



## Shine Like You: Achieve Your Goals by Emulating Your Body, the Best Model of Success

By MR Tobechi Okwuonu

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book explores how our behaviours and the strategies we adopt while working towards our goals cause the failure, partial or complete, of those goals, then goes further to show how these failings are unlike us. Here, I defined failure as not realizing the goal(s) we planned to achieve from the outset, and I set out discussing some of the uncommon causes, those that escape casual notice, responsible for the failure. After identifying and illustrating with both real and fictional stories, how the failings derail our goals, I demonstrated how they are unlike us by making analogies between our approach and how our body goes about its own business. I used the analogies to show that our body does not exhibit those failings. In other words, the body is the best success model that we should emulate in pursuing our goals. It goes about its complex goal of keeping us healthy, without exhibiting the failings we exhibit while trying to achieve our own goals. From the discussion on the perils of the failings, with respect to our goals,...



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