



7 Checklist Items for Success: A Guide to a Richer and More Successful Life

Jean G. Mathurin

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7 Checklist Items for Success is both familiar and religious in its proposals for becoming more successful.

Jean G. Mathurin presents a road map for success in *7 Checklist Items for Success*, a book designed for those from every walk of life.

In this book, Mathurin—a Haitian immigrant who had a successful career in the navy—intersperses personal stories of growing up in poverty with Bible verses, quotes from famous books on success, and anecdotes. The book suggests seven areas that must be addressed if success is to be attained, under headings that include “goals,” “action,” “invest,” and “legacy.” Each item is given its own chapter, and each chapter builds on the one that came before.

Using many examples from his own life, Mathurin writes about what it was like to grow up in poverty with few prospects for success. This is a good setup for the rest of the book; his story shows how perseverance and adherence to the seven items discussed can help even those in desperate circumstances. The personal sections deliver a message of hope.

Some advice is strong, such as to ask yourself what amount of money you would accept to give up a goal or dream; if no amount is enough, the book says, you have truly found your passion. The book references motivational giants like Tony Robbins and Napoleon Hill and reiterates much of their advice when it comes to perseverance, believing in yourself, and not being afraid to work hard. The book gathers such tips into one convenient place, giving a broad overview of motivational movements in recent decades.

This is an accessible book for those who are just learning about the field of positive psychology and self-help. It does not go too in depth into any topic or discuss any complicated concepts. It is more so a good jumping-off point for those who want to learn more from the resources discussed.

Within the text, paragraphs run long and become hard to track. Sentences begin with oblique declarations like “The truth is” or “The fact is,” and the repetition bogs down the pace. Strange comparisons—bodily organs are equated with corporations, and other metaphors are mixed—impede the work as well.

The text is repetitive. Each chapter begins by rehashing the one before and ends by foreshadowing the chapter to come. The same points are made again and again, if in slightly different language. Checklist items appear randomly in another item’s chapter, and suggestions such as “never cheat others” are not surprising.

A chapter on investing does not include actual investment advice; its bottom line, rather, is “invest in yourself and others”—not with money but by being helpful and having faith. Investing gurus are referenced, but their wisdom is not imparted. The book’s religious basis becomes clearer as the book proceeds, particularly in chapters on giving back. The ending is abrupt and brief, and a repetitive conclusion follows it.

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ANGELA MCQUAY (October 26, 2018)

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