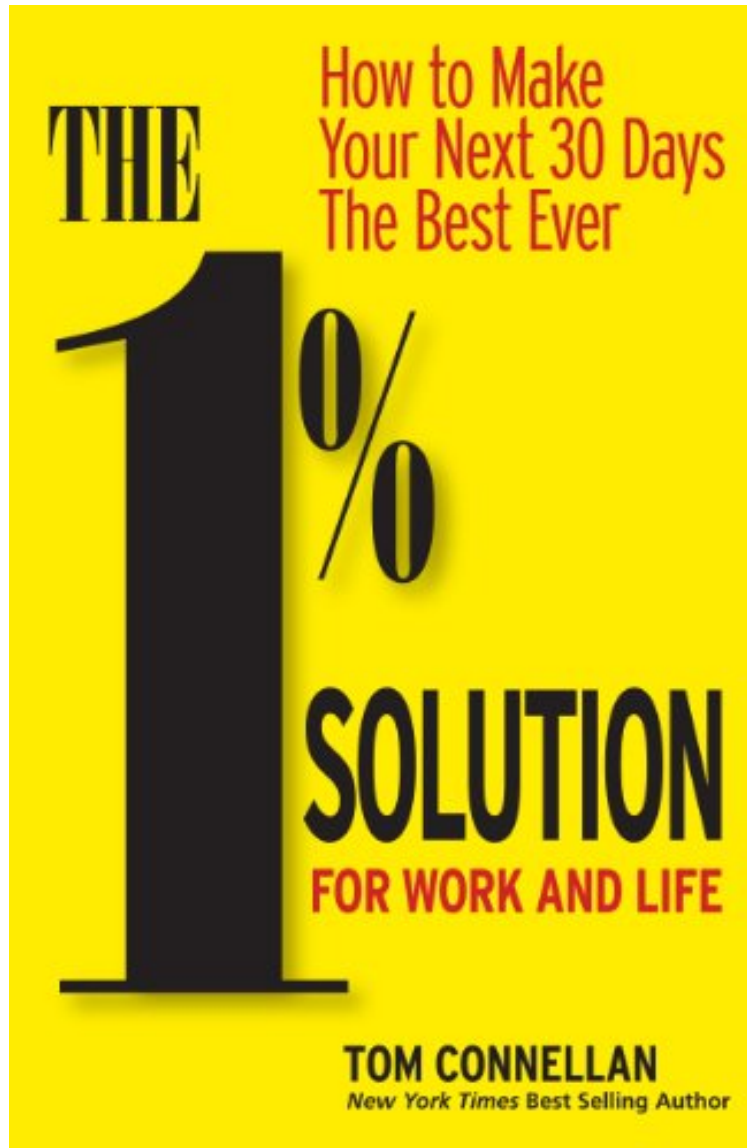


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The 1% Solution for Work and Life: How to Make Your Next 30 Days the Best Ever

Tom Connellan

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time I bought this book. The first time, I loaned it out before I truly realized its potential in my life--and I never got it back. Reading it again had the same effect on me. I've been meditating and going to the gym for the last two weeks. It may seem trivial, but I have experienced lots of small wins that equal a huge win for my self esteem and I definitely feel 1% better each day. I feel like I can take on anything, just a little bit at a time. I recommend this book and that you read it with an open mind.0 of 0 people found the following review helpful. Inspiring readBy ShireenVery easy to read, inspirational book. The messages are clear and it's written in a captivating story format to keep you interested and wanting to learn more. Hope I can practice what I've learnt from this book.0 of 0 people found the following review helpful. I love the 1% ideaBy sonyaI love the 1% idea. It is totally possible, I learned how to make small consistent steps instead of undertaking big steps that usually overwhelm me, resulting in my giving up

Top sales reps, weight loss champs, blue chip firms, Warren Buffett, Navy SEALs, Olympians, and other winners all understand the power of 1%. Packed with actionable ideas, *The 1% Solution* shows you how to power up your next 30 days and then keep on going at a permanently higher level. Because it's based not upon opinion, but upon solid research that's backed up with real-life examples, this book is for those who want to be better right now. Connellan notes, for example, that while it's virtually impossible to be 100% better than your competition, it's very possible to be 1% better in hundreds of things. Connellan draws on three sources for the practical solutions he offers: 1. His background as a Research Associate and Program Director at the Michigan Business School where he was responsible for the design and implementation of 72 management development programs a year. 2. His street experience as an entrepreneur who started a company in the health promotion field and built it into a network of 1200 instructors serving 300 hospitals and most of the Fortune 500 companies. More than 1,000,000 people went through its programs and two different Surgeon General reports cited the firm's program quality. 3. His current work as a keynote speaker and consultant whose clients include such diverse organizations as FedEx, TD Canada Trust, Marriott, Sobeys, Sony, Acura, BMW, Rogers Communications, Canadian Tire, Neiman Marcus, Home Depot, Target, and the military. As part of his research, he looked at individuals who worked to improve their personal and work lives. While most everyone put in a lot of effort, he found one key difference between those who won that battle and those who lost that battle. The winners had a structure a structure that gave them a disciplined focus and the losers didn't. If you're interested in a proven structure for work and personal success, this book belongs in your library right now because as one reviewer said *The 1% Solution* really does give you the magic formula for 'How to Make Your Next 30 Days the Best Ever.'

Everyone interested in their own success should read this book. It's Tom Connellan's usual style-packed with actionable ideas you can use right away. (Ken Blanchard, coauthor of *The One Minute Manager* and *Leading at a Higher Level*)If actionable ideas that can make your job and life better interest you, get your copy of *The 1% Solution for Work and Life* now because some of the tools can make a difference in as little as 30 seconds. (Marshall Goldsmith, executive coach, business educator, and bestselling author of *Triggers*)Within an hour of starting *The 1% Solution*, I could feel the stress and pressure melting away because I knew I'd found my guide for making it through any challenge including the tight economic times we're in right now. (Betsy Gordon, President, Equipment Locator Vendor Services)Tom has a special gift-he continues to see and communicate insights that make a difference. Thanks for challenging us with *The 1% Solution*! (Mark Miller, Vice President, Training and Development, Chick-fil-A)If you want to succeed both personally and professionally, you have to read this powerful book because the easy-to-use tools can change your life! (Michelle Lewis, Vice President Global Human Resources, E. J. Gallo Winery)About the AuthorNamed one of seven tough talking and truth telling keynote speakers, Tom Connellan keynotes scores of meetings every year. His keynotes, like his books deliver actionable ideas. A New York Times Bestselling author, he is a former faculty member at the Michigan Business School, a company founder, and the author of nine books and numerous articles.