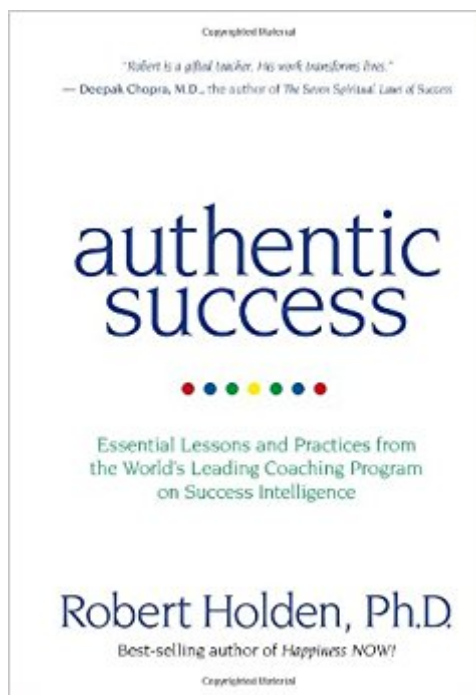




The book was found

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

Paperback: 408 pages

Publisher: Hay House; 4th ed. edition (April 1, 2011)

Language: English

ISBN-10: 1401928242

ISBN-13: 978-1401928247

Product Dimensions: 6.1 x 1.1 x 8.9 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 9 customer reviews

Best Sellers Rank: #99,768 in Books (See Top 100 in Books) #8 in Books > Science & Math > Mathematics > Pure Mathematics > Set Theory #630 in Books > Science & Math > Mathematics > Applied > Probability & Statistics #795 in Books > Business & Money > Business Culture > Motivation & Self-Improvement

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!!

[Download to continue reading...](#)

Authentic Success: Essential Lessons and Practices from the World's Leading Coaching Program on Success Intelligence Emotional Intelligence: Why You're Smarter But They Are More Successful (Emotional intelligence leadership, Emotional Quotient, emotional intelligence depression, emotional intelligence workbook) Emotional Intelligence: Why it can matter more than IQ (Leading with Emotional Intelligence) Emotional Intelligence: 3 Manuscripts - Emotional Intelligence Definitive Guide, Mastery, Complete Step by Step Guide (Social Engineering, Leadership, ... (Emotional Intelligence Series Book 4) Life Coaching: Complete Blueprint to Becoming a Powerful Influential Life Coach (Life coaching, Life improvement, positive thinking, coaching, better leadership, goals, consulting) Life Coaching: Life Coaching Blueprint: Save a Life One Person at a Time (Bonus 30 Minute Life Coaching Session - How to Motivate, Inspire, Change Your Life) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) The Senate Intelligence Committee Report on Torture: Committee Study of the Central Intelligence Agency's Detention and Interrogation Program Emotional Intelligence: How to Master your Emotions, Build Self-Confidence and Program Yourself for Success (Emotions, IQ, Success, Skills, Tricks,) Emotional Intelligence: How to Increase EQ, Interpersonal Skills, Communication Skills and Achieve Success (emotional intelligence, emotions, how to read ... problem solving, communication Book 3) Co-Active Coaching:

New Skills for Coaching People Toward Success in Work and, Life Leading with Cultural Intelligence: The Real Secret to Success Survival Guide for Coaching Youth Basketball: Only the Essential Drills, Practice Plans, Plays, and Coaching Tips! Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes ::: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils) Building a World-Class Compliance Program: Best Practices and Strategies for Success Coaching Girls' Softball: From the How-To's of the Game to Practical Real-World Advice--Your Definitive Guide to Successfully Coaching Girls Coaching Better Every Season: A Year-Round System for Athlete Development and Program Success Coaching for Performance: GROWing Human Potential and Purpose - The Principles and Practice of Coaching and Leadership, 4th Edition Writing Classified and Unclassified Papers for National Security: A Scarecrow Professional Intelligence Education Series Manual (Security and Professional Intelligence Education Series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)