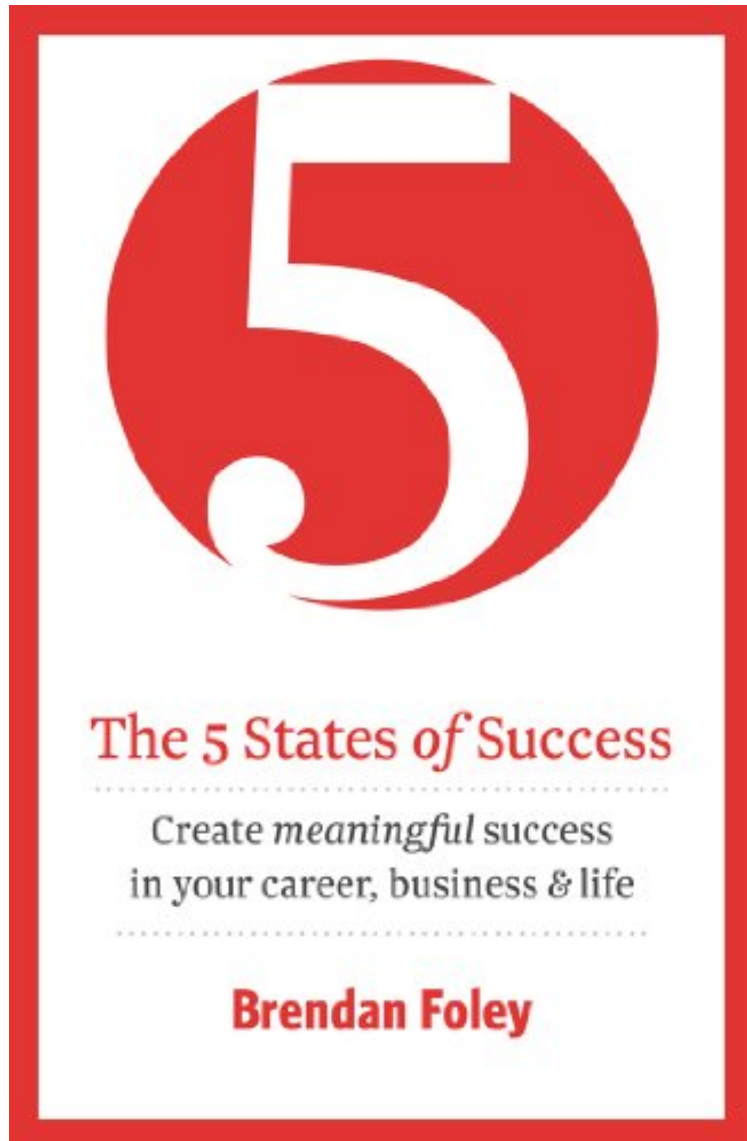


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The 5 States of Success: Unlock Your Potential to Succeed: (Business Best-Seller)

Brendan Foley

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Brendan Foley : The 5 States of Success: Unlock Your Potential to Succeed: (Business Best-Seller) before purchasing it in order to gage whether or not it would be worth my time, and all praised The 5 States of Success: Unlock Your Potential to Succeed: (Business Best-Seller):

1 of 1 people found the following review helpful. A new context for getting stuff doneBy Mark DowlingThis short and succinct book is easy to read (I read it in one sitting) yet packs a powerhouse punch for anyone who needs to put order and context into a busy life. Brendan defines five states - insight, connection, certainty, vitality and spirit - and

together they put a frame around the key questions we should ask ourselves every day. Like, "what do we need to do?", "why do we need to do it?", and "how can we get it done?". This probably sounds trite but how many of us go through our days, weeks and months just responding to someone else's urgencies and ignoring our own? It's not just about business, even though it's very applicable to work. In this book, Brendan's art is to make this five-way frame a good fit for our personal and professional selves. Work through it, read his examples, learn his principles, and you are well on your way to finding a meaningful and coherent balance for every part of your life. Well done Brendan, a great book!

1 of 1 people found the following review helpful. Absolute highest recommendation, a real gem. By Sales and Marketing Manager Thought this was a really innovative and practical approach to taking control. There are lots of great insights and ideas that make sense and are very relevant for both business and personal life. It seems logical (and even simple) when you're finished, but the 5 States really show how you can benefit by listening to yourself and by building strong relationships that will indeed help create meaningful success. It is done in a holistic way so you can make small improvements that can increase both confidence and enjoyment in your career. 1 of 1 people found the following review helpful. Just loved it!

By John A. Murphy Another great book from Brendan Foley. I loved the fact that Brendan approached such a profound subject and presented it in a very simple and readable format. You can pick this up, read a bit and put it down again. You can do the exercises which will really help anyone who wants to have an understanding of what success really means - and it means different things to all of us. Great read and great to have as a reference guide.

The 5 States of Success

The 5 States of Success will show you how to create 'meaningful success' in your career, business and life. **Develop the BEST HABITS, and use the BEST STRATEGIES**; **Learn from some of the MOST successful professionals**; **Take CONTROL of your life, one step at a time**; **TRANSFORM your hopes, dreams and ideas into action**; **Full of PRACTICAL exercises including hands-on worksheets**; **Be MOTIVATED and charged with POSITIVITY!** Using practical tools, cutting edge techniques and unique insights yours; I learn how to turn your vision, ideas and dreams into reality. Brendan Foley is a life and business coach, owner of Seachange Training, motivational speaker, international sailing champion, author and multi-award-winner across a variety of industries stretching from charity to advertising to technology. His passion is helping people, teams and businesses on their path to potential. He's done all the hard work for you by compiling the best techniques, habits and ideas from the world's most successful people. All you've got to do is read it! This work is supported by great online resources and a FREE iPhone app to make your success easy. **REVIEW** If you loved Stephen Covey's 7 Habits, then you will enjoy Brendan Foley's 5 States! - Alasdair Verschoyle "A brilliant book, very well written and very well put together" - Sunshine 106.8 FM "those willing to give it a shot stand to gain a fair amount" - The Sunday Business Post "it's got to be a good thing!" - TV3 "5 is the number that adds up to a happy life" - The Irish Examiner **MESSAGE FROM BRENDAN FOLEY** If you are looking for a book that will give you practical tools and an understanding of the context of when and where to use them, you have come to the right place. Through working with some of the world's top business and sports people I have identified 5 key factors in achieving meaningful success. These are the key ingredients

'If you loved Stephen Covey's 7 Habits, then you will enjoy Brendan Foley's 5 States!' - Alasdair Verschoyle 'Instructs readers as to how they can maximise that success in every facet of their lives, from the corporate to the personal world - Those willing to give it a shot stand to gain' - Julian Fleming, The Sunday Business Post 'Five is the magic number that adds up to a happy life. You can tap [into] your abilities by embracing the key states of being identified by Brendan Foley' - Margaret Carragher, The Irish Examiner 'A brilliant book, very well written and very well put together' - Lynsey Dolan, Sunshine 106.8 FM --Many 5 is the number that adds up to a happy life --The Irish Examiner About the Author Brendan Foley is a life and business coach, owner of Seachange Training, motivational speaker, international sailing champion, author and multi-award-winner across a variety of industries stretching from charity to advertising to technology. His passion is helping people, teams and businesses on their path to potential.