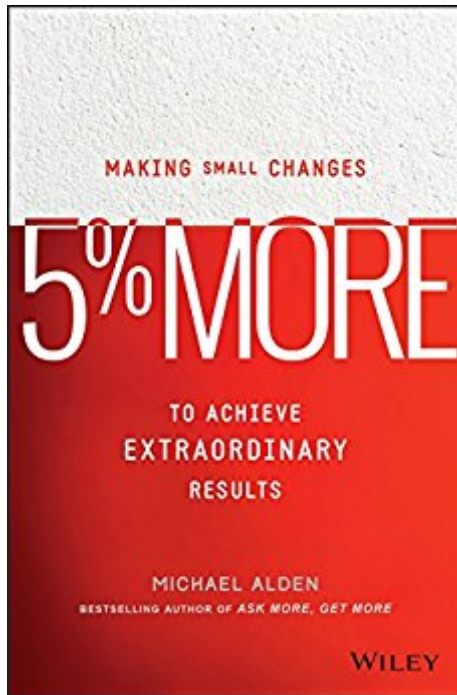


The book was found

5% More: Making Small Changes To Achieve Extraordinary Results



Synopsis

Small changes lead to big results that stick 5% More presents a painless route to change, with results that can last a lifetime. Whether you want to boost your health, wealth, or wisdom, this book reveals a key technique that makes it stick. You may already know that breaking big goals into small chunks makes them easier to achieve, but the trick is in making those chunks large enough to be productive, yet small enough to be sustainable. This book shows you how to bring your goals within reach with only five percent more effort. Five percent is almost unnoticeable in terms of effortâbut it accrues quickly, with each step boosting the baseline. Increase sales, decrease your marathon time, boost your savings, or master a new skill. Just five percent more can get you where you want to be. Small changes, small commitments, and small adjustments can lead to very big results. You can accomplish more than you ever thought possible in your business or in your life. This book walks you through the 5% More strategy to help you map your path to the future. Accomplish big changes with very small steps Make bigger leaps in progress each step of the way Break big goals into manageable milestones Find a change that you can stick to for the long-term Mountain climbers don't conquer Everest on their first time outâattempting to do so would be a tragic failure. No matter what your goal, no matter what your baseline, small, incremental steps set you up for success. 5% More gives you a concrete strategy for realizing your goals and making changes that last.

Book Information

File Size: 855 KB

Print Length: 198 pages

Page Numbers Source ISBN: 1119281865

Publisher: Wiley; 1 edition (July 26, 2016)

Publication Date: July 26, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01J6MFXJ0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #12,795 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #38 in Kindle Store > Kindle eBooks > Business & Money > Business Life > Personal Success #43 in Kindle Store > Kindle eBooks > Business & Money > Management & Leadership > Leadership #201 in Books > Business & Money > Management & Leadership > Leadership

Customer Reviews

To quote the author on self-help books: "There are so many people who spend their hard-earned money on trainings, books, audios, and seminars every year. Why aren't all these people wildly successful?" This is the question Mike Alden answers in his book, and he encourages us all to give just 5% more in effort, time, percentage, or however it fits the goals you are striving to achieve. Going the extra mile is not a new concept, and other authors/speakers in this genre tell numerous stories of those people who give up when they are inches from success. Mr. Alden presents a fantastic idea by encouraging us not to focus on Herculean efforts, but to just increase our efforts by a little bit (5%). This extra effort is much more manageable to most people who are at that point where the "...rubber meets the road." The book probably could have been a bit smaller, but what lengthens the book is also a strength. Mr. Alden presents his idea of 5% in different venues, and everyone can find more than a few areas that will directly fit the arenas where they need greater focus. Whether it is home, work, education, fitness, you name it, the author offers solid facts to back up what he teaches. It is an added bonus that many of the chapters contain links rather than footnotes, enabling the reader to instantly be able to verify the author's statements through articles and videos. My only complaint? Mr. Alden constantly sells his first book over and over, in one early chapter referring to a story in the first book. For example, after a quick one-sentence description of the issue without revealing the solution, the author states "I tell this story in 'Ask More, Get More,' but the point here is...

* IMPORTANCE OF MOTIVATION * Quick & Dirty Highlights When I was young I read a number of motivational books by a couple guys whose special gift was motivation. One was Andrew Carnegie. The other was Norman Vincent Peale. Length: Print, 208 pages. Target Audience/Genre: Nonfiction, self-help. Q - How was this book obtained? A - Bought on .Q - Are there a lot of typos/misspellings, grammatical errors or other editing failures? A - "No. Q - Is this a fast, easy read or is it more of a leisure read? A - "A bit on the fast side. Q - What sort of language does this writer use to amplify the points made? A - "Plain English. Only a single profanity in the entire book, but it is an f-bomb. Q - What age group is this suitable for? A - Young Adult and older. If this were a film, the one f-bomb

would probably require this to be rated PG-13.Q - My biggest pleasure or disappointment?A - I was disappointed that the only curse word in the 208 pages was the f-bomb. Still, I loved reading the little personal stories that served as the glue, or bridge, that help me understand on a personal level just why the point under discussion was so vital. I also loved the footnotes that provided a link so readers could enjoy this book.What i least appreciated were the long paragraphs that made me apprehensive to start each new chapter. Look to the excerpt to understand this point.Iâ™ve included a small excerpt below, so readers can peruse the style of presentation utilized by the author.EXCERPTSmile 5 Percent MoreLast week I got a call from a plastic surgeon from Tampa.

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