

## Your Personal Success Bible: 'The Secret' To Living The Life of Your Dreams!

**Lorraine Phillips**

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"No man can get rich himself unless he enriches others." This quote from Earl Nightingale is one of many from various sources sprinkled throughout this book and its companion, *Your Personal Success Quote Bible*. In them, the author shares the strategies she used during her own "pursuit of self-discovery and exploration."

The book is constructed in four parts that take the reader from a broad understanding of how the mind works to specific ideas about success, purpose, goals, and focus. Suggestions for applying the reflective work done in previous chapters—using methods like meditation, affirmation, and visualization—conclude the book. Several chapters, particularly the chapters about the mind and Howard Gardner's theory of multiple intelligences, offer detailed information, but Phillips does not sufficiently indicate how the ideas are connected to each other or to the greater purpose of the book.

The title is ambitious, and indeed the book provides a wealth of information. Much of it, however, such as the importance of positive thinking, the power of attraction, or the use of tools like affirmations or dream visualization, can be found in a number of self-help books. Perhaps this book is best read, not as the unique source of a singular secret, but as one person's collection of preferred and helpful approaches to discovering one's highest or best purpose and moving oneself to closer alignment with that purpose.

What stands out about *Your Personal Success Bible* is its simplistic and engaging writing style. Most of what Phillips writes reads like a conversation between friends:

*You think with your conscious mind, but your beliefs are held within your subconscious. If you are thinking to yourself, "Ohhh, I would really love to get that promotion," but the belief held within your subconscious is "I don't deserve that position, I haven't been to college..." guess which thought ultimately creates your reality?*

A number of practical exercises are similarly handled in a simple, helpful, and easy-to-follow style. Among the tips Phillips offers to reduce anxiety is a "Worry Pad." "Every time a worry arises, simply write it down on the pad...." Readers will appreciate the rich resource section (e.g., books, audios, videos, and Web sites), especially the list for those who wish to preserve their own affirmations in video or audio form.

The author, who earned a BS in Computer Science and an MBA in Business Administration from Jackson State University, also wrote *Publish Your First Magazine: A Practical Guide for Wannabe Publishers*.

KAAPONIA HINTON (September 13, 2010)

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