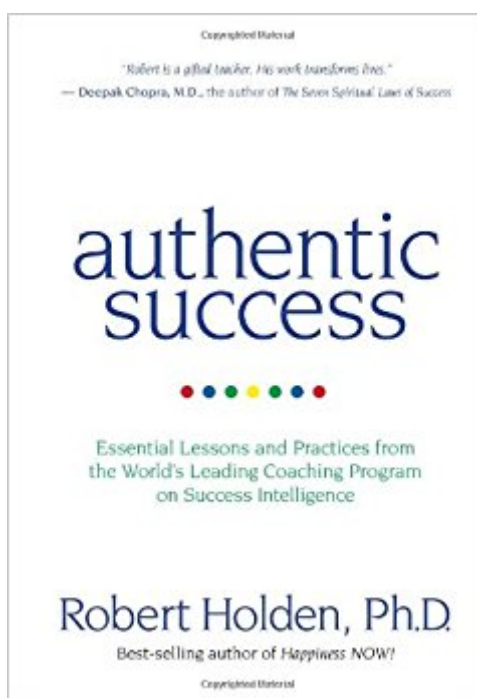


The book was found

Authentic Success: Essential Lessons And Practices From The World's Leading Coaching Program On Success Intelligence



Synopsis

Previously released under the title Success Intelligence
Are you living a successful life? Have you got a vision? Do you enjoy your work? Are your relationships thriving? Authentic Success examines how to enjoy real, soulful success while living in a manic, busy, and hyped-up world. Robert Holden is the creator of a unique program called Success Intelligence used worldwide by artists and writers, entrepreneurs and leaders, and also global companies and brands such as DOVE, the Body Shop, the BBC, and Virgin. This landmark book is an invaluable guide to genuine success and happiness. The themes of Authentic Success include:
Creating a vision for your life, work, and relationships that doesn't get lost in sick hurry.
Identifying what the REAL YOU really wants, and discovering the real purpose of your life.
Freeing your mind, liberating your talent, and attracting more effortless success.
Conducting a Busyness Audit, giving up Destination Addiction, releasing dysfunctional independence, and overcoming your fear of success.
Learning why happiness is the key to greater inspiration, creativity, and meaningful success.

Book Information

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Customer Reviews

Robert Holden, Ph.D., is the director of The Happiness Project and Success Intelligence. His innovative work on happiness and success has been featured on Oprah and in two major BBC-TV documentaries, The Happiness Formula and How to Be Happy, shown in 16 countries to more than 30 million television viewers. He is the author of the best-selling books, Happiness NOW!, Be Happy, and Shift Happens! He lives in London with his wife and daughter.

Another wonderful book by Robert Holden. Given that I had already read Happiness NOW!, a lot of his ideas were already familiar to me. But these ideas are so important that they bear repeating, and so I don't think that reading this along with other works by Holden is in any way a waste of time. In fact, I think I got more out of this one because I had read it already, because his approach to success is very much based on his ideas about happiness. Basically, happy people are more naturally successful. While Happiness NOW! was more philosophical in nature, this one has a more practical outlook. It's filled with exercises and tips on how to find what success really means to you, and then taking action. It forces you to look at your fears and at your deeply conditioned thoughts and beliefs about success and all its related elements. A book, by itself, will never change your life, just like money by itself cannot make you happy. So unless you're willing to sit down with yourself and do the work, you probably won't reap all the benefits that this book can provide. This book was well-structured, with tons of examples from a variety of sources like clients, seminars and other writers (including other psychologists, novelists, poets and philosophers). But, most of all, it's Holden's own deep belief in what he preaches that convinces me. You can feel his commitment to his subject through every word, and he doesn't seem like the hypocritical "do as I say, not as I do" type. One chapter that especially touched me was the one about Money Sickness. I was on the edge of tears throughout. But if you want to know what he says about it... you'll have to read the book. I think that it should be read with an open mind and a desire to become a better person.

Fantastic, on my second read, it is even better and more helpful than I remembered. Thank you for writing this Robert.

Excellent. I reread Robert Holden's books and discover fresh insights. He is funny and profound. He gives practical exercises that the reader can use to discover new ways of thinking and viewing life. I highly recommend this book and his others, for people who want deeper answers to finding meaning and joy in life.

Outstanding book in the presentation of what is really authentic success. Our definition and understanding of what success really means defines our journey. While setting and achieving goals is important, success is not at the end of the road, or necessarily tied to a net worth or title. Authentic success is about what really gives our lives meaning day in day out.

Another brilliant book by one of my favourite teachers and authors. Authentic Success is a must read for anyone who really wants to understand what true authentic success is and how to access it!! All you have to do is give yourself permission and Robert guides the way.

If you are looking for success, you will find it but maybe not quite how you expected; well that was how it was for me. I also did a follow on course with Chris Morris which was also a real eye opener.

Practical and inspirational.

Amazing book - highly recommended!!

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