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Upside: A Guide to Achieving Your Unique Potential in Life

By John Gregory Vincent

John Gregory Vincent, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Written by retired Navy Command Master Chief, submarines, John Gregory Vincent this book just received a strong, positive review from Kirkus Review. Read it below: Vincent's self-help debut challenges readers to find peace in a focused, one-life approach to living. The author had a 20-year career in the U.S. Navy and personal battles with divorce, debt and alcoholism before he became a keynote speaker, productivity expert and inspirational author. He's a firm believer that almost every influence in our lives encourages us to be anything but unique, and in this book, he offers a series of questions and life lessons to help the reader find his or her purpose. One-size-fits-all fits no one, he asserts. Early on, he suggests that readers build lists of their skills (combination[s] of experience and knowledge) and their talents (the innate abilities that allow you do things well the first time you do them) and use these lists to help figure out their unique potential. In other chapters, he explores the importance of accountability and...



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