



Self-Help

### **Embracing Your Potential**

Terry Orlick

Human Kinetics

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Terry Orlick (*Psyching for Sport, In Pursuit of Excellence: How to Win in Sport and Life*) gives readers a new way to think about achieving a balance of success in all aspects of life.

Orlick says life is made up of two zones - the green and gold. Most super-chargers, he points out, tend to neglect the green zone, which includes the qualities of harmony, simplicity and balance - qualities that are essential for joyfulness. The gold zone represents the pursuit of excellence and the highest quality performance one can deliver. Orlick proceeds to tell readers how to achieve their best in both zones and how to cope with life's failures, using examples from his work as a consultant to world-champion athletes.

Orlick has crafted a book that is an easy read and provides immediate relief in 14 chapters. The book will satisfy readers whose lives are in a slump, but don't feel they require medical intervention. Orlick gives sage and common sense advice - nothing is too far afield. He lays out exercises and goals that are simple, can be done anywhere and will immediately help put lost souls back in place. Orlick is neither irritating nor overbearing. He does not insist that readers follow his path of life, but he does give them the tools to figure out how to achieve what they want in their own lives.

*L. A. Newkirk*