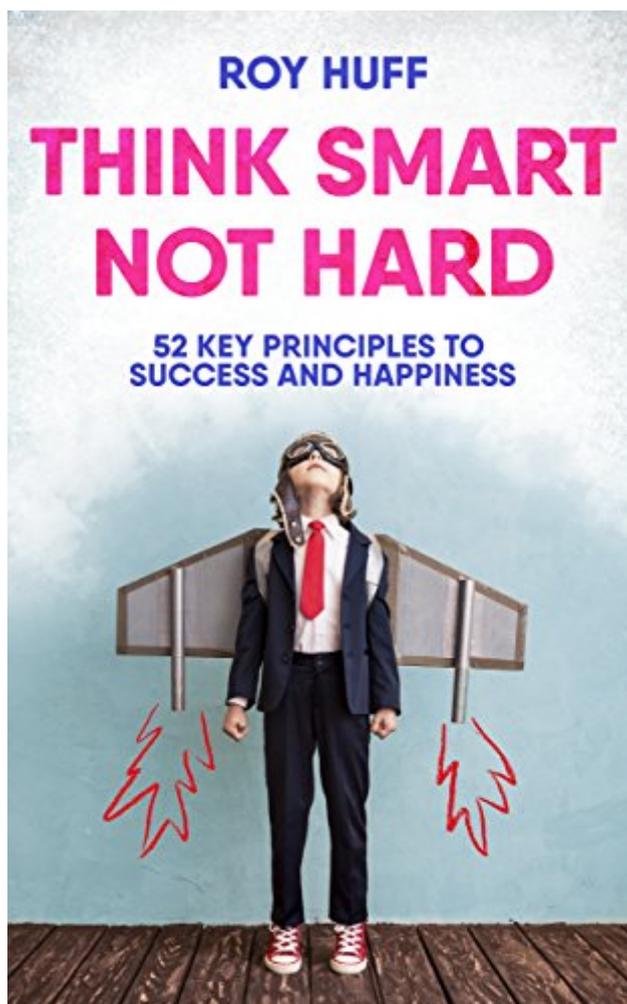


The book was found

Think Smart Not Hard: 52 Key Principles To Success And Happiness



Synopsis

Are you unhappy with your directionless life? Discover a roadmap for navigating your successful, fulfilling future. "A simple, effective plan to change your life and attain your goals." - Jim "The Rookie" Morris, Athlete, author, teacher and inspiration for the movie, The Rookie. Struggling to cope with personal tragedy? Worried you'll never live up to your full potential? Bestselling author Roy Huff overcame abuse and abject poverty to become an accomplished teacher and research scientist. His secrets for success have changed countless lives, and now they can help you too! Think Smart Not Hard connects science and human psychology to help you retrain your brain for a brighter tomorrow. Through a combination of step-by-step strategies and inspirational anecdotes, this transformational guidebook will help you conquer common obstacles to discover your life's true path. In Think Smart Not Hard, you'll discover: How to develop the right mindset to overcome any personal tragedy How writing down and reflecting upon action plans will ignite your success How incorporating weekly principles can accelerate your road to recovery A series of exclusive quotations from industry leaders and motivational gurus Simple hacks to help you take charge of your personal finances, and much, much more! Think Smart Not Hard is your no-nonsense guide for finally grasping the life you were born to live. If you like real-world applications, optimizing your existing strengths, and honest accounts from a self-made man, then you'll love Roy Huff's energizing resource. Buy Think Smart Not Hard to begin shaping your destiny today!

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Customer Reviews

This is a good book for anyone seeking to improve their goals: personal, work or entrepreneurial. While the information is not necessarily new, it is presented clearly and the author uses his own personal experience to demonstrate the principles in action. He also lists all his sources by chapter so if a particular principle is interesting, the reader can look into it further. He also suggests that principles can be read according to one's interest, but I appreciated how they build one upon the others. You might find some areas of less interest, but I liked the author's suggestion to focus on ones that might need improving. Much of the book was validating and some of it felt uncomfortable, but I think those feelings are good clues to what is working and what I could work on more. Take time to read and process. It's clear and easy to read, but you'll want take your time to consider and apply the principles to your own life, work and goals.

So easy to read and great information! First of all, this book is broken up into categories so it makes it easy to come back to and refer to when focusing on certain principles. (My OCD loves that!) I have read several self help books this year and can say that this author does an Excellent job of taking so much information and putting it into ONE book. He challenges you to take a look at different aspects of your life and see if you are living to your fullest potential. He also offers guidance as to how to excel at each one. The information is detailed and easy to read and understand. It is current with today's times which I liked. I found myself nodding a lot. The book is as the title suggests. It tells you important principles for success, and how to go about achieving them the 'smarter,' way and not the harder way.

This book was inspirational when it comes to making more mental work for myself. It helped me see that there were smarter ways of looking at problem, challenges, and ideas. I really took note from this book as a marketing newbie. I found that I have been working myself into a state when I should have just been organizing myself in a more manageable manner. This book is great for those of us that have a lot of ideas, a lot of goals and are running around like mice in a maze trying to accomplish them all. I recommend this to indie authors especially. We take on so many tasks. This

helps you find a way to reach the goals.

Mr Huff has some very simple, logical solutions for getting oneself out of the sludge and on their way. Of course it will take a bit of work but not nearly the effort you would think. Interesting and motivating.

I am not a book critic or reviewer, I just like to read a wide genre of a diverse types

Well written and researched. Extremely detailed.

Roy Huff takes a lighter-hearted approach to a serious topic that could change your life. I'm retired, so I started the book thinking it's too late for me. Then I began looking at my life and realized hell yes these apply. These are things you can do at any age. The author sprinkles in his real-life stories, the good, the bad and the ugly, making the book a delight to read. Who doesn't enjoy hearing true-life stories that aren't always hearts and roses? In the end, however, it is what YOU choose to do with these simple principles that will make the difference. I started with #12 "Make A Calendar." First, I tossed my daily "To Do" list, and then I began scheduling my tasks on the calendar. It works so much better and it keeps me in line. My favorite quote from the book: "For each time you say yes to something, you're saying no to everything else." Good grief I never thought of it that way. What a game changer! The book works for anyone of any age. Pick it up find a few principles you can quickly integrate into your life and go from there. Add more as you see fit. Here are some I decided to integrate immediately, after tossing my "To Do" list for the calendar: #27 "Choose To Be Happy" I never thought of it as a choice, and I sure do now and it's enlightening. #34 "Be Kind To Others" this should not need to be pointed out, however, when it is we take notice. #44 "Invest Early and Invest Often" fortunately my husband did this and I am grateful for that today. I also remind my children as often as I can of the importance of putting money aside for WAY later, like their golden years. The best part - the author shares links for budgeting and investing tools you can use or share with others. A good afternoon read and a great reflection book.

This book is organized in a manner that would make it a useful tool for self-improvement. Reading it cover to cover is enjoyable, but I think the reader may obtain more benefit from reading one key

principle a week over an entire year. It would be difficult to successfully implement all the ideas in one week. I plan to read the book again, and be mindful of the lessons it is teaching. This way I can read one principle a week and in a year (52 weeks) I will have had the opportunity to think smarter and not harder.

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