



Are YOU Ready to Succeed?: Unconventional Strategies for Achieving Personal Mastery in Business and Life

By Srikumar S. Rao

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This book draws from the teachings of the world's greatest Masters and can thus lead you to both material success and spiritual growth. The secrets revealed and exercises provided can propel you to levels of success that you perhaps only dreamed about. Here is what is in store for you: * How to turn your biggest critic into your strongest ally – page 35 * Where your stress really comes from and the four steps to eliminate it – pages 86-89 * Use this method to weather tragedy and become stronger than you ever thought possible – pages 150-151 * A surprisingly easy way to eliminate blame and guilt from your life – page 119 and on. * Never be swept away by despair again. Here is how – pages 52-55 * The problem is not your expectations. The problem is what you do when your expectations are not met – page 83 * Stone walls do not a prison make. THIS is what really keeps you a prisoner – page 98 * Improve your life instantly. Powerful exercise shows you how – pages 26-30 * This is how you sabotage yourself day after day. STOP doing it! – pages 15-19 * This is why your life is so full of angst and sorrow – pages 105-107 * Little known secret that greatly increases the probability that you will reach your goal – pages 110-113 * All transformation begins with this, and only this – page 52 * The two biggest obstacles on the path to creating your ideal life – pages 11-12 * You really can build your ideal life. Here's how – pages 22-25 * The secret to getting help from the Universe every time – pages 76-79 * It's what inside you that hurts you! Here is how to start changing it – pages 139-141 * Two simple exercises that take only minutes per day and bring joy flooding into your life – page 92, 113 * How changing your focus can change your world – page 66 * Are you really free? The answer may surprise you – pages 98-100 * The immutable law that programs your actions and how to seize control of it – page 123 * The three necessary levels of change – page 4 * Don't expend effort needlessly. Try this instead – page 76 * A simple method to keeping a positive attitude – page 52 * Forget everything you've ever learnt about networking. Here is how you can create mutually beneficial and long lasting relationships – page 136 * What really controls your relationships? Try this simple exercise to find out – page 18 * The vital distinction you MUST make to begin your transformation – page 22 * How to dramatically cut down the negativity in your life – page 39 * The mental trap

that keeps you stuck in unpleasant situations – page 44 * Do ‘bad things’ happen to you? Perhaps not! – pages 84-85 * Increase your productivity by dropping destructive habits – page 115 * Learn to harness several universal laws of nature to get exactly what you need at precisely the right time – pages 122-130 * What if you could manifest miracles every day – some so earth shattering that you might not believe your eyes? – begin the process on page 71 Register at www.theraoinstitute.com for more tips.

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Editorial Review

From Publishers Weekly

Based on the course Creativity and Personal Mastery that Rao teaches at Columbia Business School and Long Island University, this Buddhism-inspired self-help book promises readers the tools to effect fundamental life changes and find inner peace. At its heart, this is a case of Eastern philosophy leading Western MBAs along the path to self-improvement and corporate enlightenment, with a kinder and more productive working world as the ultimate goal. Rao narrates with waves of parables ("When you have one eye so firmly fixed on the goal, you have but one eye left to find the way") and introspection exercises—all designed to help executives find "effervescent joy" and discover their "purpose in life." Rao's techniques require an open mind and a belief in a "benevolent Universe" and in the notion that the negative things that happen to people are more often a matter of errant mindset and misinterpretation than reality. Will any of this actually lead readers to a higher level of self-enlightenment and make them happier at work and in life? As Rao writes, regarding the possibility of a universe that looks out for the well-being of its denizens: "Maybe yes, maybe no. Who knows?" (Jan.)

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Review

"It is a forum for self-exploration, meant to help future business leaders define their personal ethics and goals." -- *New York Times*

About the Author

Srikumar Rao is a best selling author, TED speaker, consultant and coach who has helped thousands of entrepreneurs and executives achieve quantum leaps in their personal and professional lives.

www.theraooinstitute.com

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Connie King:

Playing with family within a park, coming to see the water world or hanging out with friends is thing that usually you could have done when you have spare time, after that why you don't try thing that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Are YOU Ready to Succeed?: Unconventional Strategies for Achieving Personal Mastery in Business and Life, you may enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh seriously its mind hangout guys. What? Still don't have it, oh come on its known as reading friends.

Megan Snyder:

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