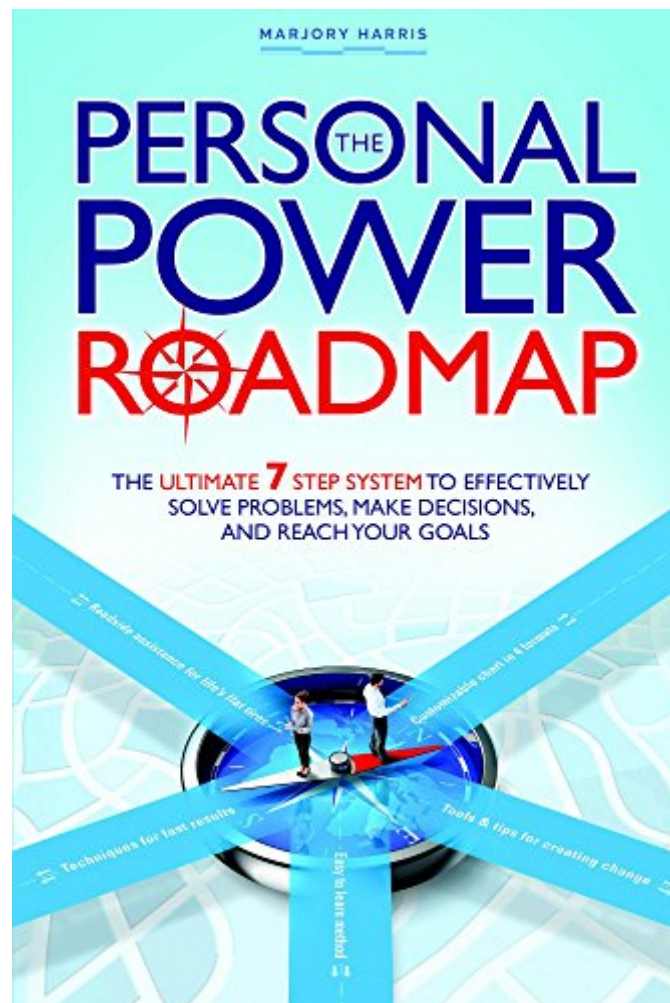


The book was found

The Personal Power Roadmap: The Ultimate 7 Step System To Effectively Solve Problems, Make Decisions, And Reach Your Goals



Synopsis

Make Great Decisions with Confidence and Clarity – Every Time Whether it's deciding on a career or relationship change, or wanting to increase your income, lose weight, remodel the kitchen, or clean out the garage, any goal that takes more than a few easy steps can lead to paralyzing fear, overthinking, and procrastination. Have you ever wondered why some people know how to make big changes quickly and get big things done while others, maybe you, are struggling to make decisions? What if your struggling over how to solve problems and reach your goals isn't because you lack what it takes, but rather just because no one showed you the right system to make great decisions? We all were born with the tools for problem solving, but not the directions. The tools are three essential skills you will learn to hone in this book. The directions are in this book. If you're like me and most other people, you learned at random in the School of Hard Knocks. Sometimes it worked out OK, but often you were left wondering, isn't there a better way? Learn One Method, One Time, and Forever Overcome Any of Life's Most Difficult Challenges You're about to discover a 7-step process that allows you to confidently break through your toughest problems by relying on proven, practical methods for great decision making rather than blind luck or theory. Using the 3 Essential Skills you were born with, the START NOW questions in this book, the Personal Power Roadmap chart, and the easy-to-learn exercises and techniques in this book, you'll finally have a fool-proof system for more creativity, clarity, and motivation on-demand for successful problem solving. The Ultimate Guide to Effective, Practical Problem Solving, Decision Making, and Goal Setting This resource for individuals, managers, students, and corporate training programs is a proven system for turning life's problems into successful solutions, in your business and personal life. In this book, you will learn... A 7-step system to use on every problem or goal to gain clarity and maintain focus on exactly what you need to do. How to tap into your 3 inner problem solving skills with simple exercises and techniques. A method that is action oriented, not theoretical. How to be proactive, not just reactive. How to develop and maintain focus. The powerful START NOW questions that get you the clarity you need to be successful and achieve your goals. 10 common mental deceptions that keep you stuck and Cognitive Behavioral Therapy (CBT) techniques to remove this "malware of the mind" to get unstuck. Practical methods to finally overcome procrastination and perfectionism keeping you from a better life. The psychology of how to swap out a bad habit for a good one. A method for making major life changes without getting completely overwhelmed. Real world case studies to show you exactly how this flexible system can be used to solve a business problem, find a mate, declutter and organize a room, lose weight, and more. BONUS: downloadable customizable forms and mind maps you can use on multiple platforms

and devices, and instructions for how to use Evernote with The Personal Power Roadmap system. Scroll to the top and buy this book NOW to stop struggling and being overwhelmed when you need to make a decision, solve a problem, or achieve a goal. Get a proven system to make great decisions and achieve success.

Book Information

File Size: 3719 KB

Print Length: 168 pages

Simultaneous Device Usage: Unlimited

Publication Date: April 22, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01EP7CFCE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #48,027 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Movements > Existential #5 in Books > Medical Books > Psychology > Movements > Existential

Customer Reviews

If you have great ideas that never get done, Marjory Harris offers a practical, replicable system to get you where you want to go. Her Roadmap tool is designed to unlock the problem solving potential in every individual by removing the procrastination, fear and anxiety often associated with dealing with problems. It enables you to remain in control when life delivers a challenging blow or offers an exciting (but perhaps scary) opportunity. With lots of exercises and personal stories Marjory teaches techniques for honing three problem-solving skills we are all born with – imagination, cognition, and motivation. She says, “Imagination creates visions | cognition creates solutions | and motivation gets us going.” Marjory promises that practicing the 3 Essential Skills with the techniques and exercises in her book will help you avoid the School of Hard Knocks and go straight to creating a personal Roadmap that will have you traveling with a new, productive itinerary. What

could be better than that? Thank you Marjory for sharing your important book!!! Matt Gersper Founder, Happy Living[...]

Marjory Harris has created a system for problem solving which she wished she had had years ago. Step-by-step, she shows you how to solve problems, make decisions, and reach your goals. In *The Personal Power Roadmap*, she has laid it all out for you! She covers the three essential skills required in good problem solving - imagination, cognition, and motivation. This book is practical and lays the groundwork for you to follow to reach your goals and the life you want to have. If you are feeling stuck and want to get going again, this book is for you!

I love her book! In easy-to-understand and skillfully conversational language, the author provides a psychologically sound crash course on coping- and problem solving skills. Practical exercises, such as visualization techniques, engage the reader quickly in valuable self-reflection - bringing about inner change. Her strong emphasis on personal responsibility in regards to life's problems is like a fresh breeze to even the most stubborn of problems, leading the reader to a proactive stance. Problems are re-framed as possibilities, and the author proves her expertise in counseling and coaching through evidence based action steps. This is a great book for anyone who is struggling to create necessary changes or anyone stifled by procrastination. Highly recommended! This book instantly moved into my personal tool box of supportive materials for my own creative pursuits. I also suggest this book for anyone struggling with Attention Deficit Disorder or High Functioning Autism, since the book offers easy to follow skill training.

Marjory Harris has written an action filled book that provides the reader a proven roadmap to getting unstuck and to take action in a wide variety of situations. Ms. Harris does more than provide generic steps for the reader, but she also provides a plethora of stories drawn from her vast experiences in life and work. Everyone can gain from reading this book and even one tip is worth its price to get you living a powerful and free life! I liked the mind mapping examples throughout the book and the many helpful exercises. Well worth your time to read and apply starting today!

This amazing book is absolutely full of advice, wisdom, practical exercises and guidelines. I love the way the author, Marjory Harris, uses anecdotes from her own and other people's lives, to illustrate and clarify her points, therefore making the book very readable as well as a source of a lot of information. Right from the beginning she talks about the three essential skills that we all possess -

imagination, cognition and motivation - and then goes on to explain and show how these can be used for making decisions, for planning and for taking action in our lives in order to create and achieve the things we want to. The chapters are laid out very clearly, with symbols - tools - for highlighting the different elements, such as stories and case histories, exercises, explanations and key points and action steps. That made it very easy to use and apply. I found myself picking up different ideas instantly which I could take practical advantage of right away. For example the exercise 'Time Travel Technique - Looking forward, looking back' made it really easy to write out goals and then the steps that I could take to reach those goals. I found myself feeling confident that I could set these goals and actually achieve them. Ms Harris writes with understanding and compassion, a sort of 'I've been there and learnt the hard way and I want to share my experience with you' approach, which was also very reassuring. Throughout the book there are links to free resources and for further reading, which add to an already extremely comprehensive and valuable guide. I loved this book and would definitely recommend it.

Just read Marjory's book and find it to be a spot-on in terms of what has worked so well in my life! First off, I love her use of frequent thought experiments. This makes learning more tangible and concrete. Second, her seven-step system does a great job of putting you in the driver's seat for constructive change. I was particularly impressed how she gave a personal example of how this worked for her career. Finally, her emphasis on imagination is highly relevant for getting past negative inertia and self-talk, and turning the chapter forward to transformation. Finally, there are little gems in the book, too, that were really thought-provoking. For example, she talks about how we can start changing when we stop practicing avoidance and finally decide to tackle a problem. This may seem so obvious and yet, for me (whether it's just cleaning my office, or organizing the garage) nothing really happens until I quit avoiding a task and simply take the first step. It's funny, the minute we start taking a deliberate step forward (even mentally), many of the perceived limitations start to fade. The power of Business-As-Usual loses its hold. A great book with rich examples!

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