ForeWord Reviews
Clarion Review

YOUNG ADULT NONFICTION

A 31-Day Success Principles for Kids and Teens
Michael G. Rayel
Oikos Global
978-0-9737070-3-8
Four Stars (out of Five)

"Believe in yourself. Believe that you can make your dreams come true. Believe that you are here for a reason. With lots of hard work and belief, you can reach your goals and fulfill your life's purpose." That's what the "Have a Strong Belief" card recommends in this inspiration set written by Michael G. Rayel, MD.

The 31 motivation cards, one for each day of the month, measure nine by six inches on glossy cardstock. Brightly designed on the title side, the bold statements offer the reader a variety of advice on success and life achievements. "Always Learn," says one, "Focus on Positive Thoughts" and "Choose to Live." The card titled, "Be Willing to Change" says, "Life is all about change. We change whether we like it or not. As we learn and grow, we change…" The "Spend Time with the Right People" card says, "You can learn a lot from others. Choose to be around friends and people who have the values and beliefs that you like to have…"

On the reverse of these colorful cards appears the story of various people—celebrities, politicians, inspiring souls—and how they found success using the principle featured on the front. "Lance Armstrong did not have a lot of money growing up. But he had talent and dedication. He liked athletics and worked very hard to be successful" says the "Develop a Strong Focus" card. "His focus was challenged when he lost his first professional race. But he kept on with his cycling and was soon winning his races."

Author Rayel wrote these inspiring cards for kids, teens and adults. They could easily be adapted for use in classes, businesses or for personal inspiration. Readers can go through the entire deck at once to find positive stories about Walt Disney, Oprah Winfrey, Wayne Gretzky, Bill Gates and many more. Some may wish to pick one card a day, or one a week, and use the message as a goal.

While the cards bring great ideas and stories to life, they focus a bit heavily on some of the most popular people around today instead of looking at some lesser-known, but equally inspiring citizens of the world. *A 31 Day Success Principles* are an investment in positive

thinking, and the messages fulfill a need for those who “Seek Good Advice.”