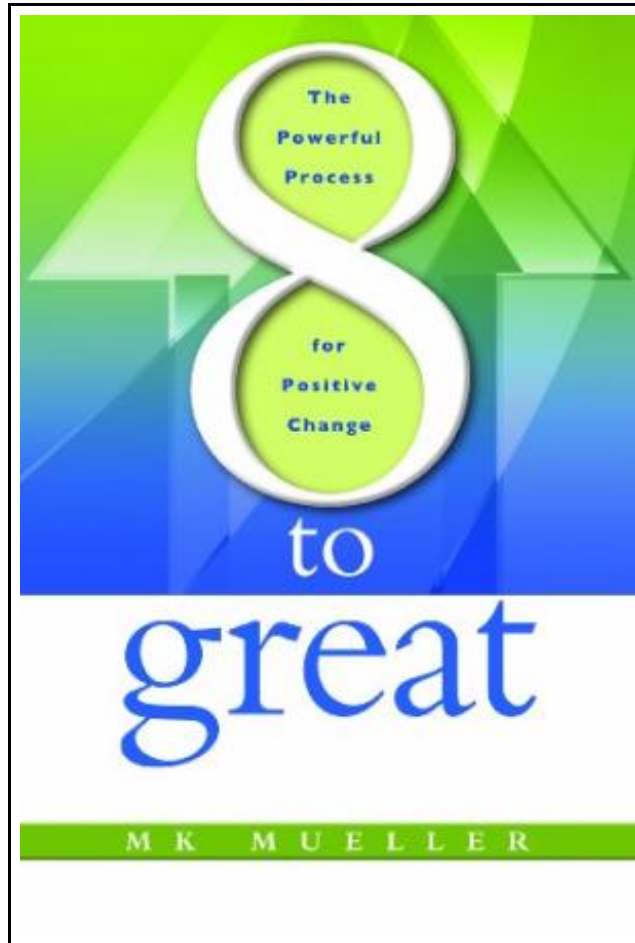


## 8 to Great: The Powerful Process for Positive Change



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Insight Enterprises Inc, 2010. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. The 8 High-Ways of 8 to Great 8 to Great is a process that people all over the world are now using to lose weight, find a better job, improve their relationships, make more money and find greater peace. It is the process used by the lead character in every true story film, such as Rudy or Pursuit of Happiness. Whether you want to become a great friend, a great artist or a great athlete, the process is the same: 1) Get the Picture Visualizing the outcome until it feels good is the first step to any dream or goal. Once youre clear on your destination, keep thinking about it until you can get excited by what it will be like. Then, from that good-feeling place, the next step will reveal itself as surely as the next yellow brick showed up on Dorothis road to Oz. Visualize yourself getting the diploma, driving the new car, or laughing with loved ones. Itll take you straight to "95" on the Power Pyramid.2) Risk Once your dream starts to take shape, your next step will be to take a risk to follow it. Cowards have the same amount of fear as heroes, but while cowards use their fear as an excuse to stay stuck, heroes feel the fear and do it anyway. Whether its the risk of telling the truth or pursuing a dream, the bigger the risk, the bigger the reward. Risking is letting go of security as the world defines it for a larger safety netbeing true to yourself. Risk is never running from (our fears)its always running to (our dreams), so ask yourself, "If I had no fear, what would I do?"...



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