

The 10 Skills of Highly Successful People

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(Dr. Jarrett Bednar)

THE 10 SKILLS OF HIGHLY SUCCESSFUL PEOPLE



The Liffey Press, Ireland, 2006. Paperback. Book Condition: New. 230 x 156 mm. Language: English. Brand New Book. The 10 Skills of Highly Successful People provides practical guidance on how to live a successful and fulfilling life. Success does not mean fabulous riches or fame, but rather achieving the financial means that allows you to live in a purposeful and contented way. The book is organised around the acronym OPTIMISTIC, which will help you to memorise and recall the skills you need to grow and develop in order to realise your dreams. These skills are soundly backed up by the best psychological research currently available. Optimistic stands for: Objectives - provides the vision, purpose and goals that give your life direction; Plans - provides the structure to help you achieve your objectives; Tenacity - determination, perseverance and patience are essential for success; Integrity - being honest, truthful and fair are vital to enjoying a happy life; Motivation - the driving force which propels you towards your goals; Interpersonal relationships - getting along with others is a critically important skill; Self-esteem - love and respect yourself if you expect others to do so as well; Thinking positively - see the glass as half full rather than half empty; Improvement - successful people continually develop and improve themselves; and, Control - self-discipline, emotional intelligence and a healthy work/life balance will help you to stay on track. A separate chapter is devoted to each of the 10 skills with real-life examples, inspirational quotes and stories, evidence from the best research available and practical advice to facilitate the journey to a happy and successful life. In addition, each chapter has mind maps to help remember the material as well as a success quotient test to make the text fun and interactive.



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