Vincent Peale, one of the most popular and inspirational writers of all time, explains how you can tap this inexhaustible reserve of energy within you. The key is the Plus Factor, which when activated will give you the motivation to do what you want to do and to achieve health, confidence, and security.

You'll discover that you can do things you once thought were impossible and ultimately experience the fantastic joy of living a healthy, happy life to the fullest.

Find out today how the plus factor can change your life!

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



■ Power Principle, The Influence with honor

By Stephen R. Covey and Blaine Lee

Published by A Fireside book by Simon & Schuster 1998

ISBN (Hardcover): 0684810581

ISBN (Paperback): 0684846160 363 pages



Dr. Blaine Lee outlines useful methods to overcome powerlessness, emphasizing that in our business or personal lives, we are always faced with a Choice. This is a book for people who need to understand the greatest power is that which comes through integrity, how principle-centered power, or the way you live your life, is the way to getting the kind of power, respect, and honor that outlasts a lifetime.

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



■ Practical Intuition for Success

A step-by-step program to increase your wealth today

By Laura Day

Harper Collins Publishers

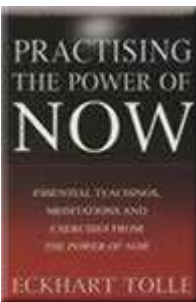
ISBN: 0060175761

216 pages



At the heart of this book is one simple message: You will achieve success by being true to yourself. Through this unique program of practical exercises, you will be able to listen to your intuition and balance it with other factors that influence your everyday decision-making. The more you practice, the better the results. The feeling in your gut can tell you if something feels right or wrong, profitable or problematic. It will help you make better decisions, take the "pulse" at meetings, and unleash your own creativity.

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



■ Practising the Power of NOW

Essential Teachings, Meditations and Exercises from The Power of Now

By Eckhart Tolle

Hodder and Stoughton, 2001

ISBN: 0 340 82253 8

134 pages



Eckhart Tolle's *The Power of Now* is one of the greatest spiritual books written in recent years. Through it readers learn how to harness their energies and access an inner place where thought-created problems disappear, and which helps them discover what it really means to live a liberated life, in which suffering is no longer inflicted on oneself or others.

The author, acceding to the requests of many of his readers who have been helped by *The Power of Now* but who would like many of its core teachings to be presented in a more readily accessible format, created this book. In addition to those teachings, it also contains shorter passages from the original work to serve as primers and reminders for daily use.

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



■ Present, The

The Gift that Makes You Happy and Successful at Work and in Life

By Spencer Johnson

Doubleday, September 2003

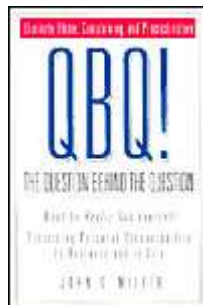
ISBN : 0385509308

112 pages



This book is a practical parable about a young man who has spent much of his lifetime searching for the elusive yet considered the most precious gift any man can ever receive-The Present. This engaging story narrates on the importance of living in the Now-the present moment. Spencer Johnson stressed that receiving and recognizing The Present can bring success and happiness to anyone's life. Discover how this precious gift can bring change into your life, work and career.

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



■ QBQ!

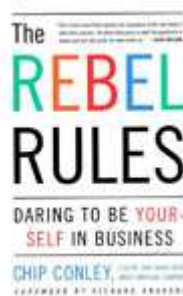
The Question Behind The Question

By John G. Miller
Denver Press, 2001
ISBN: 0-9665832-9-9
231 Pages



This book QBQ! advocates the practice of personal accountability in business and in life. It helps eliminate finger pointing or blaming, complaining, and procrastination. The lack of personal responsibility goes right to the core of the many problems people encounter each day. The Question Behind the Question or QBQ is a powerful tool that can be used to turn around peoples' thinking to ask personally accountable questions that will lead to improved business organizations and personal lives. By practicing QBQ thinking, things seem to run smoothly, and people have more fun and satisfaction.

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



■ Rebel Rules, The

Daring To Be Yourself In Business

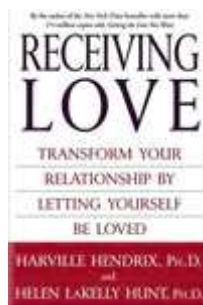
By Chip Conley
Published by A Fireside Book, Simon & Schuster New York 2001
ISBN: 0684865165
287 pages



The boy wonder of the American travel and hospitality business shares the secrets of his success. The characteristic traits of a rebel - passion, vision, instinct and agility- as illustrated by Virgin's Richard Branson, The Body Shop's Anita Roddick, and the author himself, are described here in a guidebook for today's daring new entrepreneurs.

The principles in this book apply universally to anyone who wants to create a humane and empowered workplace, whether you are from a nonprofit organization, in the government or a private business. A new kind of fast company leader is rising to power in the business world. Rebel leaders are rewriting the rules.

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



■ Receiving Love

Transform Your Relationship by Letting Yourself Be Loved

By Harville Hendrix, Ph.D. and Helen LaKelly Hunt, Ph.D.
Atria Books 2004
ISBN 0-7434-8369-3
285 pages

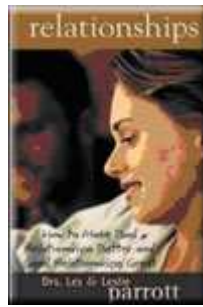


Bringing together two terribly flawed individuals doesn't necessarily mean that they will have a relationship that's just as flawed. In the same light, two different people who are doing well in life will not necessarily do as well when they're together. In a relationship, what matters more than each individual's personality and being is how they relate with each other.

Unfortunately, the divorce rate has increased to a heart-stopping 50-plus percent. Fortunately, however, this doesn't stop people from getting married, because they still believe. It's not that the marriage itself can't work, but it's how people perceive marriage that's not making it work.

In their book Receiving Love, Harville Hendrix and Helen LaKelly Hunt point out that there is hope in every relationship. No matter how wounded these individuals might be because of their not-so-fortunate past, there's still a chance for them to heal and grow, and have a real and genuine partnership.

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



■ Relationships

How to Make Bad Relationships Better and Good Relationships Great

By Drs. Les & Leslie Parrott

Christian Literature Crusade 2005

ISBN 971-789-087-0

310 pages



What is it that makes people happy? This age-old mystery leaves people dumbfounded. But really, it all boils down to a simple yet utterly complicated notion: Relationships. Whether you are four, or forty-four, or even eighty-four, you will always have this intrinsic longing to belong. No man is an island, was what was once said. This human need for being nurtured and taken care of does not really change as people age.

The complex nature of relationships is shown even in the basic family unit. The people closest to your heart or the people that you love the most, are actually the most capable of causing you the most pain. Even the friends that you trust the most can disappoint you when you least expect it.

Relationships can be confusing at times. Do birds of the same feather really flock together? Is out of sight really out of mind? The answer to all kinds of relationship question is, "it depends," because it really does depend on a lot of factors.

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



■ Relaxation for Health and Success

Stress Reducing Techniques for Confidence and Positive Health

By Sallyann Sheridan and Christina Waugh

Jaico Books, 2006

ISBN 81-7224-967-5

113 pages



Pressure affects everybody, regardless of what people do and how they go about it. It is *vital* to relax, and this book will show you how. You'll learn a series of simple relaxation techniques that can be used at home, at work – wherever you are. You will also learn how you can make your surroundings more relaxing, and how to prioritize the demands made on your time.

This book will help you discover the true benefits of relaxation – how to relieve your mind and body of the impact of internal and external pressures. You will discover there's a beneficial side to pressure and that by getting the balance right you can live a healthier, more successful life.

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



■ Rich Dad's Guide to Investing

What the Rich Invest In, That The Poor And Middle Class Do Not!

By Robert Kiyosaki with Sharon L. Lechter, CPA

Published by Warner Books 2000

ISBN: 0446677469

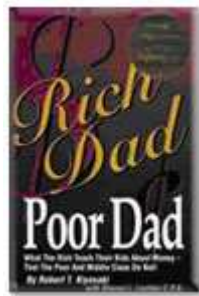
406 pages



Free yourself from financial hardship, have your money work hard for you, and retire at an earlier age so you can enjoy life and do the things that really matter!

Rich Dad's Guide to Investing is a long-term guide for anyone who wants to become a rich investor and learn how to invest in what only rich people can invest in. This is not a guarantee. It is simply part of your education as a business investor. You cannot just get rich quick, because that would be a guarantee you will lose your fortune as soon as you get it. Real long-term riches, the kind that keeps your children and grandchildren free from worries about money - this is the financial freedom that can be yours -but only if you do your homework and allow yourself to learn.

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



■ Rich Dad, Poor Dad

What the Rich Teach Their Kids About Money-That the Poor and Middle Class Do Not!

By Robert T. Kiyosaki wWith Sharon L. Lechter, C.P.A.

Published by Warner Books Ed., 2000

ISBN: 0446677450

207 pages



FINANCIAL LITERACY = FINANCIAL INDEPENDENCE

A true tale of two dads- one a highly educated professor, the other, an eighth grade dropout. Educated dad left his family with nothing, except maybe some unpaid bills. The dropout later became one of Hawaii's richest men and left his son an empire. One dad would say, "I can't afford it" while the other, asked, "How can I afford it?"

Rich dad teaches two boys priceless lessons on money, by making them learn through experience. The most important lesson of all is How to Use Your Mind and Time to create personal wealth. Free yourself from the proverbial "rat race". Learn to spot opportunities, create solutions and "mind your own business". Learn to make money work for you, and not be its slave.

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



■ Rich Kid, Smart Kid

Giving your child a financial head start

By Robert T. Kiyosaki with Sharon Lechter, CPA

Published By Warner Books 2001

ISBN: 0446677485

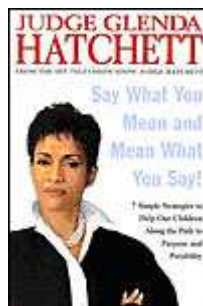
264 pages



This book is for parents who want to give their children valuable financial lessons which our educational system does not provide .

It may be the greatest gift of knowledge you can pass on to them, arming them with the business and money basics for a more secure future in an ever-changing economic environment.

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



■ Say What You Mean and Mean What You Say

7 Simple Strategies to Help Our Children Along the Path to Purpose and Possibility

By Judge Glenda Hatchett

HarperCollins Publishers, 2003

ISBN: 0060563087

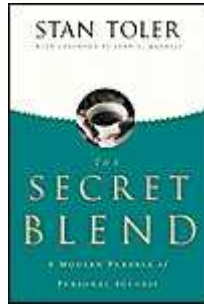
240 Pages



Who else is better suited to write a book on how to raise children correctly than Judge Glenda Hatchett? Aside from being a single mother of two boys, the judge also presides before one of the largest juvenile court systems in the United States. Her experiences as a judge has given her insights on how good children turn bad, and what parents can do to prevent this from happening. In this book, she shares her views on how to raise children and gear them towards success.

Judge Hatchett illustrates how positive involvement in your child's life can make a major difference. The judge also provides true-to-life courtroom anecdotes and gut-wrenching stories of what may befall your child should you choose to do otherwise. To make things easier, Judge Hatchett outlines seven simple strategies that you as a parent can utilize to help your child cross the path to purpose and possibility.

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



■ Secret Blend, The Modern Parable of Personal Success A Modern Parable of Personal Success

By Stan Toler
Waterbrook Press, 2004
ISBN: 1-57856-746-7
180 Pages



Have you ever felt a kind of emptiness despite your current achievements in life? Are you as rich as you really want to be? Joe is an advertising executive who is about to “make it big” but is still unhappy in the process. You may relate to Joe, the main character in this book, who finds himself in a most unexpected place — a coffee shop — and meets Mac. Through Mac, he learns, and so will you, about life from a cup of coffee. Through this aromatic brew, you will discover that the meaning of true wealth can be found not just in your material possessions and personal success, but more so in your friendships.

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



■ Secrets of Success, The Becoming a Leader

By W.G. Clifford
Infinity Books, 2003
ISBN: 81-87233-42-7
308 pages

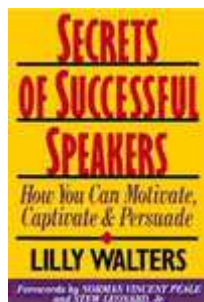


Ninety-five people out of every hundred are far greater than they realize. Most people, therefore, have great abilities – indeed, genius – within them that they don't even realize they possess. Why, then, can't most people recognize their innate skills and talents and qualities, let alone use these abilities to get ahead?

It's well-known that ability and conscious effort alone aren't enough to get a man ahead in life. Something else is needed – which is why not everybody who strives becomes successful at what he or she wants to do.

We need to learn to develop each and every one of our faculties as Nature intended us to do, in order to be successful.

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



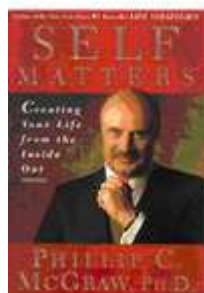
■ Secrets of Successful Speakers How You Can Motivate, Captivate & Persuade

By Lilly Walters
Published by McGraw-Hill, Inc., 1993
ISBN: 0070680345 216 Pages



This book is an excellent resource for anyone who needs to learn effective techniques for public speaking. Walters has compiled quotes and advice from dozens of well-known speakers such as Steve Allen, Ken Blanchard, Tony Robbins and others. These ideas are interwoven around Walters' categories for preparing for a speech, overcoming stage fright, motivating an audience, etc. Some of the advice below is written first-person as given from the expert ("I cure stage fright by -").

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



■ Self Matters

Creating Your Life From The Inside Out

By Phillip C. McGraw, Ph.D.

Free Press, 2003

ISBN: 0 74322423 X

ISBN: 0 74322725 5

314 Pages

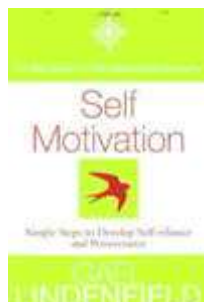


The definitive psychologist for the masses, Dr. Phil McGraw draws up a very simple made-for-Oprah-TV-audience book that teaches you how to turnaround your life by figuring out your self-concept and personal truths. Your self-concept stems from your life's Ten Defining Moments, Seven Critical Life Choices, and Five Pivotal People who have shaped who you are today.

Oprah's favorite doctor, "Tell-it-like-it-is" Phil, injects refreshing "regular Joe" talk and his own personal stories to illustrate his points. How does one re-create a life from the inside out? First, stop taking your cues from external factors or other people. You have to take responsibility for the mess that is Your life. You are the one who chose to live this way, and nobody can choose for You.

Dr. Phil takes readers through a tough self-examination, with workbook-style exercises to help you remember the origin of your fears, think about the choices you've made, and acknowledge the painful truths about yourself, no matter how uncomfortable the process may be. If you need to redirect your life path towards one that is more satisfying and more in tune with your authentic self, Dr. Phil will help peel away the layers, and help fix your life. With over two million copies sold, this New York Times Bestseller answers the growing demand from many who may feel lost, stuck, and in need of reclaiming their authentic selves.

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



■ Self Motivation

Developing Self-Reliance, Persevering With Challenges

By Gael Lindenfield

Published by Thorsons, London, 2000

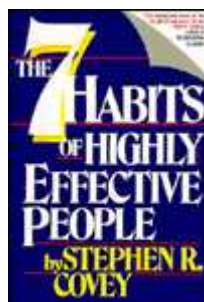
ASIN: 0722540213

256 pages



Gail Lindenfield is a well-known British author who has written several self-help books. In Self Motivation, she does a good job of going over many aspects of self development and she provides solutions to a variety of everyday problems.

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



■ Seven Habits Of Highly Effective People, The

What Your Teacher Never Taught You, Because Your Teacher Never Knew

By Stephen R. Covey

Simon & Schuster New York

ISBN: 0-671-66398-4 360 Pages

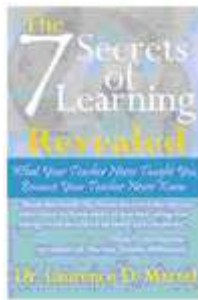


Do you change the world, or do you change yourself, and the way you view the world? In this book, Stephen Covey talks about powerful lessons in personal change and argues that the personal premise towards the path to effectiveness starts from within. Perception is key to personal change. Change is a catalyst for continuous improvement, and without change, improvement cannot take place.

To effect change one must assess personal principles and paradigms that run deeply entrenched within a person. Principles and paradigms govern a person so an honest and careful assessment is called for.

The Seven Habits of Highly Effective People presents an "inside-out" approach to effectiveness that is centered on principles and character. "Inside-out" means that the change must start from within, moving through a paradigm shift towards a new level of thinking, feeling, and empowered interdependence reflected through actions.

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



■ Seven Secrets Of Learning Revealed, The What Your Teacher Never Taught You, Because Your Teacher Never Knew

By Dr. Laurence D. Martel

Published by Cameo Publications; (August 15, 2003)

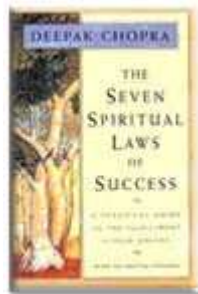
ISBN: 0-9715739-8-0

336 pages



In an environment that takes learning for granted, Dr. Martel outlines the key points to achieving optimal learning. First, introduce learning from a new perspective: identifying the factors, methods and tools that will improve learning and then putting all these factors into a model that will be the blueprint for high performance -creating success in the community.

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



■ Seven Spiritual Laws Of Success, The A Practical Guide To The Fulfillment of Your Dreams

By Deepak Chopra. M.D.

Published by Amber-Allen Pub 1995

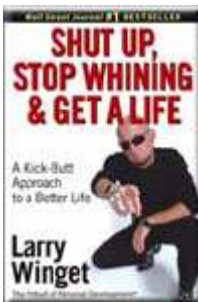
ISBN: 1878424114

115 pages



Dr. Deepak Chopra is a well-known author of more than 25 books. He is one of the leading spokespersons for a growing movement of physicians who are combining modern Western medicine with ancient Eastern healing methods. Chopra was formerly the Chief of Staff at Boston Regional Medical Center, and he has taught at Tufts University and Boston University Schools of Medicine. The Seven Spiritual Laws of Success is a short but insightful book that explains how simple actions can make a big difference. Some parts of it may appear abstract to those who have not experienced Eastern philosophy.

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



■ Shut up, stop whining & get a life

A kick-butt approach to a Better Life

By Larry Winget

John Wiley & Sons, Inc., 2004

ISBN: 0-471-65465-5

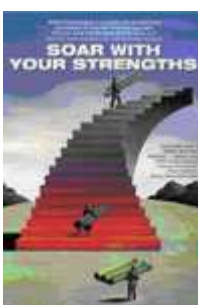
255 pages



This book identifies different approaches to gain fulfillment and happiness in life, both personally and professionally. It explains in detail the reasons behind living a stressful and unhappy life and it gives suggestions on how to improve one's way of living. It shows how your personality is being reflected in your actions. It also tackles how to have a better relationship with the people around you especially the people you love.

There are many true-to-life examples in this book that will shed more light on the topic being discussed. It helps you realize where you are in terms of happiness and balance in life. It fully makes you aware of your personality and how you should deal with the problems and trials that will definitely come your way.

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



■ SOAR WITH YOUR STRENGTHS

By Paula Nelson and Donald Clifton

Dell Publishing, 1995

ISBN:044050564X

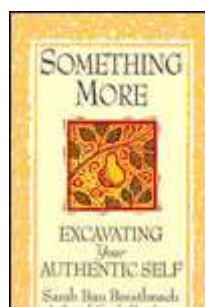
193 Pages



You were probably taught at a very early age that it is important to focus your energy on overcoming your weaknesses. During high school, if you had a natural flair for language, but could not cope with simple math problems, you would have been given remedial classes in math. Your strength in language would have been ignored - after all, you're good at it already. Why practice something you're already strong at?

Authors Donald Clifton and Paula Nelson urge you to fix this unreasonable obsession on overcoming weaknesses and instead succeed in life by harnessing what you already do best.

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



■ Something More

Excavating Your Authentic Self

By Sarah Ban Breathnach

Published by Warner Books, 1998 Edition

ISBN: 0-446-52413-1br>352 pages



pdf mp3 pda html

Sarah Ban Breathnach takes you in a journey to your past lives - as a child, as a teenager, as a young adult. She encourages you to become archaeologists of yourself for the moment. Dig up the past and rediscover your dreams, your hopes, your earliest ambitions, your loves and even your fears.

This book recognizes every individual's need to fill that empty void in his life. Everyone, regardless of whatever state of material fulfillment he is currently in, has this quest to find that something more in his life. Through some enriching activities tucked at the end of each chapter in this book, you will be guided towards the real path in your journey to find your authentic self.

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



■ Story Factory, The

Inspiration, Influence, and Persuasion through the Art of Storytelling

By Annette Simmons

Perseus Books Group, 2002

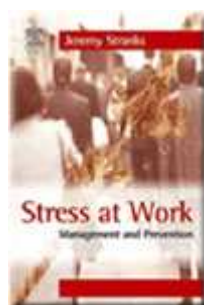
ISBN: 0738206717 247 Pages



pdf mp3 pda html

If business maxims, linear sequences or step-by-step business models are beginning to sound stale, or are falling on deaf, unresponsive ears, maybe it is time to try out a different approach in doing business and managing people. In The Story Factor, Annette Simmons shows an alternative way to reach out and influence colleagues — the old art of storytelling.

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



■ Stress at Work

Management and Prevention

By Jeremy Stranks

Elsevier Butterworth-Heinemann, 2005

ISBN:0-7506-6542-4

243 pages

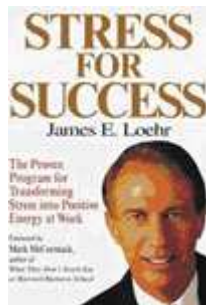


pdf mp3 pda html

Everybody gets affected by stress, more often in a negative way. And aside from personal life, stress is becoming an issue in the workplace, resulting to problems not only within oneself, but also affecting the whole working environment. A study by the Health and Safety Executive (HSE) proves that about three percent of the gross national product of the UK economy is affected by stress.

Stress at Work outlines the meaning of stress, its roots and how different people react to it in different ways. This book would be of much help to the managers. Here, they could learn ways to prevent, or at least, alleviate stress in their work environment, to help their employees cope with it and likewise, preventing possible stress related problems. This book is also of use to HR professionals, and the employees to better understand the situation and help themselves cope with stress better.

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



■ Stress For Success

The Proven Program for Transforming Stress into Positive Energy at Work

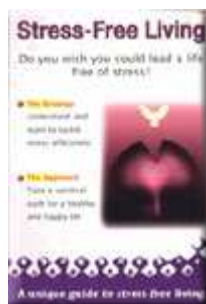
By James Loehr
Crown Business, 1997
ISBN:0812926757
260 Pages



If you think you know everything there is about stress, think again! This book, *Stress for Success*, gives you fresh knowledge to dispel the myriad myths and misconceptions you have learned about stress. In this New York Times bestseller book, James Loehr reveals that stress is not an enemy but an ally that can help you improve on your performance in all your endeavors.

Loehr utilizes insights culled from his extensive experience in sports psychology. He comes up with the idea of the corporate athlete. As a corporate athlete you should train hard in order to achieve your Ideal Performance State (IPS) in the corporate arena. Reading this book will prime up and reveal the resilience of the corporate athlete hiding inside of you. This book will transform the way you think, feel and act towards stress. *Stress for Success* offers a step by step program that will help you achieve maximum levels of productivity, health and happiness.

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



■ Stress-Free Living

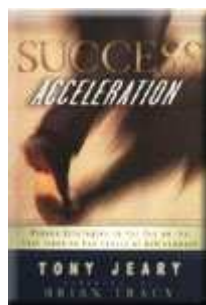
A unique guide to stress-free living

By M M Walia
New Dawn Press Group, 2005
ISBN 1 84557 125 8
95 pages



Stress is perhaps the number one problem bothering almost everyone today – the haves as well as the have-nots; the growing and the grown-ups also, as well as the successful and not-so-successful. Stress and stress-related ailments are major scourges of people from all over the world. As a result, 'stress management' has become a rather popular training and development program.

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



■ Success Acceleration

Proven Strategies to Put You on the Fast Track to New Levels of Achievement

By Tony Jeary
Lighthouse Books, 2003
ISBN 971-834-73-4
185 pages

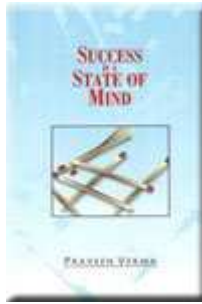


Most people have an innate desire to be successful in every area of their lives – personal, family, and business. Thousands of books and articles have been written on the subject. Resources abound on how to be a successful investor, a successful writer, a successful parent, a successful spouse – a successful anything. With so much material available, it is interesting to consider why success still eludes so many.

In many cases, what is lacking is a willingness to do what is necessary to change for the better. Without this, no amount of resources can effect positive change.

The premise of success acceleration, therefore, is that the process of achieving success can be expedited if one is *willing to change*.

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



■ Success is a State of Mind

By Praveen Verma
 Wisdom Tree, 2004
 ISBN 81-86685-71-5
 208 pages



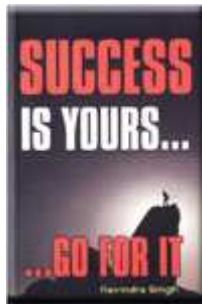
There are three kinds of people – or perhaps it would be better to say that everyone falls into one of the following categories:

- Those who wait for things to happen
- Those who make things happen
- Those who wonder what's happening

Under which category do you fall? This is a question everyone needs to be able to answer, success and excellence are most likely to come to those who fall into the second category. But that is not to say that if you happen to fall under either of the other two, success is automatically out of your reach.

Your state of mind can help you orient yourself to success in this game called life. Success is really no more – and no less – than a state of mind.

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



■ Success Is Yours... Go For It

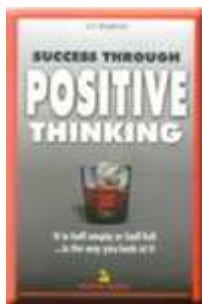
By Ravindra Singh
 Jaico Publishing, 2005
 ISBN 81-7992-346-0
 160 pages



The 21 st century will most certainly see the unfolding of a period of incredible developments, new challenges and great opportunities. In this emerging scenario, success will only come to those people who equip themselves with a positive attitude, commitment to the pursuit of excellence and the zeal and enthusiasm to seize the initiatives and opportunities which come their way.

Success is for everyone. Success is by choice, not by chance.

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



■ Success through Positive Thinking

It is half-empty or half-full ...it's the way you look at it

By S.P. Sharma
 Pustak Mahal, 2003
 ISBN 81-223-0074-X
 176 pages



The difference between success and failure in just about any endeavor is purely a matter of attitude. Any occasion can be seen as a good or a bad one; it is entirely up to one which viewpoint to take. Every moment in life throws up bouquets as well as brickbats, depending on one's attitude.

A parallel point is that each and every problem is also a hidden opportunity which anyone can discover and take advantage of – provided, that is, that one has the right attitude to uncover it in the first place. If said problem cannot be seen as an opportunity, it simply cannot be taken advantage of in that way.

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■ Sun Protection

By Marie Borrel
Hachette Illustrated UK, 2005
ISBN 1844301354
128 pages



Nature has endowed men with innumerable gifts to provide their needs and to enjoy life. One of which is the sun. While it is true that the sun plays a vital role in man's daily life of work and leisure, the rule has always been to enjoy anything in moderation. Sooner or later, one's carelessness will take its toll. The ill-effects of overexposure to the sun cannot be discounted. Countless articles have been written, constantly reminding people to protect themselves. What more at this age when the ozone layer can no longer protect men from the sun's harmful rays.

The book presents an array of tips for sun protection ranging from natural solutions such as herbal medicine, simple exercises, healthy eating and relaxation to scientifically proven suncare products such as lotions, creams and tablets. While it is good to know that most of the solutions come in handy, most people may not be aware that protecting oneself does not happen only minutes before you step out of your houses and hit the beaches, countryside or mountains. The author will walk you through as you prepare yourselves months before going out in the sun, when you're in the sun, and once you have returned from your holidays.

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■ Survival For Busy Women

By Emilie Barnes
OMF Literature; 2006
ISBN 978-971-511-946-7
287 Pages



For many women today, the daily demands of family life and work can be overwhelming. They find themselves so busy that there is no time for daily chores, children, and themselves.

If you can relate to this struggle, "Survival for Busy Women" by home management expert Emilie Barnes is for you. The books helps you discover how you can have more time for family and friends, eliminate household clutter, create special family times, and manage your home better.

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