|  |
| --- |
|  |

NAME;Rabecca Mellap Khahoya

INSTITUTION;AkiraChix

Task;Writing A Book

DATE OF SUBMISSION;Friday

THE SUCCESSFUL PRINCIPAL

FOREWORD

Cycling T our race in the Pyrenees,qualified for the World Master’s Cycling Championship,and been prolified in Men’s Health magazine.

Ofcourse, beyond business success and professional accomplishment are those readers whose entire lives have changed because they implemented the principles in this book.

Heather O’Brien Walker,whose sustained a devastating brain injury in a warehouse accident at work,first heard The Success Principles from her hospital bed as her fiance’ read them a loud during Heather’s 30 days of rehabilitation.Though she couldn’t walk or talk-or even function normally-she began to visualize her wedding day and made walking down the aisle her breakthrough goal.The process of learning to walk again was grueling.But today, Heather has not only recovered but also shares her message of overcoming adversity through speaking engagements and her book, Don’t Give Up,Get Up.

Akshay Nanavati,an ex-Marine who was diagnosed with post-traumatic stress disorder upon his return from Iraq,is using the principles to beat the condition.His dream?To run across every country in the world, border to border ,over the next 25 years –not only as a way to inspire others, but also to give himself the inspiration to get up and take action everyday.

And Lewis Pugh of Great Britain is the only person to have completed a long-distance swim in every ocean of the world.Over a period of 27 years he has pioneered swims in the most hostile waters on earth including the Antarctic,the Northpole , and the Himalayas and developed an understanding of the beauty and fragility of life and its many ecosystems. Millions have viewed his talks at TEDGlobal and he campaigns tirelessly for the legal framework governing oceans.In 2013, the United Nations appointed the maritime lawyer as patron of the Oceans. And yes, he’s Success Principles reader,too.

With stories like these – and thousands more that have poured in –when it came time to prepare the 10th Anniversary Edition of The Success Principles, I quickly realized that I could produce an entire companion book filled with just the inspiring and fascinating stories we’ve received from readers over the last decade.Countless others have used what they learned to become bestselling authors,start businesses,purchase investment properties ,get married,lose weight, achieve professional honours, get job promotions, travel the world, get out of debt,raise amazing kids,and so much more.

But while many of these readers knew exactly what they wanted to achieve when they picked up their copy of The Success Principles, many more didn’t.For some readers ,achievement seemed so far away that their only “want” was for life to simply get better.

Forest Willett was one of those readers.

At 31 years old, Forrests’s life was right on track.He owned three homes and seven businesses.He’d been married for seven years to a beautiful woman and had a 2-year-old son.He was on top of the world.That is,until his world turned upside down.Literally. He was in an automobile accident that threw his car end-over-end three times,leaving him with a catastrophic brain injury.

Suddenly, Forrestt found himself incapable of doing even the simplest tasks- with his beautiful wife now teaching him to brush his teeth and comb his hair.Although he knew was lucky to be alive ,he began to spiral faster and faster into a deep pit of depression,anger, and despair.

In the beginning, like a stroke survivor, he had difficulty conversing on even the most basic level.His humiliation rendered him housebound, and soon, fatigue and apathy dominated his existence.For hours, Forrest lay on the sofa, sleeping or watching television.The doctors, his speech therapists, his occupational therapist, his physical therapist –essentially all of the experts- told him that returning to a productive life with the promise of success wasn’t possible.So Forrest gave up all hope of ever having a normal existence –let alone a life that fulfilled his dreams.

Then one day, as he lay in bed, numbly surfing the TV channels,the words, “If you want to get from where you are, to where you want to b…”caught his attention. Forrest sat up enough to focus on what the news anchor was saying. “Jack Canfield was coming up next” to discuss his book The Success Principles.With the smallest spark of hope ignited, Forrest bought the book they were talking about –the first edition of The Success Principles, which was over 400 pages.At the time,Forrest was just learning to read his son’s books –a 35-year-old man reading books for a kindergartener.His speech therapist thought a 400-page-book was being overly ambitious.But Forrest was more than ready to get from where he was to where he wanted to be.

And so, he began his journey.

In the beginning, reading even a single page was slowly and laborious.

Though he was motivated, Forrest began to wonder if his therapist had been right.Maybe he was being overly ambitious.