

TELL ME, WHY DID I READ THIS BOOK? – THE REAL FOLLOW-UP EXERCISE:

Now that you've read this book, take one more step for your personal development. Are you ready? Good. Go back and review the results of the exercises. What? You didn't do all of the exercises? Well, that's OK, but now it's "catch up" time. Review the exercises from each chapter or do them for the first time. Read them over with the mindset that you are ready to take action and be a happier, more fulfilled you.

To get the most value from this book, commit to redoing at least one exercise each week. You'll find that, as you refresh the concepts and activities in your mind on a regular basis, you will continue to transform.

I hope that you find yourself increasingly more productive, more relaxed, less stressed and closer to the people around you. Remember, the time to take action is NOW.